

# NUTRITION AND DIETETICS

The Department of Nutrition and Dietetics integrates liberal arts and professional education while teaching its students to lead and influence. Hands on and integrated experiences form the core of how our faculty educate, emphasizing problem solving and critical thinking over content. The Department of Nutrition and Dietetics develops expertise grounded in scientific research and evidence-based practice through an engaging and progressive curriculum, an active and collaborative research program, and a commitment to sustainability.

## Majors

- Applied Science in Nutrition Science - BA, BS (<http://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/applied-sci-nutrition-sci-ba-bs/>)
- Dietetics - BA, BS (<http://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/dietetics-ba-bs/>)
- Exercise Science and Nutrition (combined major) - BA, BS (<http://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/exercise-science-nutrition-ba-bs/>)
- Nutrition Science - BA, BS (<http://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/nutrition-science-ba-bs/>)

## Minors

- Foods - Minor (<http://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/foods-minor/>)
- Nutrition - Minor (<http://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/nutrition-minor/>)

### FSNU 2300 Nutrition Foundations – 4 credits

Introduction to the scientific principles of nutrition, including macro- and micro-nutrient functions and effects of nutrient deficiency and excess. This course emphasizes the role food plays in the health of individuals and families throughout the life cycle. The course includes a personal diet analysis, healthy diet planning, concepts of weight management/metabolism, and the relationship between food and the environment. Offered in the College for Women.

**Recommended:** High school biology and chemistry.

### FSNU 2900 Food Science – 4 credits

This course provides an introduction to food science and technology. The chemical and physical composition of foods will be examined along with the major principles of food processing, preservation and storage. Students will gain hands-on experience applying the technology of various food products in the lab, and conducting an investigation of current issues related to food and health through special project work. Lecture and laboratory. Offered in the College for Women.

**Prerequisite:** CHEM 1010 or CHEM 1110 or equivalent.

### FSNU 3000 Nutrition – 4 credits

Scientific principles of nutrition, including the study of nutrient functions and interrelationships, effects of deficiencies, dietary allowances and application to food selection and meals of individuals and families throughout the life cycle are covered.

**Prerequisite:** CHEM 1010 or CHEM 1120 with a grade of C- or above.

**Prerequisite with concurrency:** BIOL 1720 or BIOL 2520 with a grade of C- or above, or permission of instructor.

### FSNU 3150 Food Systems and Policy – 4 credits

The course provides a critical look into our food system and how food evolves from seed to grocery store shelves. It evaluates the way nutrition policies and recommendations are set, and how they may be influenced by the current food system. Offered in the College for Women.

**Prerequisite:** FSNU 2300.

### FSNU 3250 Sports Nutrition – 2 credits

This course involves the study of the effect of nutrient intake on human energy and athletic performance; current use of ergogenics and dietary supplements; review of current literature, teaching resources and consumer publications. Nutritional recommendations for athletes through the life cycle. Offered fall semester. Offered in the College for Women and the College for Adults.

**Recommended:** FSNU 2300.

### FSNU 3350 Lifelong Nutrition – 4 credits

This course includes an in-depth exploration into nutrition recommendations and concerns throughout the lifecycle. Topics covered include nutrition for pre-conception, pregnancy, lactation, infancy, childhood, adolescence, adulthood, and aging. This course also covers discussion of common chronic diseases and appropriate nutrition interventions. Offered in the College for Women.

**Prerequisite:** FSNU 2300.

### FSNU 3550 Food and Nutrition Management – 4 credits

This course focuses on 4 main content areas: (1) design, layout and equipment for the institutional kitchen; (2) organization and management; (3) human resource management; and (4) financial resource management. Principles of marketing, entrepreneurship, and business plans are covered. Offered alternate years.

### FSNU 3600 Foodservice Operations Management with Lab – 4 credits

Application of principles of food production and service to institutional practice: considerations of quality and quantity in volume feeding, methods of purchasing food for institutions, menu planning, recipe standardization, and portion control. Lecture, laboratory and field trips. This course includes approximately 45 hours of hands-on training in a variety of institutional settings. Offered in the College for Women.

**Prerequisite:** FSNU 2900.

### FSNU 3770 Nutrition Education and Counseling – 4 credits

This course is designed to develop effective skills for presentations to a variety of audiences throughout the life cycle. Educational theory and techniques are emphasized. Students also learn and practice techniques for interviewing, counseling and group process. Use of media and preparation of written educational materials are included. Students design, develop and present various forms of nutrition education for a variety of audiences. Offered in the College for Women.

**Prerequisite:** FSNU 2300, Junior or Senior standing.

### FSNU 3800 Intercultural and Community Nutrition with Lab – 4 credits

This course covers food patterns and foodways; agricultural, social, nutrition, economic, religious and cultural patterns that determine foods eaten in countries of the world. Cultural competence and complementary and alternative health practices are explored. Lecture and laboratory. Offered in alternate years. Offered in the College for Women.

**Prerequisite:** FSNU 2300.

**FSNU 4100 Community Lifespan Nutrition – 4 credits**

Study of the role of nutritionists in the community and the health and nutritional needs of individuals and groups within the different stages of the lifecycle. Nutrition concepts and interventions associated with each stage of the lifespan from pre-conception through older adulthood. Principles of epidemiology, the healthcare system, and the political process are explored. Planning, assessment, evaluation and legislative regulation of food and nutrition programs in the community are discussed. Students volunteer in and observe food and nutrition programs in the community. Lecture and laboratory. Offered in the College for Women.

