Nutrition and Dietetics
Minor Requirements

A minor in Nutrition and Dietetics consists of any 18 credits in NFS courses. Most NFS courses have pre-requisites and are taught only in specific semesters, thus it is important to plan ahead. Priority for course enrollment is given to NFS majors. University policy states that 1) a maximum of 9 transfer credits can be used towards the minor; 2) a minimum grade of C- must be earned in minor courses; and 3) minor courses can be used for general education requirements (NFS 207 or NFS 210).

A minor form can be obtained from the student's academic college or from Enrollment Services. The minor form should be completed and signed by the Department Chair in the Department of Nutrition and Food Sciences. The form is then submitted to the student's academic college and will be listed on the transcript upon graduation. The minor form should be completed after the majority of courses have been completed.

207 General Nutrition (3) - Fundamental concepts of the science of nutrition with application to the individual, community, and world. Proficiency test available. (Lec. 3) (N) Fall, Spring, and Summer Not open to students with credit in NFS 210.

210 Applied General Nutrition (4) - Fundamental concepts of the science of nutrition with application to the individual, community, and world. Weekly laboratory experience collecting and interpreting dietary intake, anthropometric measures, and clinical values. (Lec. 3, Lab 2) (N) Not open to students with credit in 207. Fall and Spring.

227 Scientific Principles of Food I (3) - Chemical, physical, sensory and nutritional properties of food related to processes used in food preparation. Emphasis on water, carbohydrates, lipids and the sensory evaluation of food. (Lec. 2, Lab. 3) Pre: 207 or 210, CHM 124. Fall only. Final offering for 3 credits 2011-12.

276 Food, Nutrition, and People (3) - Practical applications of nutrition policy. Current issues in the socioeconomic, cultural, and psychological influences on food and nutrition behavior. (Lec. 3) Pre: 207 or 210. Fall and Spring.

337 Scientific Principles of Food II (3) - Chemical, physical, sensory and nutritional properties of food related to processes used in food preparation. Emphasis on proteins, scientific principles of baked goods, and research applications. (Lec. 2, Lab. 3) Pre: 227. Spring only. Final offering for 3 credits 2011-12.

360 Nutrition in Exercise and Sport (3) - Relationships among diet, physical activity, health and performance. Metabolism and requirements of nutrients in physically active individuals. Applications to energy balance, body composition, various population groups, fitness levels and conditions. (Lec. 3) Pre: 207 or 210, PEX 275 and/or BIO 242. Spring only.

375 Food-Service Management I (3) - Administrative responsibilities in planning, organizing, staffing, leading, and evaluating food-service systems. Emphasis on menu planning, purchasing, and food cost control. (Lec. 3) Pre: 207 or 210, and 276 or permission of instructor. Fall only.

376 Food-Service Management II (4) - Administrative responsibilities in planning, organizing, staffing, leading, and evaluating food-service systems. Emphasis on food production and labor cost control. Experience in a food-service facility. (Lec. 3, Lab. 2) Pre: 375. Spring only.

394 Nutrition in the Life Cycle I (3) - Current issues in maternal, child and adolescent nutrition with emphasis on nutrient requirements and food habit development; delivery of cost-effective nutrition services and the application of the principles of menu planning. (Lec. 3) Pre: 276. Fall only.

395 Nutrition in the Life Cycle II (3) - Current issues in nutrition for the adult and older adult with emphasis on nutrient requirements related to physiological changes; screening initiatives; program development to reduce risk of nutrition-related diseases. (Lec.3) Service learning. Pre: 276, 394. Spring only.

440 – Macronutrient Metabolism (3) - Chemistry and metabolism of carbohydrate, protein, and fat. Advanced study of the impact of macronutrients on human metabolism, health, and disease. Pre: 207 or 210, BIO 242, BCH 211 or 311, or permission of instructor. Spring only.

441 Advanced Human Nutrition (3) - Comprehensive study of principles of nutrition. Physiological and metabolic processes and interrelationships involving nutrients. Factors affecting nutritional health status and requirements during life span. (Lec. 3) Pre: 207 or 210, BIO 242, BCH 211 or 311, or permission of instructor. Fall Only.

443 Nutrition Assessment (3) - Evaluation of nutritional status by dietary assessment, anthropometric measures, and nutrition-related health indicators. Practice in body composition assessment, interpreting dietary and laboratory data, and nutrition counseling. (Lec. 2, Lab 2) Pre: 207 or 210, 395 or permission of instructor. Fall only. Final offering for 3 credits 2011-12.

444 Nutrition and Disease (3) - Effect of disease on metabolism and nutritional requirements; implications for dietary change, and factors affecting acceptance of such change. (Lec. 3) Pre: 441, 443 or permission of instructor. Spring only.

451 Field Experience in Nutrition and Food Science (1-3) - Individual supervised field experience and seminar in community, educational, government, health-oriented, and commercial activities and services related to food science and nutrition. (Practicum) Pre: 394, 395 or permission of instructor. May be repeated for a maximum of 6 credits. Fall and Spring.

458 Nutrition Education (3) - Principles and practices of teaching individuals and groups to translate nutrition knowledge into action. Emphasis on research in and evaluation of nutrition education. (Lec. 3) Pre: 395, 440, or permission of instructor. Fall and Spring.

491 Special Projects (1-3) - Advanced work under supervision of a staff member. Arranged to suit individual requirements of student. (Independent Study) Pre: senior standing and permission of chairperson. Fall and Spring. May be repeated for a maximum of 6 credits.

495 Applied Nutrition Practicum (3) - Supervised experience in the Applied Nutrition laboratory. Mentor students enrolled in 210 to gain experience and practice basic nutrition assessment skills including dietary analysis, anthropometric measures, and clinical laboratory values. (Practicum) Not for graduate credit.