

Nutrition Minor Requirements

Course	Credit Hours
BIO 1810 or EXSC 1111	4
HLED 2100 or NURS 2400 (2)	3
HLED 3200	3
HLED 3440	3
PHE 1500	3
TOTAL	16 (15 if using NURS)

Course Descriptions:

BIO 1810 - Anatomy and Physiology I

Hours: 4

The first of a 2-course sequence in Human Anatomy and Physiology emphasizing integration of the body systems and the maintenance of homeostasis. Topics investigated include cellular biology, microscopic and gross study of tissues, the axial and appendicular skeleton, the muscular system, and the nervous system.

FA Sem.

Note: This course has an additional fee.

EXSC 1111 - Anatomy and Physiology I

Hours: 4

The first of a 2-lecture and laboratory sequence in anatomy and physiology with an introduction to chemistry, cells and tissues, the integumentary system with special emphasis on the bony skeleton, joints, and the muscular system.

FA Sem.

Note: This course has an additional fee.

Prerequisites: Soph standing, and Exercise Science and Health Promotion majors only.

HLED 2100: Fundamentals of Nutrition

Hours: 3

What do the Dietary Guidelines for Americans mean? Translate recommendations into real food and lifestyle choices for chronic disease prevention, weight management, performance and optimal health. Critique nutrition trends with solid nutrition principles that stand the test of time. Content includes a review of nutrients and their role in metabolism, function in the body and how needs change through life stages. Extensive nutrient analysis of students' diets provides opportunities to apply nutrition knowledge for improved nutritional health.

FA and SP semesters

Note: This course has an additional fee.

Prerequisites: EXSC 1111 or BIO 1810

HLED 3200: Applied Performance Nutrition

Hours: 3

This course expands upon nutrition knowledge gained in introductory nutrition course. Sports nutrition principles and concepts are discussed to maximize physical performance for all levels of fitness. Current issues in sports nutrition will be discussed including an evaluation of common performance-based supplements, ergogenic aids and engineered foods. *Open to Nutrition minors only (or by permission of instructor).*

FA and SP semesters

Note: *This course has an additional fee.*

Prerequisites: HLED 2100 or NURS2400

HLED 3440: Weight Management

Hours: 3

Weight management is simple...it's just not easy. Explore why that's true. Evaluate healthy approaches to weight management by interpreting the physiological and psychological issues that affect weight status. Non-lifestyle approaches including supplements, pharmacotherapy and surgery are explored as options to weight management. *Open to Nutrition minors only (or by permission of instructor).*

FA and SP semesters

Note: *This course has an additional fee.*

Prerequisites: HLED 2100 or NURS2400

PHE 1500: Public Health Nutrition and Sustainability

Hours: 3

This course evaluates nutrition needs of potentially high-risk populations and implements a program to address these needs. The class investigates concerns and trends in public health nutrition including differentiating between programs and policies and the responsibilities of public and private sectors. We explore the food system as both the problem and answer to enhancing public health nutrition and environmental sustainability.

FA and Summer semesters

Prerequisites: None