Brooks College of Health
Nutrition & Dietetics Course Descriptions

**DIE3213: Nutrition Therapy I**
3
Prerequisites: HUN 2201, BCH 3023C, BSC 2085C & BSC 2086C, CHM 2045C, FSS 1202, FSS 1202L, HUN 3403. Students will be able to identify common illness conditions of populations at different stages in the life cycle, conduct nutrition assessments and screen for special dietary needs, and plan progressive diets and diets modified in consistency and residue.

**DIE3246: Nutrition Therapy II**
3
Prerequisite: DIE 3213. Students will assess nutrient needs of, and develop nutrient based care plans for, persons with various disease conditions.

**DIE3310: Community Nutrition**
3
Prerequisite: HUN 2201. An introduction to state, federal, and local nutrition intervention programs and their impacts. Emphasis is placed on diagnostic tools used in community nutrition and programs as well as methods used to address community nutrition issues.

**DIE4122: Management of Food and Nutrition Services I**
3
Prerequisites: HUN 2201, MCB 2010C, FSS 1202, FSS 1202L, HSA 3111, ACG 2021, MAC 1105. Principles for effective management of food and nutrition services in various health care settings are provided. The component parts of the food service system, from purchasing through meal service, are explored along with methods for effective and efficient delivery of nutrition care.

**DIE4123: Quality Assessment and Control in Foods and Nutrition**
1
Prerequisites: HUN 2201 and MAN 3025. Students will be able to develop a comprehensive quality assessment program within the foods and nutrition discipline and will be able to evaluate quality assessment programs for appropriate content and process. May be repeated for credit.
DIE4125: Management of Food and Nutrition Services II
Prerequisite: DIE 4122. A study of methods for successful management of resources for food and nutrition services in the health care setting. Principles for planning and coordinating human resources, finances, materials, space, and equipment are included.

DIE4900: Dietetics Readings and Conference v. 1-3
This course involves in-depth readings and group discussions and conferences on selected topics of critical issue in the dietetics field. Student readings will vary each semester and will involve a formal survey of the literature and presentation of a summary analysis of findings.

DIE4906: Dietetics Independent Study and Research v. 1-3
Prerequisite: Permission of Department Chairperson This course involves design and completion of a specific dietetics research project conducted under the guidance of a faculty member. It may be repeated up to 12 credits.

DIE4912: Projects in Nutrition and Dietetics v. 1-3
This course involves the development and implementation or participation in conducting a designated project in dietetics. Students will work with a faculty person to determine the topic and project.

DIE4931: Special Topics in Nutrition and Dietetics 3
This course is a detailed study of a topic in the dietetics field. Topics will vary each time the course is offered and will be based on the need to address a current dietetics issue or subject in detail. Students should refer to the "Schedule of Courses" or the department for further information. The course may be repeated for up to 12 credits with a change in course content.

FOS4041: Food Science and Composition 3
Prerequisites: FSS 1202, FSS 1202L, CHM 2045C. Corequisite: FOS 4041L. Students will study the composition of foods and the chemical, physical, and qualitative changes that occur as a result of food storage, preservation, processing, and production methods. Students will evaluate the role of agencies, programs, and laws in the regulation of foods and consumer protection.

