

NUTR - NUTRITION

NUTR 221 Basic Human Nutrition. 3 Credits

Term Typically Offered: Fall, Spring

Prerequisite(s): CHMY 121 and one General Education course chosen from the Life Sciences category (BIOB 121 or BIOB 123 are preferable).

Recommended: CHMY 123. Includes the principles of adequate diets in human nutrition, which involves carbohydrates, lipids, proteins, vitamins, minerals, absorption, digestion, metabolism, and energy utilization as they relate to health and food consumption at different stages of the life cycle. This is primarily a course for health science majors.

Lecture Hours 3

Department: Sciences - Biology & Phys Sci

NUTR 411 Nutrition for Sprts & Exercise. 3 Credits

Term Typically Offered: Fall, Spring

Prerequisite(s): KIN 105, KIN 106, NUTR 221.

Emphasizes nutrition as it applies to fitness, training, and athletic performance.

Topics include macro- and micronutrient requirements and dietary recommendations, energy metabolism, anthropometry, body weight issues, increased nutrient needs during training and competition, and nutritional ergogenics. Application of concepts is reinforced in a nutritional assessment of a volunteer student athlete and educational video project.

Lecture Hours 3

Department: Health & Human Performance