

NUTRITION (NUTR)

NUTR 104. ORIENTATION TO THE NUTRITION MAJOR. (1 Credit)

Discuss and explore the academic and professional requirements for successful entry into professional careers in dietetics, foodservice systems management, and human nutrition sciences majors. Identify professional resources, career opportunities, markets and trends in these OSU Nutrition major options. Graded P/N.

Equivalent to: NFM 104

NUTR 199. SPECIAL TOPICS. (1-16 Credits)

Equivalent to: NFM 199

This course is repeatable for 16 credits.

NUTR 201. RESEARCH AND SCHOLARSHIP. (1-16 Credits)

This course is repeatable for 16 credits.

NUTR 216. *FOOD IN NON-WESTERN CULTURE. (3 Credits)

Cultural determinants influencing food habits of humans. Interrelation of eating patterns and socio-cultural, ecological, psychological and economic factors in cross-cultural settings. Roles of men and women in food provision. Lec/rec. (Bacc Core Course)

Attributes: CPCD – Core, Pers, Cult Diversity

Equivalent to: NFM 216

NUTR 225. GENERAL HUMAN NUTRITION. (3 Credits)

The relationship of food, its nutrients and other components to the promotion of health and fitness with emphasis on the young adult. Current health concerns on a national and international level. This course is for non-majors; NES majors and those in the health sciences should take NUTR 240.

Equivalent to: NFM 225

NUTR 235. SCIENCE OF FOODS. (5 Credits)

Composition, functional properties, and structure of foods, including modified ingredients. Principles underlying preparation of food products of standard quality. Lec/lab.

Prerequisites: CH 123 with C- or better or CH 223 with C- or better or ((CH 263 with C- or better or CH 263H with C- or better or CH 273 with C- or better) and (CH 233 [C-] or CH 233H [C-]))

Equivalent to: NFM 235

NUTR 240. HUMAN NUTRITION. (3 Credits)

An introductory nutrition course for exercise science, nutrition, dietetics, food science, and health science majors who have taken general chemistry. Concepts of nutrient metabolism and utilization, nutrient deficiencies and toxicities and their relationship to disease prevention and treatment.

Prerequisites: (CH 121 with C- or better or CH 224H with C- or better or (CH 221 with C- or better or CH 231 with C- or better or CH 231H with C- or better))

Equivalent to: NFM 240

NUTR 241. APPLICATIONS IN HUMAN NUTRITION. (1 Credit)

Application of nutrition theory from NUTR 240 using a dietary project and hands-on recitation activities. A key focus of the course will be on applying nutrition theory. Rec.

Prerequisites: NUTR 240 (may be taken concurrently) with C- or better

Equivalent to: NFM 241

NUTR 299. SPECIAL TOPICS. (1-16 Credits)

Equivalent to: NFM 299

This course is repeatable for 16 credits.

NUTR 306. PROJECTS. (1-16 Credits)

This course is repeatable for 36 credits.

NUTR 307. SEMINAR. (1-16 Credits)

Graded P/N.

This course is repeatable for 16 credits.

NUTR 311. FOODSERVICE PRODUCTION AND PURCHASING. (4 Credits)

Food production, purchasing, facility and materials management in foodservice operations. Quantity production styles, safety and sanitation, service methods and equipment. Lec/lab/rec.

Prerequisites: NUTR 235 with C- or better

Equivalent to: NFM 311

NUTR 312. *ISSUES IN NUTRITION AND HEALTH. (3 Credits)

Impact of nutrition as one component of complex environmental, behavioral, social, and genetic factors significant to health promotion. Apply scientific knowledge to current health issues of changing dietary patterns, technological development in food products and nutrition controversies. Recognize economic and public policy implications. Lec/rec. (Bacc Core Course)

Attributes: CSST – Core, Synthesis, Science/Technology/Society

Prerequisites: NUTR 225 with C- or better or NUTR 240 with C- or better

Equivalent to: NFM 312

Recommended: Completion of science requirement in Bacc Core

NUTR 319. PROMOTING FOOD AND NUTRITION. (3 Credits)

Strategies in promoting products, services or ideas; negotiating, advertising, public policy, consumer service, social marketing, market research, trends and strategies. Lec/lab.