FOS4041L: Food Science and Composition Laboratory 1
Prerequisites: FSS 1202, FSS 1202L, CHM 2045C. Corequisite: FOS 4041. Students will learn practical skills related to food composition and the chemical, physical, and qualitative changes that occur as a result of food storage, preservation, processing, and production methods. Students will develop recipes or products that incorporate food science, safety, regulation, and consumer demand principles. (A laboratory fee of $20 assessed.)
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>FSS1202</td>
<td>Food Production</td>
<td>2</td>
<td>Corequisite: FSS 1202L. Students will acquire basic knowledge about food production and preparation. Included are basic principles of food science, food production, resource management, use and care of equipment, standards and evaluations of food products, recipe modification, safety, sanitation, purchasing, and agencies and laws related to food standards and grades.</td>
</tr>
<tr>
<td>FSS1202L</td>
<td>Food Production Laboratory</td>
<td>1</td>
<td>Corequisite: FSS 1202. Students will acquire practical laboratory skills and knowledge concerning basic food science composition and preparation. Included are basic principles of food science, food production, resource management, use and care of equipment, evaluations of food products, recipe modification, safety and sanitation, purchasing, and legal food standards and grades. (A laboratory fee of $20 assessed.)</td>
</tr>
<tr>
<td>FSS4230</td>
<td>Quantity Food Preparation</td>
<td>2</td>
<td>Prerequisites: FSS 1202, FSS 1202L, MCB 2013C, CHM 2045C. Large scale food preparation principles for application in a variety of commercial, institutional, community based settings.</td>
</tr>
<tr>
<td>FSS4230L</td>
<td>Field Experience in Quantity Food Preparation</td>
<td>1</td>
<td>Prerequisites: FSS 1202, FSS 1202L, MCB 2010C, CHM 2045C; Co or prerequisite: FSS 4230. Practical application of quantity food preparation principles in the commercial, institutional, and community setting. Students must meet the health requirements of the participating facility. May be repeated for 3 credits. (A laboratory fee of $15 assessed.)</td>
</tr>
<tr>
<td>HSC1578</td>
<td>Food, Health, Society</td>
<td>3</td>
<td>This course is an introduction to how social, cultural, historical, political, and ecological factors impact health and food behaviors. Students will identify different US ethnic, racial and religious groups' food habits and discuss the relationship of culture to food persistence, food trends, and changes.</td>
</tr>
<tr>
<td>HSC4572</td>
<td>Nutrition and Health</td>
<td>3</td>
<td>Prerequisite: CHM 2045C. A study of the processing and function of nutrients. Examines digestion, absorption and metabolism of nutrients as well as their food sources. Also examines energy balance, overweight and underweight and prevention of nutritional problems.</td>
</tr>
<tr>
<td>HUN1001</td>
<td>Introduction to Nutrition Science</td>
<td>2</td>
<td>Prerequisite: BSC 1005C. This course is an introduction to nutrition science using the scientific method and natural sciences principles from biology and chemistry to explore nutrient structures, usage/metabolism, functions, sources, standards, and roles in health and disease; and basic research methods.</td>
</tr>
<tr>
<td>HUN1003C</td>
<td>Weight Management through Nutrition and Fitness</td>
<td>2</td>
<td>Students will describe the nutrition and fitness principles of weight management and identify obstacles of, and set personal goals for, weight management. The students will describe and evaluate the major types of weight management techniques, products, and programs available in the U.S. market. Students will develop recipes and prepare dishes that are based on their personal weight management plan.</td>
</tr>
</tbody>
</table>
HUN2201: Basic Principles of Nutrition
An introductory course in foods and nutrition relative to the health and well being of the individual or community. Dietary habits, nutrient requirements, food choices and good eating practices, menu planning, shopping for food and food preparation will be studied. Myths and misinformation in nutrition are identified in relation to facts.

HUN3403: Life Span Nutrition
Prerequisites: FSS 1202, FSS 1202L, HUN 2201, CHM 2045C, BSC 2085C, BSC 2086C. Students will assess nutrient needs of individuals at different stages of the life cycle and plan menus that meet their nutritional needs.

HUN3601: Nutrition Education
Prerequisites: HUN 2201 and DIE 3213. An introduction to the nature and methods of nutrition education. Students will apply learning theories and methods commonly used in nutrition education to lesson planning, development of educational materials, interviewing and counseling, and group workshops.

HUN4221: Science of Nutrition
Prerequisites: HUN 2201, CHM 2045C, BCH 3023C, FSS 1202, FSS 1202L, BSC 2085C, BSC 2086C. This course covers the advanced study of nutrients and their functions in relation to human requirements. Advanced concepts of digestion, absorption, and metabolism of nutrients, food sources of nutrients, regulations governing addition of nutrients, and the processing, modification, and safety of foods will be discussed. Energy balance, overweight, underweight, and the prevention of nutritional problems will be covered.

HUN4414: Sports Nutrition
Prerequisite: HUN 2201. A detailed study of the relationship between athletic performance and nutrition. Topics covered include the energy systems and the fuel sources utilized; the role of protein, carbohydrates, and fat in the athlete's diet; appropriate vitamin and mineral intake; hydration and fluid replacements; ergogenic aids and nutritional quackery.