NUTRITION & HEALTH SCIENCES: COMMUNITY HEALTH AND WELLNESS OPTION

Description

The community health and wellness option is designed for those students interested in health education and health promotion. Graduates are prepared to promote healthy lifestyles and enhance the quality of life for individuals and communities while working in a variety of settings including worksite and health promotion programs, schools, public health agencies, nonprofit health organizations, and voluntary health agencies (American Heart Association, American Cancer Society, etc.). This option is also appropriate for students interested in pursuing graduate programs in such areas as public health, health policy, and other related areas. Upon completion of the option, students will be eligible to sit for the Certified Health Education Specialist (CHES) exam.

Want to Become a Registered Dietitian Nutritionist?

Choosing a major in nutrition and health sciences: community health and wellness is an excellent choice for students who want to become a Registered Dietitian Nutritionist (RDN). The courses completed in this option will provide a solid foundation for a career as a RDN. Completion of this option will allow the student to meet the prerequisites for application to the Future Education Model Graduate Program. The Future Education Model Graduate Program will provide the courses and experiences needed to allow the graduate to sit for the RDN exam and culminate with the graduate earning a masters degree. Information about the Future Education Model can be found on the Department of Nutrition and Health Sciences website.

College Requirements

College Admission

Students accepted by the University must have an ACT of 20 or SAT of 950, a 3.0 cumulative high school grade point average, or rank in the upper half of their high school graduating class and have the following high school preparation to be eligible for guaranteed admission to the College of Education and Human Sciences:

- Four years of English that include intensive reading and writing experience.
- Two years of one foreign language.
- Four years of mathematics that include Algebra I, II, geometry, and one year that builds on a knowledge of algebra.
- Three years of natural sciences that include at least two years selected from biology, physics, chemistry, and earth science and one year of laboratory instruction.
- Three years of social studies that include at least one year of American and/or world history and one year of history, American government, and/or geography.

Transfer and Readmitted Students

Transfer students from universities or colleges outside of the University of Nebraska–Lincoln and readmitted students seeking admission to the College of Education and Human Sciences must have an accumulated average of 2.0 on a 4.0 scale or above and no high school deficiencies.

Students who do not meet these requirements must enroll as deciding students in the Exploratory and Pre-Professional Advising Center or in another college. Once they have completed 12 graded hours at Nebraska with a minimum 2.0 grade point average and have removed any high school deficiencies, University of Nebraska–Lincoln students may apply for admission to the College.

Transfer and readmitted students must meet the graduation requirements for the College of Education and Human Sciences as stated in the current catalog in effect at the time they enter or reenter the College.

Students who left the College on academic warning, or who were dismissed, may seek readmission to the College after two semesters by applying to the university's Admissions Office. Readmission is not assured. However, the admissions committee is receptive to giving students a second opportunity to be successful. The committee is interested in knowing what the student has done in the intervening period that would suggest the student will be successful when readmitted. Successfully completing correspondence courses and/or community college courses is an effective way to demonstrate one's commitment to academic success.

Transferring from Other Colleges within the University of Nebraska–Lincoln

Students transferring to the College of Education and Human Sciences from another University of Nebraska–Lincoln college or from the Exploratory and Pre-Professional Advising Center must have a minimum cumulative GPA of 2.0, be in good academic standing, and meet the freshman entrance requirements that exist at the time of their admission to the College of Education and Human Sciences. **Students must fulfill degree requirements that exist at the time of their admission to the college, not at the time they enter the University of Nebraska–Lincoln.**

To remain current, College of Education and Human Sciences students must enroll in, and complete, at least one university course that will apply toward degree requirements during a 12-month period. Students who readmit following an absence of one year or more must meet all requirements in the Undergraduate Catalog in effect at the time of readmission and enrollment. Students who transfer to another University of Nebraska–Lincoln college and later return to the College of Education and Human Sciences will be considered readmitted students. Students who transfer out of a teacher education program, but continue their certification program while seeking a degree in another University of Nebraska–Lincoln college, are exempt from this policy.

International Students

The College of Education and Human Sciences welcomes undergraduate international students. As a part of admission to the College, international students must present a TOEFL score of 550 or higher and TSE score of 230 or higher.

Students seeking teacher education and state certification must meet the same requirements as any other undergraduate students. Students who have received a degree outside of the United States and are interested in teacher certification are required to have a transcript review completed by an approved agency not directly associated with the University of Nebraska. For more information, please contact the Student Services Center.

Removal of Deficiencies

Students admitted to the University with core deficiencies are expected to remove those deficiencies in a timely manner. Students with deficiencies are not eligible for graduation. The courses that students use to clear

core deficiencies may also be used to meet ACE requirements or other graduation requirements. The Dean of the College of Education and Human Sciences will make the final decision concerning any problems or questions that may arise in satisfying requirements to remove deficiencies.

