

Nutrition and Dietetics (N&D)

B.S. in Dietetics (<http://und-public.courseleaf.com/undergraduateacademicinformation/departmentalcoursesprograms/nutritionanddietetics/nutr-bs-diet>)

B.S. in Community Nutrition (<http://und-public.courseleaf.com/undergraduateacademicinformation/departmentalcoursesprograms/nutritionanddietetics/nutr-bs-cn>)

Minor in Nutrition (<http://und-public.courseleaf.com/undergraduateacademicinformation/departmentalcoursesprograms/nutritionanddietetics/nutr-minor>)

Courses

N&D 100. Introduction to Nutrition and Dietetics. 1 Credit.

The philosophy, history, future trends, and career options in nutrition and dietetics will be discussed. S/U grading. S.

N&D 220. Foodservice Safety and Sanitation. 1 Credit.

The study of food safety and sanitation throughout the foodservice system. Upon successful completion of the course material and examination, the student will hold ServSafe® Certification. S.

N&D 240. Fundamentals of Nutrition. 3 Credits.

Basic principles of nutrition with application for individuals and family groups. F,S,SS.

N&D 250. Consumer Food Issues. 3 Credits.

Students will explore all aspects of meal management with consideration of the importance of palatability and presentation of food as a means to improve nutritional status. Emphasis will be placed on preparing students with practical skills and knowledge needed to effectively assist consumers, clients and groups with informed food choices. Topics considered by the course include: food composition, purchasing, palatability and quality, meeting nutritional needs through menu planning, budgeting and organizational skills. The impact of various regulatory agencies on protection and distribution of the food supply will be examined. Content will be presented through classroom lectures and activities with opportunity to apply and develop skills in lab sessions. The course will meet for 2 hours of lecture and 2 hours of lab per week. Prerequisites: N&D 240. F.

N&D 260. Principles of Foods and Food Science. 3 Credits.

Introduction to food selection and preparation principles, sensory evaluation of food, role of ingredients, and food technology. Emphasizes application of scientific principles in relationship to food composition, physical properties, and chemical reactions during food preparation. Prerequisite: A college level chemistry course. S.

N&D 325. Nutrition Through the Life Cycle. 3 Credits.

Optimal growth and development throughout the lifespan requires proper nutrition that begins prior to conception. This course examines nutritional needs of Individuals prior to conception, during pregnancy and lactation, and throughout childhood, adolescence, and all of adulthood. The course will study the nutrient needs for each phase of the life cycle. Students will learn about the influence of nutrition on growth and development, as well as the physiological and developmental basis for food choice and dietary recommendations. Prerequisite: N&D 240. F.

N&D 335. World Food Patterns. 3 Credits.

Examination of the food patterns of selected world population groups considering the effect of social, cultural, and economic practices on nutritional values. F.

N&D 344. Nutrition Education and Counseling. 3 Credits.

Introduces students to counseling and learning theories for application with individuals and groups in clinical or community settings. Students will develop basic skills necessary to design and implement nutrition education programs and will practice application of principles learned in nutrition counseling. Prerequisite: N&D 240. F.

N&D 345. Community Nutrition. 3 Credits.

This course is the 3-credit course to study nutrition in a community. It provides an opportunity for students to develop a variety of communication skills sufficient for entry into pre-professional practice. The course is designed to allow you, the student to develop the knowledge and skills necessary to plan programs and promote nutritional well-being to the public. Through readings, lectures and class discussions you will work in a group to select a community to assess, research it relative to interrelated health, social and economic concerns, and identify nutrition priorities that need to be addressed in that community. You will hone speaking and writing skills learned in previous courses through a graduated series of assignments, and you will learn how to critique the work of others, to give helpful feedback, and to work effectively to complete group and individual assignments. Prerequisite: ND 245. S.

N&D 348. Sports Nutrition. 3 Credits.

Sports Nutrition is an overview of the specialized nutritional needs of recreational and competitive athletes. It presents the scientific basis for the role of food and nutrients during athletic training, performance, and recovery. Prerequisite: N&D 240. F,SS.

N&D 350. Medical Nutrition Therapy I. 2 Credits.

The study and application of nutritional assessment techniques, nutrition care planning methodologies, interviewing and counseling skills, and medical nutrition therapy for common medical conditions. Prerequisite: ND 245 and PPT 301. F.

N&D 380. Food Service Production and Management. 3 Credits.

Introduces students to the many facets of a quality and quantity food service department. Course content will apply concepts learned in N&D 250 - Consumer Food Issues and N&D 260 - Food Science to food service in a quantity setting. Students will apply management principles to the food service environment. Prerequisites: N&D 250 and N&D 260. Prerequisite or Corequisite: MGMT 300. F.

N&D 441. Advanced Nutrition. 4 Credits.

A comprehensive investigation of the nutritional needs of humans with emphasis on nutritional biochemistry and current issues. Prerequisites: A grade of C or better in N&D 240, CHEM 116 or CHEM 340, and PPT 301. S,SS.

N&D 450. Medical Nutrition Therapy II. 3 Credits.

The study and application of nutritional intervention principles and medical nutrition therapy for complex medical conditions. Prerequisites: N&D 350 and N&D 441. F.

N&D 480. Interprofessional Health Care. 1 Credit.

The focus of this course is learning to work effectively with an interprofessional health care team using a shared patient-centered approach. Case studies will be the primary teaching strategy used. Prerequisite: Senior standing in Dietetics. S/U grading. S.

N&D 494. Research in Nutrition and Dietetics. 1-4 Credits.

Study and application of research designs and procedures appropriate to nutrition and dietetics. Repeatable to 6 credits. Prerequisites: Senior status with completion of a statistics course and a minimum of 12 credits in nutrition and dietetics. Repeatable to 6 credits. F,S.

N&D 497. Supervised Practice in Community Nutrition. 1-4 Credits.

Development of professional skills and competencies through planned learning experiences in which knowledge and theory are applied to simulated and real-life situations in community nutrition. Prerequisite: N&D 345, enrollment in the Community Nutrition program, and department consent required. Repeatable to 4 credits. F,SS.

N&D 498. Supervised Practice in Dietetics. 1-12 Credits.

Development of professional skills and competencies through planned learning experiences in which knowledge and theory are applied to simulated and real-life situations in nutrition and dietetics. Prerequisite: Enrollment in the Coordinated Program in Dietetics; Dietetics majors require consent of instructor one semester prior to enrollment. Repeatable to 31 credits. F,S,SS.

N&D 499. Special Topics in Nutrition and Dietetics. 1-4 Credits.

Special topics and/or in depth independent study in selected content areas relative to nutrition and dietetics. Prerequisite: Instructor consent. Repeatable to 6 credits. On demand.