

# NUTRITION (NUTR)

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## NUTR 165 Principles of Nutrition

Topics for this course include basic knowledge of food nutrients; functions, interactions, and balance of carbohydrates, proteins, lipids, vitamins, minerals, and water in normal human physiology; nutrient deficiency diseases; energy metabolism; nutrition and fitness. It consists of three hours of lecture and is required for all subsequent nutrition courses.

## NUTR 200 Life Cycle Nutrition

This course examines human nutritional needs and U.S. dietary guidance for health maintenance and disease prevention during infancy, early and middle childhood, adolescence, adulthood, and older adulthood as well as pregnancy and lactation. The course consists of three hours of lecture. Prerequisite(s): NUTR 165, BIO 161 Corequisite(s): BIO 162

## NUTR 230 Food Science

This course examines chemical and physical properties of food, principles of food selection, consumer trends, use of established food guides in meal planning, methods and techniques of food preparation, sensory evaluation of food, food safety, and government regulation of food. The course consists of three hours of lecture, and two hours of lab. Restriction(s): Non-nutrition majors must obtain permission of the Director to register for this course. Prerequisite(s): NUTR 165, CHM 161

## NUTR 300 Community Nutrition

This course illustrates the role of nutrition in health promotion and disease prevention through an examination of health and nutrition policy, programs, and population data. Emphasis is placed on the information and skills necessary to solve nutrition problems in local, state, and national communities. The course consists of three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200

## NUTR 310 Management in Nutrition and Dietetics

The course focuses on dietetic management principles including systems theory, leadership, quality management and methodology, cost-effectiveness, human resources, labor law, financial management, budgeting, and marketing. The course consists of three hours of lecture. Prerequisite(s): NUTR 165

## NUTR 320 Quantity Food Preparation and Management

The course looks at management systems and procedures used in quantity food production; menu planning; recipe standardization; purchase, receipt, and storage of food and supplies; facility design, equipment, and materials; financial management; and food safety and sanitation. The course consists of three hours of lecture. Prerequisite(s): NUTR 165, NUTR 230, NUTR 310, BIO 163

## NUTR 340 Professional Practice in Nutrition

The course explores the various roles of nutrition professionals within the broader health-care system including inter-professional collaboration for comprehensive care. The course provides an overview of nutrition careers in clinical, community, foodservice management, and business settings and emphasizes historical, legal, and ethical considerations for professional practice. The course consists of three hours of lecture. Restriction(s): Nutrition Majors Only Prerequisite(s): NUTR 165, NUTR 200

## NUTR 341 Medical Nutrition Therapy I

The course focuses on the pathophysiology of nutrition-related disease; normal and therapeutic diets in the prevention and treatment of disease; the Nutrition Care Process: nutrition assessment, diagnosis, intervention, monitoring, and evaluation; documentation of nutrition care; and drug-nutrient interactions. Course materials will cover disorders of the gastrointestinal, cardiovascular, endocrine, and skeletal systems as well as energy imbalance. The course consists of three hours of lecture and one hour of lab. Restriction(s): Students are permitted to re-take this course once to seek to improve their grade Prerequisite(s): NUTR 165, NUTR 200, NUTR 300, BIO 161, BIO 162, CHM 161, CHM 262, and CHM 263

## NUTR 342 Medical Nutrition Therapy II

This course is a continuation of Medical Nutrition Therapy I that focuses on the pathophysiology of nutrition-related disease; normal and therapeutic diets in the prevention and treatment of disease; the Nutrition Care Process: nutrition assessment, diagnosis, intervention, monitoring, and evaluation; documentation of nutrition care; and drug-nutrient interactions. Course materials will cover disorders of the gastrointestinal, hepatic, and renal systems; food allergy and intolerance; genetics in nutrition; enteral and parenteral nutrition support. The course consists of three hours of lecture and one hour of lab. Restriction(s): Students are permitted to re-take this course once to seek to improve their grade Prerequisite(s): NUTR 341

## NUTR 400 Advanced Medical Dietetics

## NUTR 401 Practicum Med Nutr Therapy I

Application of nutrition knowledge and the Nutrition Care Process in the solution of problems related to disease. Students will assess nutritional status (including medical record review, patient and family interviews, and input from other team members), identify nutritional needs, and develop care plans for individuals in acute and long-term care environments. Under the supervision of a registered dietitian, students will carry out basic nutrition interventions. Course will consist of assigned readings, discussions, and practical in experience in hospitals, medical centers, and long-term care facilities. Two hours of lecture, 16 hours of practicum. Prerequisite: Admission to the Coordinated Program.

## NUTR 402 Practicum Med Nutr Therapy II

Students will utilize the Nutrition Care Process in nutrition assessment, diagnosis, intervention, monitoring, and evaluation in the care of assigned patients in acute, ambulatory, and long-term care settings. Continued emphasis on the development of professional, educational, and counseling skills culminating in students' ability to assume major nutritional care responsibilities for adults and children with medical needs (gastrointestinal, renal, musculoskeletal, cardiac, endocrine, surgical, and metabolic), obesity, eating disorders, and feeding dysfunction. The implementation of nutritional care strategies as influenced by economic and regulatory issues will be highlighted. Course consists of assigned readings, discussions, and practical experiences in hospitals, medical centers, and long-term care facilities. Two hours of lecture, 16 hours of practicum. Prerequisite: Admission to the Coordinated Program.; NUTR 401 with a grade of B or better.