College Degree Requirements

Grade Rules

Minimum Grade Requirements

Grade requirements vary from major to major. Please see the appropriate major listing or check with your advisor regarding minimum grade requirements.

Pass/No Pass Option

CEHS students are allowed to take up to 12 hours of Pass/No Pass (P/N) credit. The college departments vary on P/N policies. Students should check with their advisor to be certain they qualify for the Pass/No Pass option.

Grade Appeals

Any student enrolled in a course in the College of Education and Human Sciences who wishes to appeal alleged unfair and prejudicial treatment by a faculty member shall present their appeal in writing to the Dean's Office no later than 30 days after notice of the student's final course grade has been mailed from campus.

Students may use and are encouraged to use the following sequential procedures to appeal the grade. The problem may be solved at any of the levels of the appeal procedure.

1. Contact the instructor. Frequently, the problems can be solved at this point.
2. Submit a request to the chair of the department.
3. Take the case to the departmental Grading Appeals Committee. The Committee is contacted by the department chair.
4. Take the case to the College Appeals, Retention and Certification Committee by contacting the Dean's Office.

The complaint will be forwarded to a committee consisting of faculty and student representatives. After a hearing, the Committee will make a written recommendation regarding the appeal. The Committee's recommendation is binding on the appealing student and faculty member.

Transfer Credit Rules

Acceptance of Transfer Grades

- Grades earned at the University of Nebraska–Lincoln, UNO, UNK
- Grades of D-, D, D+, and C- satisfy requirements in all programs in the College unless specified otherwise. Students who receive a grade of D-, D, D+, C-, however, are encouraged to retake the course.
- Grades earned outside the University of Nebraska system

The college will accept no more than 9 credit hours of grades less than a C from any program outside the University of Nebraska system. Grades below a C can only be applied to general education requirements and elective classes.

Maximum Number of Hours for Transfer

Transfer courses are evaluated by the University and by the College to determine University of Nebraska–Lincoln and College course equivalencies. The College determines which courses will be accepted and how they will apply toward degree requirements. Sixty (60) is the maximum number of hours that will be accepted on transfer from a two-year college. Ninety (90) is the maximum number of hours that will be accepted on transfer from accredited four-year colleges and universities.

Courses taken 10 years before admission or readmission to the College will be evaluated by the major department to determine if it is appropriate to accept those courses for transfer credit and for application to degree requirements. Specific courses will be reviewed in keeping with the guidelines specified by each department.

Transfer Credit from Technical, Non-Accredited and Foreign Institutions

Students who desire to transfer from these institutions must have each course evaluated by the appropriate departmental representative. All rules stated above in reference to grades and maximum credit hours apply. For additional information and guidance in this process, contact the Dean's Office.

Transfer Agreements with UNO and UNK

Transfer agreements between the three institutions within the University System allow for a smooth transition for students interested in taking courses from UNO, UNK, and/or the University of Nebraska–Lincoln. Although restrictions noted above on grades and maximum transfer hours still apply, there are some exceptions. For purposes of residency, courses from UNO and UNK fulfill these requirements. Students planning to major in a program in the college should read the specific requirements noted with individual programs. Questions about academic transfer should be addressed to the Advising Office.

Transfer Agreements with Community Colleges

Articulation agreements and "Transfer with Ease Programs" with Nebraska community colleges indicate how courses and programs will transfer to the University of Nebraska–Lincoln and the College of Education and Human Sciences. The same guidelines noted above on the acceptance of courses, grades, and hours also apply to these institutions. Students interested in transferring from a community college should consult with their school or the Student Services Center to determine which courses will transfer to fulfill specific College of Education and Human Sciences requirements.

Courses from accredited two-year institutions will generally not be substituted for 400-level human sciences classes in the College. The 300-level courses will be considered on an individual basis by the respective departments in the College of Education and Human Sciences.

Courses taken prior to course articulation agreements will be accepted contingent upon departmental validation of the credit.

Residency Rules

Students must earn a minimum of 120 credit hours to earn a degree.

All students are expected to complete at least 30 of their final 36 hours of credit at the University of Nebraska-Lincoln, University of Nebraska Omaha, or University of Nebraska at Kearney.

Degree Application Process

Graduation Requirements

Students are expected to develop a clear understanding of degree requirements and to plan their course of study with a College advisor. Students requiring clarification of outstanding degree requirements should visit with a College advisor promptly.

Students should access their Degree Audit via MyRED at least once each term to review degree requirements and progress toward graduation. It is the student's responsibility to make sure their Degree Audit accurately reflects their current College and program of study.

