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 and Dietetics - BS (https://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/applied-sci-nutrition-dietetics-bs/)
- Exercise Science and Nutrition (combined major) - BS (https://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/exercise-science-nutrition-ba-bs/)
- Nutrition Science - BS (https://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/nutrition-science-ba-bs/)

Minors

- Foods - Minor (https://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/foods-minor/)
- Nutrition - Minor (https://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 2400 Food is Medicine — 2 credits
This course introduces the concepts of the evidenced-based complementary, integrative and functional nutrition approach to health care that focuses on identifying the root causes and system imbalances that influence health and disease. With cooking demonstrations and case study application, the course explores food-based solutions for maintaining and improving health and preventing disease. Recommended Courses: FSNU 2300.

FSNU 2682 Directed Study — 2 credits

FSNU 2684 Directed Study — 4 credits

FSNU 2900 Food Science with Lab — 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. Co-convenes with FSNU 2900.

FSNU 2992 Topics — 2 credits
The subject matter of the course is announced in the annual schedule of classes. Content varies from year to year but does not duplicate existing courses.

FSNU 3340 Lifecycle Nutrition Pediatrics — 4 credits
Description: Nutritional needs and concerns during the pre-conception, pregnancy, lactation, infancy, childhood, and adolescent life stage will be explored in depth. Common chronic diseases and appropriate nutrition interventions for each life stage are examined and applied in simulations and case studies. Prerequisite(s): FSNU 2300. Co-convenes with NUTR 5400.

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 3400 Sports Nutrition — 4 credits
This course involves the study of nutrient intake on human energy and athletic performance in the context of exercise science. Course content covers the relationship between nutrition and exercise performance, weight management, and the role of macronutrients, ergogenic aids, vitamins, and minerals in exercise. Offered in the College for Women.
Prerequisite: A major in the health sciences, and a minimum of junior status.

FSNU 3440 Lifecycle Nutrition: Adulthood — 4 credits
Nutritional needs and concerns specific to the adult life stages are explored in depth. This course also covers discussion of common chronic diseases and appropriate nutrition interventions with special attention to the social determinants of health.
Prerequisite: FSNU 2300.

FSNU 3450 Lifecycle Nutrition: Adulthood — 3 credits
Nutritional needs and concerns specific to the adult life stages are explored in depth. This course also covers discussion of common chronic diseases and appropriate nutrition interventions with special attention to the social determinants of health.
Prerequisite: FSNU 2300.

FSNU 3600 Foodservice Operations Management with Lab — 4 credits
Application of principles of food services management and organization in areas of human resource, kitchen design, layout and equipment, financial resource, quality improvement principles including production and service to institutional practice, quality and quantity in volume feeding, methods of purchasing food, menu planning, recipe standardization, and portion control. Principles of marketing, entrepreneurship, and business plans are covered. The course includes lecture and field trips with approximately 25 hours of hands-on training in a variety of institutional settings. Offered in the College for Women.
Prerequisite: FSNU 2900 or permission of the instructor. Also required: Current ServSafe Food Manager Certification.

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. Co-convenes with NUTR 5100.

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 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 with concurrency: FSNU 2300.

FSNU 4300W 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. Course co-convenes with NUTR 5700.

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 4601 Internship — 1 credit

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 4603 Internship — 3 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 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 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.

FSNU ELEC Food Science/Nutrition Elec — 1-6 credits

FSNU ELECU Food Sci/Nutrition-Upper Div — 1-6 credits