

Nutrition (NUT) - Courses

Courses

NUT/FNS 200 Cr.3

Human Nutrition

This course examines the basic principles of the science of nutrition including understanding the basic sources of energy and the influences and effects of nutrition on one's overall health and fitness. Cultural and environmental factors that influence food availability and consumption are also investigated. (Cross-listed with FNS/NUT; may only earn credit in one department.) Offered Fall, Spring, Summer.

NUT/FNS 300 Cr.3

Lifecycle Nutrition

This course explores nutrition assessment and nutritional requirements/ challenges during preconception, pregnancy, lactation, infancy, childhood, adulthood and older adulthood, and community nutrition programs targeted for each life stage. Prerequisite: FNS/NUT 200. (Cross-listed with FNS/NUT; may only earn credit in one department.) Offered Fall, Spring.

NUT/FNS 350 Cr.3

Functional Foods, Herbs, and Supplements

Consumer interest in the relationship between diet and health has increased the demand for information about functional foods, herbals, and supplements. The purpose of this course is to explore current literature and research in these ever-growing and popular topics. Definitions, purpose, safety, efficacy, and risks of each topic are covered. Additionally, topics of discussion include specific functional components of food, herbals, and supplements. Prerequisite: FNS/NUT 200. (Cross-listed with FNS/NUT; may only earn credit in one department.) Offered Fall, Summer.

NUT 400 Cr.3

Food Science and Safety

This course examines the principles of food science including the functional role of carbohydrates, protein and fat. Emphasis will be placed on current topics of food science and safety in the national and local food industry including genetically modified and functional foods. Biological, chemical, and physical factors that affect the quality and safety of food products will be discussed in addition to the role of microorganisms in foodborne illness and food quality. Students in this course will also explore basic principles of food safety including food processing and food service as well as the role of government in food safety. Prerequisite: NUT 200; BIO 100 or BIO 105 or MIC 100 or MIC 230. Offered Fall, Spring.

NUT 450 Cr.2-3

Field Experience in Nutrition

Working with a UWL instructor and field site supervisor, students will identify a field site, develop a plan for exposure to appropriate experiences at the field site, participate in nutritionally-related professional activities at the field site, and submit a portfolio detailing field experiences. Prerequisite: nine credits completed in nutrition minor. Consent of instructor. Offered Fall, Winter, Spring, Summer.

NUT 479 Cr.1

Nutrition Teaching Assistantship

Working with a faculty mentor(s), students will aid in course development, delivery, and student assessment. Potential courses include approved courses in the nutrition minor. Prerequisite: grade of "B" or better in the class in which the student will be assisting AND permission from the instructor of the class in which the student will be assisting. Consent of instructor. Offered Fall, Winter, Spring, Summer.

NUT 499 Cr.1-2

Nutrition Research

Working with a faculty mentor(s), students will identify a research topic of interest, develop, plan, carry-out, and report the research in a campus and/or professional meeting. If the research findings are impactful in the field of nutrition, the student will submit a manuscript for publication in an appropriate journal. Repeatable for credit - maximum two. Prerequisite: six credits completed in nutrition minor. Consent of instructor. Offered Fall, Winter, Spring, Summer.