Students who believe their Degree Audit has errors or omissions should visit with a College advisor promptly. It is important that you resolve these matters as soon as practicable to avoid a delay in graduation.

Each student with MyRED access must submit an online Application for Graduation via MyRED for each degree to be received by:

- The fourth Friday in January for May graduation
- The second Friday in June for August graduation
- The second Friday in September for December graduation

Students submitting an electronic Application for Graduation via MyRED will be billed a $25.00 per degree fee on their student account. Students without MyRED access may apply for graduation **in person at Husker Hub in the Canfield Administration Building**, or by mail. Applications for graduation submitted in person or by mail must be accompanied by a check or money order in the amount of $25.00 payable to the University of Nebraska–Lincoln. Failure to submit a timely Application for Graduation may preclude the awarding of a degree in the intended term.

Your Application for Graduation and required $25.00 fee are good only for the term marked on your application. Neither your application nor your fee are transferrable to another term. If you submit an Application for Graduation and pay the $25.00 fee for a specified term but do not complete your degree requirements in that term, you will need to reapply to graduate in a future term and incur another $25.00 fee.

Commencement ceremony information will be emailed to all degree applicants approximately one month before graduation. Each student who has applied for graduation must submit an online Commencement Attendance Form via MyRED, which will be available when the informational email is distributed.

Only those students who have applied for graduation, had the application accepted, and fulfilled all degree requirements as of the last day of the academic term may participate in the commencement ceremony for that term. Because the University of Nebraska–Lincoln has a commencement for each term, ceremony participation is allowed only in the term during which the student has properly and timely applied for graduation and fulfilled degree requirements.

Catalog Rule

Students are responsible for following the rules, policies, and requirements found in the University of Nebraska–Lincoln Undergraduate Catalog for the academic year in which they were last admitted to a program in the College of Education and Human Sciences. Students must complete all program requirements from a single catalog year. In consultation with their advisor, a student may choose to move to and follow a subsequent catalog if it is in their best interest.

Learning Outcomes

Graduates of community health and wellness will be able to:

1. Assess individual and community needs for health education.

2. Plan, implement, and evaluate effective health education programs.

3. Apply behavior modification theories and models to promote healthy living.

4. Communicate and advocate for health education and health equity.

5. Demonstrate knowledge and skills needed for the workforce and for success in graduate or professional schools.

Major Requirements

ACE Requirements		
ACE 1		*3*
ACE 2		*3*
ACE 3		
Select one of the following:		3
EDPS 459	Statistical Methods (Supporting Course)	
STAT 218	Introduction to Statistics (Supporting Course)	
ACE 4		
CHEM 109A & CHEM 109L	General Chemistry I and General Chemistry I Laboratory (Supporting Course)	4
ACE 5		*3*
ACE 6		
PSYC 181	Introduction to Psychology (Supporting Course)	4
ACE 7		*3*
ACE 8		*3*
ACE 9		*3*
ACE 10 [1]		
NUTR 404	Evaluation and Research Related to Health Promotion (Professional Requirement)	3
Credit Hours Subtotal:		32
Professional Requirements [1]		
NUTR 100	Healthy Living	3
NUTR 150	Career Preparation in Nutrition and Health Sciences	2
NUTR 250	Human Nutrition and Metabolism	3
NUTR 256	Addressing Health Disparities through Health Literacy	3
NUTR 302	Health Information: Science, Media, and the Consumer	3
NUTR 352	Social Marketing in Health Communication	3
NUTR 356	Nutrition Education in the Community	3
NUTR 400	Planning and Implementation of Health Promotion Programs	3
NUTR 404	Evaluation and Research Related to Health Promotion [1]	3
NUTR 407	Principles of Epidemiology for Nutrition and Public Health	3
NUTR 408	Community Health Advocacy	3
Credit Hours Subtotal:		29
Supporting Courses		
BIOS 111	Introduction to Microbiology and Human Health	4
or BIOS 312 & BIOS 314	Microbiology and Microbiology Laboratory	

