

# NUTRITION AND HEALTH (NTR)

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## **NTR-325 Nutrition and Health (3 credits)**

The course will introduce the student to nutrition science and public health issues related to nutrition. The fundamentals of carbohydrates, protein, lipids, vitamins, minerals and metabolism will be explored. Emphasis will be placed on diet planning and analysis, energy balance and the role of diet and physical activity in a healthy lifestyle and disease prevention. Highlights of current topics in nutrition, such as eating disorders, vegetarian lifestyles and fad diets will also be addressed.

Course Types: Information Literacy

Prerequisite(s): Take 1 college level chemistry course.

## **NTR-327 Nutrition Throughout the Life Cycle (3 credits)**

This three-credit course will examine nutritional needs and issues throughout the life span with special emphasis on preconception, pregnancy, lactation, infancy, childhood, adolescence and aging. Normal nutrition topics and nutrition-related conditions and interventions will be studied for each stage of the life cycle. Nutrient needs and recommendations will be addressed as well as age-related physiological changes. Specific attention will be given to current public health issues and model public food and nutrition programs. Current evidence-based practice recommendations will be covered with use of position papers by the Academy of Nutrition and Dietetics and American Academy of Pediatrics. This course consists of three lecture hours.

Prerequisite(s): Take DTC-306 or NTR-325

## **NTR-610 Nutrition and Health (3 credits)**

This course will introduce the student to nutrition science and public health issues related to nutrition. The fundamentals of carbohydrates, protein, lipids, vitamins, minerals and metabolism will be explored. Emphasis will be placed on diet planning and analysis, energy balance and the role of diet and physical activity in a healthy lifestyle and disease prevention. Highlights of current topics in nutrition, such as eating disorders, vegetarian lifestyles, and fad diets will also be addressed.

## **NTR-611 Life Cycle Nutrition (3 credits)**

This three credit course will examine nutritional needs and issues throughout the life span with special emphasis on preconception, pregnancy, lactation, infancy, childhood, adolescence and aging. Normal nutrition topics and nutrition-related conditions and interventions will be studied for each stage of the life cycle. Nutrient needs and recommendations will be addressed as well as age-related physiological changes. Specific attention will be given to current public health issues and model public food and nutrition programs. Current evidence-based practice recommendations will be covered with use of position papers by the Academy of Nutrition and Dietetics and American Academy of Pediatrics. This course consists of three lecture hours.

Prerequisite(s): Take NTR-610

## **NTR-612 Nutrition & Disease (2 credits)**

This course examines nutrition and diet therapy, including nutrition assessment, the physiological and biochemical bases of nutrition care, therapeutic diets, medications and herbal supplements. Topics include nutrition intervention for diabetes, cardiovascular diseases, obesity, eating disorders, GI diseases and promoting healthy eating. The emphasis of this course is the practical application of subject matter in the clinical setting.

Prerequisite(s): Take NTR-610