

Undergraduate Nutrition Courses

NUTR 1307. Concepts in Food and Nutrition. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

Introduction to the field of nutrition and dietetics including history of the profession, education, preparation, and roles and responsibilities of various health care practitioners. Practice settings, ethics of professional conduct, professionalism, evidence-based practice, interprofessional teamwork and issues in rural health care will also be explored.

NUTR 1316. Principles of Food Preparation. 3 Credit Hours (Lecture: 2 Hours, Lab: 3 Hours).

Study of food, food composition, and scientific principles involved in food preparation. Can receive credit for either NUTR 1316 or FDSC 1316.

NUTR 3321. Life Cycle Nutrition. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

Explores in depth the contribution that diet and nutrition make to support growth and the development process throughout the life cycle. Examines the distinct set of nutritional priorities for each stage of the life cycle with a focus on health promotion and disease prevention as underlying lifetime goals. Prerequisite: WSES 1322 or HECO 1322.

NUTR 3325. Advanced Meal Management. 3 Credit Hours (Lecture: 2 Hours, Lab: 3 Hours).

Fundamentals of nutrition and food preparation in all types of meal service. Special emphasis on nutritionally sound meals, meal plans, special dietary needs, and money management. Credit will be given for only one of the following: WSES 3325, FDSC 3325, or NUTR 3325.

NUTR 3339. Introduction to Medical Nutrition Therapy. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours). [WI (<https://catalog.tarleton.edu/academicaffairs/>)]

Physiological basis and application of medical nutrition therapy using the nutrition care process as related to specific health conditions. Medical terminology, nutrition assessment techniques and case studies. Prerequisite: HECO 1322.

NUTR 4080. Seminar in Nutrition Science. 2-4 Credit Hours (Lecture: 2 Hours, Lab: 4 Hours).

Comprehensive and integrated application of knowledge and skills acquired in the food and nutrition program in a practical setting. Designed to provide students with skills of synthesizing and presenting the results of lower-division work. Prerequisite: Approval of instructor.

NUTR 4305. Food Service Management. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

Principles of management applied to food service systems including restaurants and institutions.

NUTR 4309. Community Nutrition. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

Overview of techniques and procedures for collecting, recording, analyzing and interpreting data for nutritional assessment; program development and presentation techniques for application to individuals and community groups. Prerequisite: NUTR 3339.

NUTR 4325. Nutrition Counseling. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

Nutrition counseling and interventions in the nutrition care process; communication skills and application for prevention and treatment of nutrition-related disease states. Prerequisite: NUTR 3339.

NUTR 4335. Food and Culture. 3 Credit Hours (Lecture: 2 Hours, Lab: 3 Hours).

Food beliefs and practices of the major ethnic and religious groups in the U. S. and the nutritional implications of these food practices, a cultural analysis of American food trends; ethnic issues and dietary changes; and research methods in food habits. Credit will only be given for one of the following: WSES 4335, NUTR 4335, or FDSC 4335.

NUTR 4339. Advanced Nutrition. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

Metabolic processes that involve essential dietary components and methods of evaluating nutrition status. Prerequisites: NUTR 3339 and CHEM 2323 and CHEM 2123 with minimum grade of C or instructor approval.

NUTR 4349. Medical Nutrition Therapy I. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

Study of the physiological basis and application of medical nutrition therapy using the nutrition care process to nutrition support, metabolic stress, disorders of energy imbalance, hypertension, cardiovascular disease, and a variety of gastrointestinal disorders encountered in the clinical setting. Prerequisites: NUTR 3339, BIOL 2401 and 2402; MATH 1342 or PBHL 3320.

NUTR 4379. Medical Nutrition Therapy II. 3 Credit Hours (Lecture: 3 Hours, Lab: 0 Hours).

Study of the physiological basis and application of medical nutrition therapy using the nutrition care process to diabetes, renal disease, liver disease, cancer, and HIV as encountered in the clinical setting. Prerequisite: NUTR 4349.