Prerequisites: NUTR 240 with C- or better and NUTR 241 [C-]

Equivalent to: NUTR 219

NUTR 325. NUTRITION THROUGH THE LIFE CYCLE. (3 Credits)

Nutritional needs and concerns in pregnancy and lactation, infancy, childhood, adolescence, adult and later years.

Prerequisites: (NUTR 240 with C- or better or NUTR 225 with C- or better) and NUTR 241 [C-]

Equivalent to: NFM 325

Recommended: Junior standing

NUTR 341. NUTRITION FOR EXERCISE. (3 Credits)

Review the interrelationship between nutrition and exercise, including macronutrient, micronutrient and fluid needs for active individuals. CROSSLISTED AS NUTR 341/KIN 341.

Prerequisites: KIN 324 with C- or better and NUTR 240 [C-]

Equivalent to: EXSS 341, KIN 341

NUTR 399. SPECIAL TOPICS. (1-16 Credits)

Equivalent to: NFM 399

This course is repeatable for 16 credits.

NUTR 401. RESEARCH. (1-16 Credits)

Equivalent to: NFM 401

This course is repeatable for 16 credits.

NUTR 403. THESIS. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 403

This course is repeatable for 16 credits.

NUTR 405. READING AND CONFERENCE. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 405

This course is repeatable for 16 credits.

NUTR 406. SPECIAL PROBLEMS; PROJECTS. (1-16 Credits)

Equivalent to: NFM 406

This course is repeatable for 16 credits.

NUTR 407. SEMINAR. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 407

This course is repeatable for 16 credits.

NUTR 408. WORKSHOP. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 408

This course is repeatable for 16 credits.

NUTR 409. PRACTICUM. (1-16 Credits)

Equivalent to: NFM 409

This course is repeatable for 16 credits.

NUTR 410. FIELD EXPERIENCE. (1-15 Credits)

Supervised work experience with professional-level responsibilities in community agency or business firm. Supplementary conferences, readings, reports. Supervised by agency/firm and instructor. For advanced students. Applications made and approved term preceding enrollment. Graded P/N.

Equivalent to: NFM 410

This course is repeatable for 50 credits.

NUTR 416. ^CULTURAL ASPECTS OF FOODS. (3 Credits)

Regional, ethnic, and religious influences on food patterns; worldwide trends in food practices. Laboratory experience with foods from several cultures. Lec/lab. (Writing Intensive Course)

Attributes: CWIC – Core, Skills, WIC

Prerequisites: NUTR 235 with C- or better

Equivalent to: NFM 416

NUTR 417. HUMAN NUTRITION SCIENCE. (4 Credits)

Application of biochemistry and physiology to nutrition of the individual.

Prerequisites: BB 350 with C- or better

Equivalent to: NFM 417

Recommended: One physiology course

NUTR 418. HUMAN NUTRITION SCIENCE. (4 Credits)

Application of biochemistry and physiology to nutrition of the individual.

Prerequisites: NUTR 417 with C- or better

Equivalent to: NFM 418

Recommended: Biochemistry and physiology

NUTR 423. COMMUNITY NUTRITION. (4 Credits)

Meeting nutritional needs in community settings; nutritional status of individuals and groups; programs of public and private agencies and industry; intervention techniques. Roles of community nutritionist.

Prerequisites: NUTR 325 with C- or better

Equivalent to: NFM 423

NUTR 430. MEDICAL NUTRITION THERAPY I. (4 Credits)

Principles and practices related to implementation and documentation of the nutrition care process in dietetics. Diet-related conditions are addressed during the three-course sequence using lecture, case studies and assessment recitation sessions. Lec/lab/rec.

