Nutrition (NUTR)

NUTR 1020
Foundations of Human Nutrition
3:3:0 Fall, Spring, Summer
For students interested in various health care professions. Considers basic principles of human nutrition. Studies factors that influence nutritive requirements and maintenance of nutritional balance. Examines relationships between proper nutrition and social, mental and physical well-being.

NUTR 2020
Nutrition Through the Life Cycle
3:3:0 Fall, Spring
* Prerequisite(s): NUTR 1020
For students interested in various health care professions, particularly professions in nutrition, dietetics, and food sciences. Studies application of nutrition principles to the human life cycle. Includes nutrient functions, needs, sources, and alterations during pregnancy, lactation, growth, development, maturation, and aging.