BIOS 213 & BIOS 213L	Human Physiology and Human Physiology Laboratory	4
CHEM 109A & CHEM 109L	General Chemistry I and General Chemistry I Laboratory	4
CHEM 110A & CHEM 110L	General Chemistry II and General Chemistry II Laboratory	4
EDPS 459	Statistical Methods	3
or STAT 218	Introduction to Statistics	
LIFE 120 & LIFE 120L	Fundamentals of Biology I and Fundamentals of Biology I laboratory	4
MATH 102	Trigonometry (or MATH 103 or a placement score of MATH 104 or MATH 106)	3-5
PSYC 181	Introduction to Psychology	4
PSYC 428	Health Psychology	3
SOCI 252	Health, Medicine, and Society	3
or SOCI 353	Sociology of Health Care and Health Professions	
Credit Hours Subtotal:		25
Selectives		
Select 9 hours from the following:		9
COMM 271	Organizing Social Change	
COMM 354	Health Communication	
COMM 370	Family Communication	
CYAF 446	Addictions and Families	
GERO 200	Introduction to Gerontology	
NUTR 251	Nutrition Through the Life Cycle	
NUTR 253	Cultural Aspects of Food and Nutrition	
NUTR 330 / NRES 330	Environmental Health	
NUTR 344	Nutrition and Food for Optimal Health	
PSYC 289	Developmental Psychology	
PSYC 365	Addiction	
PSYC 471 / CYAF 471 / EDPS 471 / SOCI 471	Human Sexuality and Society	
SOCI 252	Health, Medicine, and Society	
SOCI 325 / WMNS 325	Contemporary Family Issues	
SOCI 353	Sociology of Health Care and Health Professions	
SOCI 443	Sociology of Mental Health	
Credit Hours Subtotal:		9
Electives		
Select 24-26 hours of Electives		24-26
Credit Hours Subtotal:		25
Total Credit Hours		**120**

[1] *A grade of C or above is required.*

ACE Requirements

All University of Nebraska–Lincoln students will be required to complete a minimum of 3 hours of approved coursework in each of the 10 designated Achievement-Centered Education (ACE) student learning outcome areas. These can be viewed at http://ace.unl.edu. Students will be provided a list of classes they can select from to meet each of the 10 ACE Student Learning Outcomes (SLO). There may be required courses within a program that will also satisfy ACE requirements. Therefore, it is highly recommended that students contact their advisor prior to registering for ACE classes in order to ensure that each of the class selections are in the best interest of the students' academic program.

Additional Major Requirements

Grade Rules

C- and D Grades

Only grades of C or above will count toward graduation requirements for NUTR courses.

Pass/No Pass

All courses specified by course and number must be taken for a grade. Professional, supporting, and selective classes must be taken for a letter grade (no pass/no pass) unless only offered pass/no pass.

NUTR 100 Healthy Living
Description: Various risk factors and personal behaviors that affect health. Practical methods for self-assessments and improving and maintaining physically active and healthy eating habits designed to enhance awareness of short- and long-term risks and to achieve a higher level of wellness.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Prerequisite for: FITN 112B; NUTR 252; NUTR 256; NUTR 356; NUTR 454
Course and Laboratory Fee: $35

NUTR 131 The Science of Food
Crosslisted with: CHEM 131, FDST 131
Description: Covers general and food chemistry, nutrition, food microbiology, food safety and quality, standards that are enforced by regulatory agencies, and food processes applied to improve food quality, shelf life and safety.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Prerequisite for: FDST 205
ACE: ACE 4 Science

NUTR 131H The Science of Food
Crosslisted with: FDST 131H, CHEM 131H
Description: Covers general and food chemistry, nutrition, food microbiology, food safety and quality, standards that are enforced by regulatory agencies, and food processes applied to improve food quality, shelf life and safety.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
ACE: ACE 4 Science

NUTR 150 Career Preparation in Nutrition and Health Sciences
Description: Process of career preparation and planning. Philosophy and goals of academic programs, curricula, certifications, career opportunities and graduate programs in the Department of Nutrition and Health Sciences.
Credit Hours: 2
Max credits per semester: 2
Max credits per degree: 2
Grading Option: Pass No Pass

NUTR 213 Meat Specifications and Procurement
Crosslisted with: ASCI 213
Notes: For those students who have an interest in a career in Culinary Science, Meat Science, and/or Dietetics.
Description: Selecting and purchasing meat for the hotel, restaurant, institutional industry, and the retail markets.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option

NUTR 230 Peer Health Education
Prerequisites: Permission
Notes: Requires serving as a Wellness Advocate in the University living units to gain experience in utilizing the information learned.
Description: The role of Wellness Advocate in the promotion of the health and wellness needs of college students. Techniques for promoting the adoption of lifestyle choices for lifelong health and well being.
Credit Hours: 1-2
Min credits per semester: 1
Max credits per semester: 2
Max credits per degree: 2
Grading Option: Graded with Option

NUTR 244 Scientific Principles of Food Preparation
Prerequisites: Sophomore standing; FACS or HRTM or NUTR major
Description: Chemical, physical, sensory, and nutritional principles of food preparation.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Prerequisite for: NUTR 371