Prerequisites: (BB 350 with C- or better or (BB 450 with C- or better and BB 451 [C-])) and (BI 233 [C-] or BI 332 [C-]) and (BI 242 [C-] or BI 342 [C-]) and (BI 233 [C-] or BI 333 [C-]) and (BI 243 [C-] or BI 343 [C-]) and NUTR 417 (may be taken concurrently) [C-] and NUTR 439 [C-]

NUTR 431. MEDICAL NUTRITION THERAPY 2. (4 Credits)

Principles and practices related to implementation and documentation of the nutrition care process in dietetics. Diet-related conditions are addressed during the three-course sequence using lecture, case studies and assessment recitation sessions.

Prerequisites: NUTR 430 with C- or better

NUTR 432. MEDICAL NUTRITION THERAPY 3. (3 Credits)

Principles and practices related to implementation and documentation of the nutrition care process in dietetics. Diet-related conditions are addressed during the three-course sequence using lecture, case studies and assessment recitation sessions.

Prerequisites: NUTR 431 with C- or better

NUTR 439. ^COMMUNICATIONS IN DIETETICS. (3 Credits)

Theory and practice in food and nutrition communications in dietetics. Experience in nutritional counseling and interviewing, employee training and nutritional education materials development, public speaking, and media presentation strategies. (Writing Intensive Course)

Attributes: CWIC – Core, Skills, WIC

Prerequisites: NUTR 325 with C- or better

Equivalent to: NFM 439

NUTR 446. MANAGING FOOD AND NUTRITION SERVICES. (4 Credits)

Overview of organizational structure, functions of managers in food and nutrition service organizations: human and financial resources, regulatory influences, health care organizations, current issues in operations. Lec/rec.

Prerequisites: NUTR 311 with C- or better

Equivalent to: NFM 446

NUTR 447. MANAGEMENT OF FOOD SYSTEMS LABORATORY. (3 Credits)

Application of theory in managing a university food service as part of a student team: planning, production, projecting resource needs, evaluation of outcomes and financial goals.

Equivalent to: NFM 447

Recommended: NUTR 446 or NUTR 546

NUTR 499. SPECIAL TOPICS IN DIETETICS. (2-6 Credits)

Current issues, trends, and topics in nutrition and dietetics. May be repeated for credit when topic varies.

Equivalent to: NFM 499

This course is repeatable for 12 credits.

NUTR 501. RESEARCH. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 501

This course is repeatable for 16 credits.

NUTR 502. INDEPENDENT STUDY. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 502

This course is repeatable for 16 credits.

NUTR 503. THESIS. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 503

This course is repeatable for 999 credits.

NUTR 505. READING AND CONFERENCE. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 505

This course is repeatable for 16 credits.

NUTR 506. SPECIAL PROBLEMS; PROJECTS. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 506

This course is repeatable for 16 credits.

NUTR 507. SEMINAR. (1-16 Credits)

1 credit graded P/N.

Equivalent to: NFM 507

This course is repeatable for 16 credits.

NUTR 508. WORKSHOP. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 508

This course is repeatable for 16 credits.

NUTR 509. PRACTICUM. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 509

This course is repeatable for 16 credits.

NUTR 510. FIELD EXPERIENCE: INTERNSHIP. (1-16 Credits)

Supervised work experience with professional-level responsibilities in community agency or business firm. Supplementary conferences, readings, reports. Supervised by agency/firm and instructor. Limited to students admitted to degree program. Application made and approved in the term preceding enrollment. No more than 6 credits may be applied to a master's degree program.

Equivalent to: NFM 510

This course is repeatable for 6 credits.

NUTR 514. HEALTH BENEFITS OF FUNCT FOODS, NUTRACEUT, DIETARY SUPPLEMEN. (3 Credits)

Functional foods, nutraceuticals and dietary supplements represent a rapidly expanding segment of domestic and international markets. This course will overview the principles and procedures necessary to evaluate and market these products. The chemistry and mechanisms of major nutraceutical ingredient categories and current scientific information supporting their biochemical and physiological efficacy will be addressed. Special dietary products, such as medical, weight control, sport, and herbal supplements, will be addressed. Regulatory aspects of labeling and structure-function claims will be covered. CROSSLISTED as FST 514.