**Prerequisites:** FSNU 2900, FSNU 2300, PSYC 2025.

**FSNU 4220 Sensory Evaluation – 2 credits**

This course involves sensory evaluation, theory and practice, psychophysics of the senses, sensory tests and data analysis. Oral presentations and written papers are required. Lecture and laboratory. Offered as needed.

**Prerequisites:** FSNU 2900 and a statistics course.

**FSNU 4270 Current Issues in Foods and Nutrition – 4 credits**

The focus of this course will be to research, evaluate, debate and think critically about the rapidly changing current issues in food, nutrition science, and health. This course will look at these issues from a variety of professional perspectives to gain a holistic view of the factors that influence and force change. Using contradictory statements and data from the scientific and lay sources we will carefully draw and defend arguments, in small and large debate formats, using multiple technologies to create engaging and informative content. Offered in the College for Women.

**Prerequisite:** FSNU 2900.

**Prerequisite with concurrency:** FSNU 2300.

**FSNU 4300 Advanced Nutrition – 4 credits**

This course includes digestion, transport and absorption of nutrients; hormonal aspects of nutrition; biochemical and physiological functions of nutrients; body composition, obesity and fad diets; herbs and supplements; critical analysis techniques for evaluation of scientific and popular literature in nutrition. Offered in the College for Women.

**Prerequisite:** FSNU 2300.

**FSNU 4310W Experimental Foods and Nutrition with Lab – 4 credits**

This course provides an introduction to the use of statistics and computers in food and nutrition research. Students will develop an original research project using sensory, physical and survey measurements. Oral scientific presentations and written papers required. The course contains both lecture and laboratory components. Offered in alternate years. Offered in the College for Women.

**Prerequisites:** FSNU 2900 and one statistics course.

**FSNU 4350 Medical Nutrition Therapy I – 4 credits**

This course involves principles of nutritional care related to clinical situations, including nutrition as therapy in selected diseases and application of these principles to daily living for prevention of disease and maintenance of health. Lecture and laboratory. Offered in the College for Women.

**Prerequisite:** FSNU 2300.

**Prerequisites with concurrency:** CHEM 2400 or CHEM 4400, or permission of instructor.

**FSNU 4375 Medical Nutrition Therapy II with Lab – 4 credits**

In this course students will discuss principles of nutritional care related to clinical situations, including nutrition as therapy in selected diseases and application of these principles to daily living for prevention of disease and maintenance of health. Lecture and laboratory. Offered in the College for Women.

**Prerequisites:** FSNU 2300, FSNU 4350.

**FSNU 4602 Internship – 2 credits**

Structured out-of-class learning experience that takes place on or off campus and includes a substantial work component. An internship involves students in a particular profession in an exploratory way to test career interests and potential. To initiate an internship experience, meet with the internship coordinator in the Career Development Office.

**Prerequisites:** Faculty sponsorship and approval by department chair.

**FSNU 4604 Internship – 4 credits**

Structured out-of-class learning experience that takes place on or off campus and includes a substantial work component. An internship involves students in a particular profession in an exploratory way to test career interests and potential. To initiate an internship experience, meet with the internship coordinator in the Career Development Office.

**Prerequisites:** Faculty sponsorship and approval by department chair.

**FSNU 4684 Directed Study – 4 credits**

Directed study is provided for students whose unusual circumstances prohibit taking a regularly scheduled course but who need the material of that course to satisfy a requirement. Availability of this faculty-directed learning experience depends on faculty time and may be limited in any given term and restricted to certain courses.

**Prerequisites:** Faculty, department chair and dean approval.

**FSNU 4752 Practicum: Diabetes Education – 2 credits**

This is an interdisciplinary study of diabetes mellitus. Attend the workshop at the International Diabetes Center and complete several written assignments. Offered in the College for Women.

**Prerequisites:** FSNU 2300, faculty and department chair approval.

**FSNU 4951 Independent Study – 1 credit**

Independent study offers students the opportunity for specialized research not covered in a course offering, by the action project or thesis. Students work with a faculty advisor to develop a learning contract, which specifies the content and objectives of the study as well as the requirements and procedures for evaluation. The amount of credit earned for the study also is included in the learning contract.

**Prerequisites:** Permission of the faculty and department chair or program director.

**FSNU 4952 Independent Study – 2 credits**

Independent study offers students the opportunity for specialized research not covered in a course offering, by the action project or thesis. Students work with a faculty advisor to develop a learning contract, which specifies the content and objectives of the study as well as the requirements and procedures for evaluation. The amount of credit earned for the study also is included in the learning contract.

**Prerequisites:** Permission of the faculty and department chair or program director.

**FSNU 4954 Independent Study – 4 credits**

Independent study offers students the opportunity for specialized research not covered in a course offering, by the action project or thesis. Students work with a faculty advisor to develop a learning contract, which specifies the content and objectives of the study as well as the requirements and procedures for evaluation. The amount of credit earned for the study also is included in the learning contract.

**Prerequisites:** Permission of the faculty and department chair or program director.