NUTR 245 Scientific Principles of Food Preparation Laboratory
Prerequisites: Must enroll in both NUTR 244 (lecture) and NUTR 245 (lab)
Description: Application of chemical, physical, sensory, and nutritional principles of food preparation.
Credit Hours: 1
Max credits per semester: 1
Max credits per degree: 1
Grading Option: Graded with Option
Prerequisite for: NUTR 371
Course and Laboratory Fee: $45

NUTR 246 Anatomical Foundations of Human Movement
Prerequisites: BIOS 214 - Human Anatomy with a grade of C or higher
Description: Will provide knowledge of structure, function, and position of fibrous, skeletal, muscular, and nervous tissue of the human body for the application of analyzing human movement in exercise and sport.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded

NUTR 250 Human Nutrition and Metabolism
Prerequisites: 4 hours chemistry or biological sciences
Description: Introduction to nutrient function in the body, nutrient chemistry and energy metabolism. Role of nutrients in health and disease.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Prerequisite for: NUTR 251; NUTR 302; NUTR 344; NUTR 355; NUTR 356; NUTR 400; NUTR 453

NUTR 251 Nutrition Through the Life Cycle
Prerequisites: NUTR 250.
Description: Influence of normal physiological stress on nutritional requirements throughout the life cycle: pregnancy, lactation, growth, and aging.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option

NUTR 252 Nutrient and Fitness Assessment
Prerequisites: NUTR 100, NUTR majors only
Description: Introduction to and practical application of tools frequently used to estimate fitness levels and dietary intake; association among physical activity, nutrition, and health; health screening and risk classification; principles of assessment and various assessment strategies.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded

NUTR 253 Cultural Aspects of Food and Nutrition
Description: The influences of culture on food and nutrition practices.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
ACE: ACE 9 Global/Diversity

NUTR 255 Special Topics in Health
Prerequisites: NUTR 201.
Description: Series of minicourses devoted to specific content areas of health.
Credit Hours: 2
Max credits per semester: 2
Max credits per degree: 2
Grading Option: Graded with Option

NUTR 256 Addressing Health Disparities through Health Literacy
Prerequisites: NUTR 100
Description: Understanding of health disparities existing at national and local levels through a social justice lens and the role of health literate communication in reducing health disparities, as well as its limitations.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded
Prerequisite for: NUTR 408

NUTR 298 Special Topics in Nutritional Science and Dietetics
Prerequisites: As announced by department.
Description: Topics vary.
Credit Hours: 1-6
Min credits per semester: 1
Max credits per semester: 6
Max credits per degree: 6
Grading Option: Graded with Option

NUTR 299 Independent Study
Prerequisites: 6 hrs in major department or closely related areas and permission.
Notes: Work supervised and evaluated by departmental faculty members.
Description: Individual projects in research, literature review, or creative production.
Credit Hours: 1-5
Min credits per semester: 1
Max credits per semester: 5
Max credits per degree: 5
Grading Option: Graded with Option

NUTR 302 Health Information: Science, Media, and the Consumer
Prerequisites: NUTR 250 and NUTR major
Description: Critical evaluation, interpretation and communication of consumer health messages.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded
Offered: FALL/SPR
ACE: ACE 2 Communication Competence

NUTR 330 Environmental Health
Crosslisted with: NRES 330
Prerequisites: Class standing of sophomore or above with at least one semester of chemistry and biology.
Description: Provides a comprehensive understanding of how environmental exposures to physical, chemical and biological hazards influence human health. Offers basic knowledge in the core concepts of toxicology, exposure and risk, vulnerable populations and the interrelationship between human, animal and environmental health.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Offered: FALL/SPR
ACE: ACE 8 Civic/Ethics/Stewardship

NUTR 344 Nutrition and Food for Optimal Health
Prerequisites: NUTR 250; NUTR majors only; or permission
Description: Implementation of dietary guidelines and recommendations, nutrient assessment methodologies, concepts of healthy menu planning, and scientific principles of food preparation in promotion of optimal health.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Offered: FALL/SPR
Course and Laboratory Fee: $140

NUTR 351 School Health Issues
Description: Prevalence and etiology of health behaviors among children and teens. Organization, development, and legal aspects of school health programming.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option

NUTR 352 Social Marketing in Health Communication
Prerequisites: Junior standing. NUTR majors only.
Description: Application of the social marketing framework to analyze public health problems and design program solutions.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded

NUTR 355 Introduction to Sports Nutrition
Prerequisites: BIOS 213; NUTR 250
Description: Understanding of fundamental principles of sports nutrition. Tools and knowledge to evaluate scientific literature and to develop evidence-based diet and supplementation strategies aimed at maximizing athletic performance.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded

NUTR 356 Nutrition Education in the Community
Prerequisites: NUTR 100 and 250.
Description: Overview of community nutrition. Assessment of community needs and services; policy formation; techniques for developing and delivering theory-based nutrition education.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Offered: SPRING