Equivalent to: FST 514, NFM 514

Recommended: BB 350 and CH 332

NUTR 516. CULTURAL ASPECTS OF FOODS. (3 Credits)

Regional, ethnic, and religious influences on food patterns; worldwide trends in food practices. Laboratory experience with foods from several cultures. Lec/lab.

Equivalent to: NFM 516

Recommended: NUTR 235

NUTR 517. HUMAN NUTRITION SCIENCE. (4 Credits)

Application of biochemistry and physiology to nutrition of the individual.

Equivalent to: NFM 517

Recommended: BB 350 and one physiology course

NUTR 518. HUMAN NUTRITION SCIENCE. (4 Credits)

Application of biochemistry and physiology to nutrition of the individual.

Prerequisites: NUTR 517 with C or better

Equivalent to: NFM 518

Recommended: biochemistry, physiology.

NUTR 523. COMMUNITY NUTRITION. (4 Credits)

Meeting nutritional needs in community settings; nutritional status of individuals and groups; programs of public and private agencies and industry; intervention techniques. Roles of community nutritionist.

Equivalent to: NFM 523

Recommended: NUTR 325

NUTR 525. ORGANIC FOOD AND HEALTH: EVIDENCE AND CONSUMER PERCEPTIONS. (3 Credits)

Overview of organic food including an understanding of the definition, certifications and labeling; basic production comparisons with conventional foods, evidence for comparisons between organic and conventionally produced foods; consumer attitudes and perceptions regarding organic foods.

NUTR 530. MEDICAL NUTRITION THERAPY I. (4 Credits)

Principles and practices related to implementation and documentation of the nutrition care process in dietetics. Diet-related conditions are addressed during the three-course sequence using lecture, case studies and assessment recitation sessions. Lec/lab/rec.

Recommended: (BB350 or (BB450 and BB 451)) and (BI 232 or BI 332) and (BI 242 or BI 342) and (BI 233 or BI 333) and (BI 243 or BI 343) and NUTR 439 and completion or concurrent enrollment in NUTR 417

NUTR 531. MEDICAL NUTRITION THERAPY 2. (4 Credits)

Principles and practices related to implementation and documentation of the nutrition care process in dietetics. Diet-related conditions are addressed during the three-course sequence using lecture, case studies and assessment recitation sessions.

Recommended: NUTR 430

NUTR 532. MEDICAL NUTRITION THERAPY 3. (3 Credits)

Principles and practices related to implementation and documentation of the nutrition care process in dietetics. Diet-related conditions addressed during the three-course sequence using lecture, case studies and assessment recitation sessions.

Recommended: NUTR 431

NUTR 535. NUTRITION AND EXERCISE: MACRONUTRIENTS AND ENERGY METABOLISM. (3 Credits)

Current research examining the interrelationship of macronutrients and exercise and energy balance will be reviewed, including their roles in health, disease prevention and exercise performance.

Equivalent to: NFM 535

Recommended: NUTR 517 or KIN 533

NUTR 539. COMMUNICATIONS IN DIETETICS. (3 Credits)

Theory and practice of food and nutrition communications in dietetics. Experience in nutritional counseling and interviewing, employee training and nutritional education materials development, public speaking, and media presentation strategies.

Equivalent to: NFM 539

Recommended: NUTR 325

NUTR 546. FOODSERVICE ORGANIZATIONS. (3 Credits)

Overview of organizational structure, functions of managers in foodservice organizations: human resources, regulatory influences, health care organizations, current issues in operations. Lec/rec.

Equivalent to: NFM 546

Recommended: NUTR 311 and NUTR 445

NUTR 550. NUTRITIONAL STATUS. (4 Credits)

Research studies with emphasis on estimation of nutrient intake and assessment of nutritional status, including biochemical, clinical, epidemiological and anthropometric measures. Interpretation of status indicators.

