

NUTR - Nutrition

NUTR 600 The Nutrition Profession (3 Credit Hours)

This course provides an exploration of the nutrition and dietetics profession, encompassing foundational concepts and essential professional practices. Key areas of focus include professional definitions, interprofessional leadership, and ethics, as well as professional development and advocacy. Students will develop skills in locating, interpreting, and evaluating professional literature, utilize information technologies, and explore the impact of public policy on nutrition services. The course also prompts consideration of health inequities, professional collaboration, and strategies for professional growth.

NUTR 601 Nutritional Biochemistry and Nutrigenomics (3 Credit Hours)

This course provides students with an in-depth understanding of the metabolic pathways and control processes relevant to the digestion of foods and the metabolism of nutrients. Students will explore the major biological roles of macro- (carbohydrates, proteins, fats) and micro- (vitamins and minerals) nutrients. The course also examines the interplay between genetics and nutrition, including concepts of nutritional genomics and its relevance to medical nutrition therapy, health, disease, and dietary choices. The translation of biochemical science into practical nutritional guidance will be outlined.

NUTR 602 Developmental Nutrition (3 Credit Hours)

This course examines nutrition as the science of determining nutrient needs to promote optimal health and prevent deficiencies across the lifespan. Students will explore aspects of personalized nutrition therapy, with particular attention to cultural, economic, and social factors, as well as health concerns specific to each life stage.

NUTR 603 Nutritional Assessment and Interpretation (3 Credit Hours)

This course provides a foundation in nutrition assessment, emphasizing a systematic and comprehensive approach to promoting wellness and addressing disease. Students will learn how to apply the Nutrition Care Process to effectively assess nutritional status, formulate nutrition diagnoses, determine appropriate interventions, and create monitoring and evaluation plans. Students will also gain practical experience in screening and identifying individuals and groups at nutritional risk, and learn to plan, implement, evaluate, and monitor nutrition care plans.

NUTR 604 Medical Nutrition Therapy I (3 Credit Hours)

This course focuses on the foundational principles of medical nutrition therapy across the lifespan and throughout the health-illness continuum. Emphasis will be placed on application of the Nutrition Care Process for the assessment, diagnosis, intervention, and monitoring of nutrition-related issues. Students will examine nutrition interventions for managing various disease states and conditions, while learning to critically evaluate the interrelationships among nutrients and factors such as foods, cultures, health status, and behaviors. Students will also develop skills in professional communication and documentation, and explore Scope of Practice, ethical considerations, and roles within interprofessional healthcare teams.

NUTR 605 Advanced Concepts in Nutrition Sciences (3 Credit Hours)

This course explores emerging topics in nutrition and dietetics, focusing on their implications for wellness and disease management. Students will enhance their critical thinking and communication skills by analyzing current research and discussing complex issues. The course will also touch upon the evolving landscape of healthcare and policy as it relates to these cutting-edge topics.

NUTR 609 Medical Nutrition Therapy II (3 Credit Hours)

This advanced course builds on the foundational principles of medical nutrition therapy, emphasizing application of the Nutrition Care Process to complex disease states and critical illness across the lifespan. Students will refine their skills in clinical assessment, nutrition diagnosis, intervention, and monitoring to optimize patient outcomes in challenging medical scenarios, including critical care nutrition and specialized support strategies. This course prepares students to manage the unique nutritional needs of critically ill patients and those with complex medical conditions.

NUTR 610 Foodservice and Healthcare Systems Management (3 Credit Hours)

This course offers an in-depth exploration of the principles and practices involved in managing foodservice operations within healthcare systems. It focuses on delivering quality food and nutrition services to diverse patient populations, covering the interdependent functions of procurement, production, distribution, and service. Emphasizing management principles, this course equips students with the skills needed to manage foodservice operations within the complex landscape of healthcare systems, ensuring the delivery of high-quality, patient-centered nutrition services.