NUTR 370 Food Production Management
Description: Application of food production and purchasing principles in foodservice management.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option

NUTR 371 Applied Food Production Laboratory
Prerequisites: NUTR 244 and 245.
Description: Application of theoretical knowledge and quality assessment is provided in university or community laboratory setting.
Credit Hours: 1
Max credits per semester: 1
Max credits per degree: 1
Grading Option: Graded with Option
Course and Laboratory Fee: $20

NUTR 372 Food Safety and Sanitation
Prerequisites: One course in chemistry and one course in biological sciences.
Description: Various factors that result in food illness: food allergy, natural toxins, parasites, microbial and viral food borne infections and food borne intoxications. Students will assess hazards, identify critical control points and establish monitoring and system verification procedures.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Offered: FALL

NUTR 384 Biomechanics of Human Movement
Prerequisites: Junior standing; BIOS 214
Description: Anatomical and mechanical principles as related to human movement.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Course and Laboratory Fee: $20

NUTR 399 Independent Study
Prerequisites: Permission.
Credit Hours: 1-6
Min credits per semester: 1
Max credits per semester: 6
Max credits per degree: 6
Grading Option: Pass No Pass

NUTR 400 Planning and Implementation of Health Promotion Programs
Prerequisites: NUTR 250 and junior standing
Description: Theory-based process of developing health promotion/education programs. Principles of planning, implementing and evaluating health education interventions will be taught using evidence-based research.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded
Offered: FALL/SPR
Prerequisite for: NUTR 404; NUTR 487
Experiential Learning: Case/Project-Based Learning

NUTR 401 Health Behavior
Prerequisites: Junior standing.
Description: Social, psychological, and cultural factors that influence the adoption, maintenance, and modification of health behaviors in communities.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option

NUTR 404 Evaluation and Research Related to Health Promotion
Prerequisites: NUTR 400
Description: Introduction to research, study designs, and data collection methods in health and behavior-change related studies, including exercise, nutrition, and health education .Emphasis on understanding research literature and development of research/grant proposals.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded
Prerequisite for: NUTR 406
ACE: ACE 10 Integrated Product
Experiential Learning: Research

NUTR 406 Management and Administration of Health Promotion Programs
Prerequisites: NUTR 404
Description: Overview of systems approach to the management of resources needed to plan, implement, and evaluate a health education/promotion program including financial, human, curricula, and physical resources. Qualities of effective leadership will be explored and evaluated.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded

NUTR 407 Principles of Epidemiology for Nutrition and Public Health
Crosslisted with: NUTR 807
Prerequisites: NUTR 250 and 3 cr hrs Statistics
Description: Application of basic concepts of epidemiology to nutrition and public health to include epidemiological research design, estimating outcome measures and determining cause and effect and effectiveness of interventions to prevent and treat disease.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded

NUTR 408 Community Health Advocacy
Prerequisites: NUTR 256
Description: Will provide knowledge of health policy development in the United States and with opportunities to apply health advocacy skills through learning, reflection, and engagement with local organizations.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded

NUTR 420 Molecular Nutrition
Crosslisted with: NUTR 820
Prerequisites: For NUTR 420: BIOS 206 and BIOC 431, or parallel. For NUTR 820: None
Notes: A neuroscience course is a plus, although not required.
Description: The mechanisms of nutrient sensing and transport, and how nutrients regulate physiological processes at the molecular level.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Experiential Learning: Case/Project-Based Learning

NUTR 429A Food Security: A Global Perspective
Crosslisted with: PLAS 429A, AGRO 829A, HORT 829A, NRES 429A, NRES 829A, NUTR 829A
Prerequisites: Junior standing
Description: Overview of the technical and sociocultural dimensions of global food insecurity.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option

NUTR 430 Nutritional Anthropology
Crosslisted with: ANTH 430, ANTH 830, NUTR 830
Prerequisites: ANTH 242 or equivalent.
Description: Anthropological approaches to the study of nutrition. Background to nutrition science; bio-cultural aspects of obesity, fertility, lactose intolerance, and infant feeding practices; biological differences in nutritional requirements, fertility, and mortality; interpretation of nutritional deficiencies in skeletal remains; reconstructing prehistoric diets from archaeological evidence; and evaluation of relationships between dietary patterns and dental remains in fossil record.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option

NUTR 440 Research Critiques in Extracellular Vesicles
Crosslisted with: NUTR 840
Prerequisites: NUTR 440: BIOS 213 & BIOS 213L, and BIOC 431 or parallel with prior knowledge of biochemistry, physiology, or its equivalent. For NUTR 840: None
Description: Physiological and pathological adaptations of Extracellular vesicles (EV). By reading, discussing, and presenting reviewed scientific manuscripts, learning about the current limitations in the EV biology field, how to critically review a scientific manuscript, and how to provide scientific presentations are emphasized in a journal-club format.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded
Experiential Learning: Case/Project-Based Learning