Equivalent to: NFM 550

Recommended: NUTR 418 or NUTR 518

NUTR 551. ADVANCED MEDICAL NUTRITION THERAPY. (4 Credits)

This advanced course includes evidence-based practices and standards of care available to address complex scenarios for which medical nutrition therapy is an integral part of patient care. Students will build on prior assessment, nutritional diagnostic, implementation, monitoring, evaluation and documentation skills relevant to dietetics practice. Lecture, readings, case studies including professional documentation and expert guests will be used to illustrate medical nutrition therapy addressing topics such as domestic malnutrition, nutrition support, pediatric nutrition, eating disorders, diabetes and geriatric nutrition.

NUTR 552. FOOD AND NUTRITION PROGRAM MANAGEMENT AND EVALUATION. (4 Credits)

Introduction to the evaluation of outcomes and impacts of food/nutrition-related systems, performance, interventions, programs and/or policies. Application of methods used to appraise problems or activities, as well to conceptualize, create, implement and administer evaluations in order to make decisions regarding their outcomes, impacts, efficiency and cost effectiveness. A case study approach across a range of food and nutrition-related public, government and private organizations will introduce the breadth of approaches in such evaluations.

NUTR 553. DIETARY BEHAVIOR AND COUNSELING. (4 Credits)

Strategies for navigating dietary behavior using collaborative, patient centered, goal-oriented approaches. Introduces the theoretical framework around dietary behavior and motivational interviewing with methods regarding the language of change and creating client/patient interest in change. Guided practice and focus on development of skills.

NUTR 599. SPECIAL TOPICS IN NUTRITION. (3-6 Credits)

Current issues, trends, and topics in nutrition and health. May be repeated for credit when topic varies.

Equivalent to: NFM 599

This course is repeatable for 18 credits.

NUTR 601. RESEARCH. (1-16 Credits)

Equivalent to: NFM 601

This course is repeatable for 16 credits.

NUTR 602. INDEPENDENT STUDY. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 602

This course is repeatable for 16 credits.

NUTR 603. THESIS. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 603

This course is repeatable for 999 credits.

NUTR 605. READING AND CONFERENCE. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 605

This course is repeatable for 16 credits.

NUTR 607. SEMINAR. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 607

This course is repeatable for 16 credits.

NUTR 609. PRACTICUM. (1-16 Credits)

Equivalent to: NFM 609

This course is repeatable for 16 credits.

NUTR 610. INTERNSHIP. (1-16 Credits)

Graded P/N.

Equivalent to: NFM 610

This course is repeatable for 16 credits.

NUTR 617. ADVANCED MACRONUTRIENT METABOLISM. (3 Credits)

Focuses on human macronutrient metabolism. Macronutrient topics include water, carbohydrate, lipid, amino acid/protein, lipid and carbohydrate and energy metabolism. Emphasis is placed on the integration of metabolism at the molecular, biochemical and physiological level. Moreover, the class examines contemporary issues relevant to macronutrient metabolism and human disease. Offered even years in spring term.

Equivalent to: NFM 617

Recommended: NUTR 418 or NUTR 518

NUTR 618. ADVANCED MICRONUTRIENT METABOLISM. (3 Credits)

Focus is on human micronutrient metabolism. Topics include micronutrients (vitamins and minerals), phytochemicals and mammalian metabolism. Emphasis will be placed on the integration of micronutrient/phytochemical metabolism at the molecular, biochemical and physiological level. Moreover, the class examines contemporary issues relevant to micronutrient/phytochemical metabolism and human disease.

Equivalent to: NFM 618

Recommended: NUTR 418 or NUTR 518 and basic knowledge of biochemistry and physiology

NUTR 699. SPECIAL TOPICS IN NUTRITION RESEARCH. (3-16 Credits)

Current issues, trends, and topics in nutrition research. May be repeated for credit when topic varies.

Equivalent to: NFM 699

This course is repeatable for 16 credits.