NUTR 611 Community Nutrition, Cultural Competence, and Wellness (3 Credit Hours)

This course examines human nutrition and health from a community-wide perspective, exploring programs and policies at local, state, and national levels. Students will develop skills in assessing community nutritional needs, interpreting evidence-based literature, and applying culturally relevant interventions for diverse populations. This course also addresses the effective dissemination of nutrition knowledge through interventions, wellness initiatives, and strategies to combat health disparities. Emphasizing the impact of public policy, the course prepares students for roles in community nutrition and advocacy.

NUTR 613 Designing Evidence-based Nutrition Programs (3 Credit Hours)

This course builds on foundational knowledge of community nutrition, nutrition assessment, and medical nutrition therapy to equip students with the skills to create and critically evaluate effective community-based nutrition programs. Students will learn how to assess community nutritional needs, apply evidence-based design principles, design and implement interventions for groups and populations, and conduct comprehensive program evaluation. The course emphasizes culturally relevant interventions, the influence of public policy, and resource management for program success.

NUTR 615 Personalized Nutrition and Education (3 Credit Hours)

This course explores the shift from population-based dietary recommendations to individualized nutrition and wellness strategies aimed at optimizing health and preventing disease. Students will critically assess how an individual's biological, environmental, and socio-cultural factors influence health, and learn the role of personalized wellness coaching to promote sustainable behavior change. Throughout the term, students will learn to locate and interpret emerging research in the field of precision nutrition to inform evidence-based practices, while considering the impacts of social inequities and health disparities on access to advanced nutritional services.

NUTR 616 Nutrition and Physical Activity (3 Credit Hours)

This course examines the synergistic relationship between nutrition and physical activity in promoting health, optimizing performance, and managing chronic diseases. Students will explore the metabolic pathways and physiological responses to various modes of exercise, and the specific nutritional requirements needed to support different types of physical activity across the lifespan. Emphasizing nutritional strategies for athletic populations, the course also addresses the integration of physical activity in the prevention and clinical management of chronic diseases. Students will learn to develop individualized wellness and performance plans tailored to a client's unique biological, environmental, and socio-cultural needs, focusing on sustainable lifestyle modifications and performance-driven results.

NUTR 617 Nutrition Counseling (3 Credit Hours)

This course equips students with the knowledge and skills necessary to effectively counsel individuals and groups on nutrition behavior change. Building on foundational knowledge in nutrition assessment and medical nutrition therapy, it focuses on evidence-based counseling strategies, including motivational interviewing, within a framework of cultural humility. Students will gain practical experience in developing client-centered nutrition interventions to promote sustainable behavior change, while applying methods for assessing nutritional needs and readiness for change.

NUTR 618 Principles and Practices of Wellness Behavior (3 Credit Hours)

This course explores the psychological, social, and environmental factors that influence health behaviors and sustainable wellness practices. Students will examine and apply foundational behavioral change theories and models to design effective nutrition and lifestyle interventions. The curriculum emphasizes advanced wellness coaching skills and the critical evaluation of wellness trends and behavior change strategies against peer-reviewed literature to ensure evidence-based practice. Students will learn to create personalized wellness plans integrating physical activity, stress management, and nutritional optimization for diverse populations.

NUTR 690 Applied Nutrition Capstone I (2 Credit Hours)

This course provides students with the opportunity to apply the knowledge and skills acquired during the nutrition program to the critical review, evaluation, and development of nutrition-related research. Students will engage in an in-depth analysis of current nutrition and wellness literature, employing critical thinking to assess its rigor and applicability. The course will result in the development of a presentation of a nutrition-related research proposal to be conducted during NUTR 691 – Applied Nutrition Capstone II.

NUTR 691 Applied Nutrition Capstone II (1 Credit Hour)

This course represents the second phase of the Applied Nutrition Capstone experience, building directly upon the research proposal developed in NUTR 690. Students will implement their proposed research plan, engaging in systematic data collection and analysis. Emphasis will be placed on the ethical conduct of research and the rigorous application of appropriate analytical techniques. Students will interpret their findings within the context of existing literature and draw meaningful conclusions. The course culminates in the preparation of a comprehensive written research report and a professional presentation of the research outcomes.