NUTR 445 Obesity Diseases and Human Health
Crosslisted with: NUTR 845
Prerequisites: NUTR250, BIOS 213 & BIOS 213L or parallel
Notes: Prior knowledge of biochemistry, physiology or advanced nutrition and metabolism or its equivalent needed
Description: Introduction to the prevalence of over nutrition, which results in the development of obesity, maternal obesity and metabolic syndrome. Current research topics will include complications of obesity and obesity-during pregnancy.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded
Experiential Learning: Case/Project-Based Learning

NUTR 449 Culinology Research Experience
Prerequisites: Senior standing; FDST 448
Description: Supervised individual professional Culinology research experience in product development.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Pass No Pass

NUTR 450 Medical Nutrition Therapy I
Prerequisites: BIOC 401 and 401L, or BIOC/BIOS/CHEM 431; BIOS 213 or ASCI 240.
Description: Nutrition assessment, nutrition support, documentation of nutrition services and medical terminology.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Prerequisite for: NUTR 452
Course and Laboratory Fee: $60

NUTR 452 Medical Nutrition Therapy II
Prerequisites: NUTR 450
Description: Nutrition in the disease state. Physiological and biochemical basis of medical nutrition therapy.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option

NUTR 453 Nutrition and Fitness Communication Strategies
Prerequisites: NUTR 250 with NHS Major only
Description: Application of behavior change and counseling theories to individual clients. Data assessment and interpretation, and developing goals and/or outcomes to facilitate health behavior changes.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option

NUTR 454 Peer Nutrition Education
Prerequisites: Junior standing; NUTR 100.
Description: Practical experience in developing skills in nutrition for health promotion and nutrition education.
Credit Hours: 2
Max credits per semester: 2
Max credits per degree: 2
Grading Option: Graded with Option
Course and Laboratory Fee: $60

NUTR 455 Advanced Nutrition
Prerequisites: BIOC 401 and 401L, or BIOC/BIOS/CHEM 431; BIOS 213 or ASCI 240, or parallel.
Description: Biochemical and physiological aspects of human nutrition. Nutrient transport, storage and utilization under various metabolic states and relationships to the development of chronic diseases.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Prerequisite for: NUTR 492
ACE: ACE 10 Integrated Product

NUTR 456 Clinical Exercise Physiology
Crosslisted with: NUTR 856
Prerequisites: NUTR 486/886 or equivalent.
Description: Cardiovascular, pulmonary, metabolic, pharmacologic, endocrinologic, renal, neurologic, inflammatory, and orthopedic aspects of clinical exercise physiology as they relate to exercise testing and programming.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Offered: FALL/SPR

NUTR 457 Classroom and Outreach Experiences in Food and Nutrition
Description: Supervised classroom or outreach experiences in educational or community settings.
Credit Hours: 1-3
Min credits per semester: 1
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option

NUTR 470 Cost Control for Foodservice
Crosslisted with: NUTR 870
Prerequisites: NUTR 370.
Description: Principles of cost control for foodservice. Integration of cost control and foodservice/restaurant management principles which influence financial integrity. Utilization of the computer as a tool to enhance decision making capabilities.
Credit Hours: 2
Max credits per semester: 2
Max credits per degree: 2
Grading Option: Graded with Option

NUTR 471 Vines, Wines and You
Crosslisted with: PLAS 471, HORT 871, NUTR 871, HRTM 471, HRTM 871
Prerequisites: 6 hrs science or equivalent experience; 21 years of age or older
Notes: Proof of age is required.
Description: Origin, botany, historical and cultural significance of the grapevine and related species. Principles and practices of vineyard establishment, management and processing of grape products, importance and/or scope of grape and wine industry; global and local significance. Culinary applications, health, environmental and safety-related issues, business and industry relations and experience.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Course and Laboratory Fee: $95

NUTR 473 Organization and Administration of Foodservice
Crosslisted with: NUTR 873
Prerequisites: NUTR 370.
Description: Organizational, administrative, and human relations concepts to foodservice. Utilization of computer applications in administration of a foodservice facility.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option
Prerequisite for: NUTR 973

NUTR 480 Introduction to Functional Electrocardiography
Crosslisted with: NUTR 880
Prerequisites: NUTR 486; NUTR 484
Description: Theory and application of electrocardiography in graded exercise testing.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option

