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)
This course is repeatable for 16 credits.
Equivalent to: NFM 199

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)
This course is repeatable for 16 credits.
Equivalent to: NFM 299

NUTR 306. PROJECTS. (1-16 Credits)
This course is repeatable for 36 credits.

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.
Prerequisites:

and assessment recitation sessions. Lec/lab/rec.

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

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.
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 450. PRACTICUM. (1-16 Credits)
This course is repeatable for 16 credits.
Equivalent to: NFM 500

NUTR 451. INDEPENDENT STUDY. (1-16 Credits)
This course is repeatable for 16 credits.
Equivalent to: NFM 501

NUTR 452. RESEARCH. (1-16 Credits)
This course is repeatable for 16 credits.
Equivalent to: NFM 502

NUTR 453. SEMINAR. (1-16 Credits)
This course is repeatable for 16 credits.
Equivalent to: NFM 503

NUTR 454. WORKSHOP. (1-16 Credits)
This course is repeatable for 16 credits.
Equivalent to: NFM 504

NUTR 455. 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 456

NUTR 456. 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 457

NUTR 457. SEMINAR. (1-16 Credits)
This course is repeatable for 16 credits.
Equivalent to: NFM 505

NUTR 458. RESEARCH. (1-16 Credits)
This course is repeatable for 16 credits.
Equivalent to: NFM 506

NUTR 459. 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 450
Recommended: NUTR 446 or NUTR 546

NUTR 460. RESEARCH. (1-16 Credits)
This course is repeatable for 16 credits.
Equivalent to: NFM 507

NUTR 461. PRACTICUM. (1-16 Credits)
This course is repeatable for 16 credits.
Equivalent to: NFM 508

NUTR 462. RESEARCH. (1-16 Credits)
This course is repeatable for 16 credits.
Equivalent to: NFM 509
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 SUPPLEMENT. (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. CROSSTLISTED 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 II. (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 III. (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 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.