

# Nutrition and Dietetics (N&D)

B.S. in Dietetics (<https://catalog.und.edu/undergraduateacademicinformation/departmentalcoursesprograms/nutritionanddietetics/nutr-bs-diet/>)

B.S. in Human Nutrition (<https://catalog.und.edu/undergraduateacademicinformation/departmentalcoursesprograms/nutritionanddietetics/nutr-bs-cn/>)

Minor in Nutrition (<https://catalog.und.edu/undergraduateacademicinformation/departmentalcoursesprograms/nutritionanddietetics/nutr-minor/>)

## **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 199. 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. Repeatable to 6.00 credits. F,S.

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

Students learn about characteristics of microorganisms, food safety and sanitation practices, and federal regulations for foodservice operations. S.

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

This introductory course focuses on basic elements of nutrition science. Emphasis is placed on nutrients, their functions and food sources, and discussion about how food behavior translates into nutritional health. The course also includes current topics such as fad diets, phytochemicals, and sports nutrition. Students learn to apply the principles of nutrition to their own food intake to improve their nutritional health. F,S,SS.

## **N&D 240L. Fundamentals of Nutrition Laboratory. 1 Credit.**

Application of nutrition science to explore common food and nutrient misconceptions and current topics in nutritional health through hands-on, problem-solving activities. Students will use nutrient software to create reports and evaluate dietary intake. Prerequisite: MATH 98 or any higher-level mathematics course. Prerequisite or Corequisite: N&D 240. F,S,SS.

## **N&D 250. Current Trends in Nutrition. 3 Credits.**

The course will examine contemporary food and nutrition matters with consideration of the factors influencing food selection and preparation as a means to improve nutritional status. The general goal is to enhance student awareness in regards to consumer food choices, with emphasis on knowledge and skills to apply healthy nutrition choices to consumers. Topics covered in the course include current food trends; basic culinary concepts; food demonstrations; dietary standards; food regulation; socio-economic and social circumstances influencing food selection, and food purchasing meal planning for individuals and families. Prerequisite or Corequisite: 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 310. Nutrition Assessment. 3 Credits.**

This course will use the Nutrition Care Process to examine methods for evaluating nutritional status of individuals and groups. Assessment techniques will be explored in the context of nutrition screening. Students will learn routine assessment measures such as client history, diet history, anthropometric and biochemical measures, and nutrient deficiencies. Prerequisite: N&D 240. F.

## **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 allows 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, students work in teams 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. A graduated series of assignments culminates in a written program proposal and oral presentation to address the needs of the community. Students hone speaking and writing skills, and learn how to assess the work of others, to give helpful feedback, and to work effectively to complete group and individuals assignments. Prerequisite: N&D 240. 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. S.

## **N&D 350. Medical Nutrition Therapy I. 3 Credits.**

An evidence-based study and application of the nutrition care process. This includes nutritional assessment techniques, pathophysiology in disease, and medical nutrition therapy for common medical conditions. Prerequisite: N&D 441. Corequisite: N&D 450. F.

## **N&D 380. Culinary Operations and Management. 3 Credits.**

Introduces students to the many facets of managing culinary businesses such as entrepreneurial ventures like bakeries, coffee shops, and high-volume dining facilities. Students will explore key elements of quality and quantity food service merging theory with practical application. The curriculum empowers students for food service industry challenges and opportunities. S.

## **N&D 441. Nutritional Biochemistry. 4 Credits.**

A comprehensive investigation of the nutritional needs of humans with emphasis on nutritional biochemistry and current issues. Prerequisite: A grade of C or better in N&D 240, CHEM 116 or CHEM 340, BIMD 220 and BIMD 221 or PPT 301. S.

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

An advanced level of evidence-based study and application of the nutrition care process. This includes pathophysiology in disease and medical nutrition therapy for medical conditions and comorbidities. Prerequisite: N&D 441. Corequisite: N&D 350. F.

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

Students will gain knowledge of competency-based interprofessional team behaviors and clinical judgment through collaboration, creating an environment that promotes quality healthcare outcomes, diversity, and health equity. Prerequisite: Senior standing in Dietetics. S/U grading. F.

## **N&D 488. Foundations of Dietetic Practice. 3 Credits.**

This course introduces the student to responsibilities associated with dietetic professional practice. Professional issues related to dietetic practice includes the Code of Ethics, legal credentialing (licensure laws), Standards of Professional Performance and future trends in the profession. The goal is to provide an opportunity for students to learn and continue to use professional skills and resources characteristic of nutrition and dietetics professionals in preparation for life-long learning. Prerequisite: Enrollment in the Coordinated Program in Dietetics; senior status. S.

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

This course will provide an introduction to the research process, responsible conduct in research, and explore major types of study design in nutrition. Students will examine the literature to evaluate evidence about nutrition problems and interventions. Prerequisite or Corequisite: PSYC 241 or SOC 326 or ECON 210 or MATH 321. Repeatable to 4.00 credits. F.

**N&D 497. Supervised Practice in Human Nutrition. 1-6 Credits.**

Development of professional skills and competencies in human nutrition through supervised practice with learning experiences requiring knowledge and theory be applied to simulated and real-life situations. Prerequisite: Enrollment in the Human Nutrition program; department consent required. Prerequisite or Corequisite: N&D 344 and N&D 345. Repeatable to 6.00 credits. On demand.

**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: Instructor consent required. Repeatable to 31.00 credits. F,S.