NUTR 484 Physiology of Exercise
Crosslisted with: NUTR 884
Prerequisites: BIOS 213 or equivalent.
Description: Effects of physical activity on the circulatory, respiratory, and other physiological processes.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded
Prerequisite for: NUTR 486, NUTR 886; NUTR 488; NUTR 858
Course and Laboratory Fee: Total Seats Needed: 110

NUTR 486 Exercise Testing and Exercise Programming in Adult Fitness and Cardiac Rehabilitation
Crosslisted with: NUTR 886
Prerequisites: NUTR 484; EDPS 459 or STAT 218
Description: In-depth analysis and development of the techniques and knowledge prerequisite for certification in adult fitness and cardiac rehabilitation as prescribed by the American College of Sports Medicine.
Credit Hours: 4
Max credits per semester: 4
Max credits per degree: 4
Grading Option: Graded
Prerequisite for: NUTR 456, NUTR 856
Course and Laboratory Fee: Total Seats Needed: 110
Experiential Learning: Case/Project-Based Learning

NUTR 487 Community Health and Wellness Practicum
Prerequisites: NUTR 400. Community Health and Wellness majors only.
Notes: Background check will be required.
Description: Application of health education concepts and skills in a practical setting while serving as a health education resource person.
Credit Hours: 4
Max credits per semester: 4
Max credits per degree: 4
Grading Option: Graded

NUTR 488 Practicum in Exercise and Health Behavior Planning
Prerequisites: NUTR 484
Description: Practical experience in exercise testing and analysis and planning of health and fitness programs for individuals.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded with Option

NUTR 492 Nutrition Problems
Prerequisites: NUTR 455 or equivalent, and permission.
Description: Individual problems may be selected from diet therapy, animal feeding, metabolism studies, or surveys.
Credit Hours: 1-6
Min credits per semester: 1
Max credits per semester: 6
Max credits per degree: 6
Grading Option: Graded with Option

NUTR 493 Workshop Seminar
Credit Hours: 1-12
Min credits per semester: 1
Max credits per semester: 12
Max credits per degree: 12
Grading Option: Graded with Option

NUTR 494 Essentials of Strength Training & Conditioning
Crosslisted with: NUTR 894
Prerequisites: Junior Standing
Description: Overview of the scientific principles and practical applications of strength and conditioning that integrate physiological responses, adaptations, testing, exercise techniques, program design, and periodization for athletic performance.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded

NUTR 496 Independent Study
Crosslisted with: NUTR 896
Prerequisites: 12 hrs in major related areas; permission.
Notes: Supervised and evaluated by departmental faculty members.
Description: Individual projects in research, literature review, or creative production.
Credit Hours: 1-5
Min credits per semester: 1
Max credits per semester: 5
Max credits per degree: 5
Grading Option: Graded with Option

NUTR 497Z Student Teaching Multicultural
Crosslisted with: TEAC 497Z, SPED 497Z
Description: Supervised teaching experiences in schools. Accompanying seminar focuses on: teacher certification, teacher and student rights and responsibilities, proper conduct of teachers, selected legal aspects of education, methods of communicating with parents and community members, and current issues which impact education.
Credit Hours: 1
Max credits per semester: 1
Max credits per degree: 1
Grading Option: Pass No Pass
Course and Laboratory Fee: $25
Experiential Learning: Student Teaching/Education Practicum

NUTR 498 Research Experiences
Prerequisites: Senior standing and permission.
Description: Participation in an ongoing research project. Select from foods, human nutrition education, small animal, or survey research areas.
Credit Hours: 1-5
Min credits per semester: 1
Max credits per semester: 5
Max credits per degree: 5
Grading Option: Graded with Option
Experiential Learning: Research

NUTR 498B Global Research Experiences in Nutrition and Health
Crosslisted with: GLST 498B
Notes: Self-paced course. Can result in publication. Suitable for domestic and international research experiences.
Description: Structuring a global research experience while strengthening research and science communication skills and enhancing global competency and awareness.
Credit Hours: 1-6
Min credits per semester: 1
Max credits per semester: 6
Max credits per degree: 6
Grading Option: Graded
Experiential Learning: Research

NUTR 499H Honors Thesis
Prerequisites: Good standing in the University Honors Program or by invitation.
Description: Conduct a scholarly research project and write a University Honors Program or undergraduate thesis.
Credit Hours: 3
Max credits per semester: 3
Max credits per degree: 3
Grading Option: Graded
Experiential Learning: Research

PLEASE NOTE
This document represents a sample 4-year plan for degree completion with this major. Actual course selection and sequence may vary and should be discussed individually with your college or department academic advisor. Advisors also can help you plan other experiences to enrich your undergraduate education such as internships, education abroad, undergraduate research, learning communities, and service learning and community-based learning.