**NUTR 410 Practicum Community Nutr I**

Application of nutrition principles to needs at various stages of the life cycle with an emphasis on health promotion and disease prevention. Students will utilize screening and assessment skills to determine the health and nutritional needs of individuals and groups in community settings. Under the supervision of a nutrition professional, students will participate in nutrition counseling sessions and education programs in a variety of community settings. Course will include assigned readings, discussions, and projects. Two hours of lecture, eight hours of practicum. Prerequisite: Admission to the Coordinated Program.

**NUTR 411 Practicum Community Nutr II**

Application of knowledge in nutrition program planning, implementation, and management in schools, government agencies, and health organizations within the Philadelphia region. Continued emphasis on professional skills that allow students to function independently in community programs. Course will consist of assigned readings, discussions, and projects. Two hours of lecture, eight hours of practicum. Prerequisite: Admission to the Coordinated Program; NUTR 410 with a grade of B or better.

**NUTR 420 Nutrition Education and Counseling**

This course focuses on communication strategies for effective health behavior change. Topics include food behavior; verbal and non-verbal communication; interviewing skills; cultural competency; health literacy; counseling theories and the counseling process; learning theories and educational principles; and educational methods and tools. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200, NUTR 300, PSY 155

**NUTR 430 Practicum Food Service Mgmt**

Practical experience in quantity food planning, preparation, and management in hospitals, nursing homes, school food service, and commercial cafeterias. Students will participate in the daily operations and management functions of food service systems, including sanitation, food safety, equipment selection and operation, food purchasing, receiving and storage, personnel and fiscal management, and quality control. Course will consist of assigned readings and discussions with 32 hours of practical experience and two hours of lecture per week for 10 weeks. Prerequisite: Admission to the Coordinated Program.

**NUTR 440 Capstone in Nutrition**

Emphasizes the integration of nutrition knowledge and the interpretation and application of nutrition-oriented research including evidence-based practice. Students identify a research question or hypothesis, design a research plan, collect and analyze data, and write a research paper utilizing peer-reviewed scientific literature and other appropriate sources. Students also create and orally present a poster representing their work. Three hours of lecture. Restriction(s): Nutrition Majors Only Prerequisite(s): NUTR 165, NUTR 200, NUTR 300, NUTR 340, NUTR 420, PHLT 408 and HSC 217.

**NUTR 441 Food and Culture**

This course examines the cultural and culinary traditions that shape an individual's eating habits, including the activities by which people produce, prepare, present, and consume food. Aspects of food culture including religion, health beliefs, geographic and historical/traditional factors in global cultures and within regions of the United States are explored. The course focuses on the development of cultural competency and cultural humility in nutrition practice. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200, NUTR 230, NUTR 300

**NUTR 450 Sustainable Food Systems and Food Justice**

Encompasses current issues involving food agriculture, activities, people and resources involved in getting food from field to plate. Current food practices and marketing are investigated in terms of the cost/benefit to the individual, and society. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200, NUTR 300.

**NUTR 455 Nutrition and Fitness**

This course addresses the nutrition needs of active people and athletes. Course topics include carbohydrate, protein, fat, vitamin, mineral, and water requirements for fitness and sport. Body weight and composition, weight maintenance, as well as proper weight gains and loss will be discussed. Prerequisite(s): NUTR 165

**NUTR 460 Nutrition Externship**

Students experience field work under the supervision of a nutrition professional and faculty member. Permission of the Director is required. Hours to be arranged with five hours minimum field work per week (minimum of 50 hours per semester) required. Restriction(s): Nutrition majors only unless approved by the Director Prerequisite(s): NUTR 165, NUTR 200, NUTR 300, NUTR 420

**NUTR 470 Special Topics in Nutrition**

The course provides an in-depth examination of a current topic in the field of nutrition. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200.

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**NUTR 472 Special Topics in Nutrition**

The course provides an in-depth examination of a current topic in the field of nutrition. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200.

**NUTR 473 Special Topics in Nutrition**

The course provides an in-depth examination of a current topic in the field of nutrition. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200.

**NUTR 474 Special Topics: Nutrition and Dietetics Technician, Registered Careers and Credential**

This course will help prepare the student to take the credentialing examination to become a Nutrition and Dietetics Technician, Registered (NDTR). Roles and responsibilities of the NDTR as well as career paths are explored. Restriction(s): Student must be a senior in the Didactic Program in Nutrition to register for this course.

**NUTR 475 Special Topics in Nutrition**

The course provides an in-depth examination of a current topic in the field of nutrition. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200.

**NUTR 480 Nutrition Research**

Individual laboratory or theoretical work under supervision of a faculty member. Permission of the Director required. Hours to be arranged.

**NUTR 481 Nutrition Research**

Individual laboratory or theoretical work under supervision of a faculty member. Permission of the Director required. Hours to be arranged.