

FOOD, NUTRITION, AND DTCS (FND)

FND 112 - Food Science, 4 credits.

A study of basic fundamental principles of food selection and preparation. Physical and chemical principles are applied to food preparation, evaluation of products and recipe modifications. Two lectures and two laboratory periods per week.

Frequency: *Every Year - First Semester*

Core designations: Natural Science N

FND 160 - Practical Nutrition, 2 credits.

A course introducing the science of nutrition, fundamental knowledge of nutrients, and practical application to properly nourish the body. The course also introduces evidence-based nutritional tools and resources to become informed consumers. This course is designed as an introductory course not requiring an extensive science background.

FND 199 - Exploration Seminar, 0 credits.

Repeatable: Yes

FND 239 - Nutrition for the Lifecycle, 4 credits.

An exploration into the nutrient requirements and dietary problems for each stage of the lifecycle with an emphasis on infants, children and elderly. A special focus will be placed on teaching techniques and motivation of clients at specific stages of the lifecycle. Case studies will be completed to apply strategies for behavior change to meet unique needs of individuals in specific stages.

Frequency: *Every Year - First Semester*

Prerequisites: FND 321

Corequisites: PEAK 400

This course is PEAK Required

FND 250 - Pre-May Seminar, 2 credits.

Academic and cultural preparation for students participating in a departmental May Seminar Abroad.

Frequency: *Not offered on a Regular Basis*

FND 260 / EXS 260 - Sport Nutrition, 2 credits.

This course is an in-depth study of the science behind nutrition as it relates to sport and influence on performance, training, and recovery. Topics covered will include energy expenditure and the role of nutrients during resistance, endurance, and intermittent exercise, hydration recommendations, and use of nutritional supplements for various athletic groups.

Prerequisites: FND 160 or FND 321

FND 300 - May Seminar, 4 credits.

Frequency: *May Seminar*

Prerequisites: FND 250

FND 321 - Nutrition, 4 credits.

A study of chemical properties, function, metabolism, dietary allowances, effects of deficiencies and sources of nutrients. Decision-making relative to contemporary issues in nutrition as related to health, wellness and the lifecycle. Three lectures per week.

Frequency: *Every Semester*

Prerequisites: BIOL 121 or BIOL 101 or CHEM 127

Core designations: Social Science S

FND 336 - Environmental Nutrition, 4 credits.

A study of local, national, and global environmental nutrition topics, including food production, agriculture, access to food, safety of food and water, and food policy. The connections between nutrition and health, food choices, and a sustainable food system will be explored. This course can also count toward the global studies program and the environmental and sustainability studies program.

Frequency: *Not offered on a Regular Basis*

Corequisites: PEAK 400

Core designations: International-Global Prspct G

This course is PEAK Required

FND 346 - Quantity Food Production, 4 credits.

A study of the principles of production planning, food preparation, and marketing activities in a food service, including strengths and challenges. This course will provide food safety and food service management certifications. Two lectures and two laboratories per week. This course is associated with an approved PEAK in conjunction with FND 424 and FND 426.

Frequency: *Alternate Years - 2nd Semester*

Prerequisites: FND 112

FND 360 - Advanced Nutrition, 4 credits.

Exploration of nutrition as the science that integrates life processes from the cellular level on through the multi-system operation of the whole organism. Study of pathophysiology as a foundation for medical nutrition therapy.

Frequency: *Every Year - First Semester*

Prerequisites: (BIOL 306 or (BIOL 411 and BIOL 412)) and FND 321

FND 362 - Medical Nutrition Therapy, 4 credits.

Application of the nutrition care process of assessment, diagnosis and dietary intervention to both acute and chronic diseases.

Frequency: *Every Year - Second Semester*

Prerequisites: (CHEM 142 or (CHEM 342 and CHEM 373)) and (BIOL 306 or (BIOL 411 and BIOL 412)) and FND 360 and FND 239

FND 380 - Special Topics, 0-4 credits.

Courses covering various topics of interest in this particular discipline. Contact department chair for more information.

Frequency: *Not offered on a Regular Basis*

Repeatable: Yes

FND 390 - Academic Internship, 1-8 credits.

Frequency: *Not offered on a Regular Basis*

Repeatable: Yes

FND 424 - Clinical Experience, 4 credits.

Advanced clinical nutrition. Includes a practical experience in a professional setting under the supervision of a registered dietitian. Two lectures per week are scheduled.

Frequency: *Every Year - First Semester*

Prerequisites: FND 362 and FND 321

Corequisites: PEAK 400

This course is PEAK Required

FND 425 - Current Issues- Food/Nutrition, 2 credits.

An examination of current issues in food and nutrition through individual research projects. Current issues will include topics such as economics, cultural and consumer trends, and technology that will be explored with laboratory projects, library research and field trips.

Frequency: *Alternate Years - 1st Semester*

Prerequisites: FND 321

FND 426 - Community Nutrition, 4 credits.

An exploration of community nutrition problems and the role of the community nutritionist within public health. Emphasis on assessment, planning, implementation and evaluation of nutrition interventions, and the development of nutrition policy within the political system. Includes experiences in community settings. This course is associated with an approved PEAK in conjunction with FN 346 and FND 424.

Frequency: *Every Year - Second Semester*

Prerequisites: FND 321

Core designations: U.S. Cultural Diversity U

FND 446 - Management in Nutrition and Dietetics, 2 credits.

A study of the types of management positions that nutrition professionals hold, the functions they perform, the roles they play, and the skills required to manage successfully. Students will develop a basic understanding of the structure of organizations along with knowledge of organizational dynamics and the differences between managing and leading.

Frequency: *Alternate Years - 1st Semester*

FND 480 - Independent Study, 1-4 credits.

This course provides an opportunity for individual students to conduct in-depth study of a particular topic under the supervision of a faculty member. Contact the department chair for more information.

Frequency: *Not offered on a Regular Basis*

Repeatable: Yes

FND 487 - Directed Research, 1-4 credits.

This course provides an opportunity for individual students to conduct research in a specific area of study, completed under the direction of a faculty mentor. Specific expectations of the research experience to be determined by the faculty. Repeatable for credit. Prerequisite: consent of instructor.

Frequency: *Not offered on a Regular Basis*

Repeatable: Yes