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
Available via Ecampus

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
Available via Ecampus

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
Available via Ecampus

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.
Prerequisite: 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.
Prerequisite: (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
Available via Ecampus

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.
Prerequisite: NUTR 240 (may be taken concurrently) with C- or better
Equivalent to: NFM 241
Available via Ecampus

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.
Prerequisite: 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
Prerequisite: 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
Available via Ecampus
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.
Prerequisite: 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.
Prerequisite: (NUTR 240 with C- or better or NUTR 225 with C- or better) and NUTR 241 [C-]
Equivalent to: NFM 325
Recommended: Junior standing
Available via Ecampus

NUTR 341, NUTRITION FOR EXERCISE, 4 Credits
Review of the interrelationship between nutrition and exercise, including macronutrient, micronutrient and fluid needs for active individuals.
CROSSLISTED as KIN 341/NUTR 341.
Prerequisite: KIN 324 with C- or better and NUTR 240 [C-]
Equivalent to: EXSS 341, KIN 341
Available via Ecampus

NUTR 399, SPECIAL TOPICS, 1-16 Credits
This course is repeatable for 16 credits.

NUTR 401, RESEARCH, 1-16 Credits
This course is repeatable for 16 credits.

NUTR 403, THESIS, 1-16 Credits
Graded P/N.
This course is repeatable for 16 credits.

NUTR 405, READING AND CONFERENCE, 1-16 Credits
Graded P/N.
This course is repeatable for 16 credits.

NUTR 406, SPECIAL PROBLEMS; PROJECTS, 1-16 Credits
This course is repeatable for 16 credits.

NUTR 407, SEMINAR, 1-16 Credits
Graded P/N.
This course is repeatable for 16 credits.

NUTR 408, WORKSHOP, 1-16 Credits
Graded P/N.
This course is repeatable for 16 credits.

NUTR 409, PRACTICUM, 1-16 Credits
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.
Available via Ecampus

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
Prerequisite: 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.
Prerequisite: 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.
Prerequisite: 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.
Prerequisite: NUTR 325 with C- or better
Equivalent to: NFM 423
NUTR 430, MEDICAL NUTRITION THERAPY 1, 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.
Prerequisite: (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.
Prerequisite: 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.
Prerequisite: 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
Prerequisite: 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.
Prerequisite: 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, 1-16 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 16 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.
Available via Ecampus

NUTR 506, SPECIAL PROBLEMS; PROJECTS, 1-16 Credits
Graded P/N.
Equivalent to: NFM 506
This course is repeatable for 16 credits.
Available via Ecampus

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.
Available via Ecampus

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/NUTR 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.
Prerequisite: 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.
Available via Ecampus

NUTR 530, MEDICAL NUTRITION THERAPY 1, 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 as domestic malnutrition, nutrition support, pediatric nutrition, eating disorders, diabetes and geriatric nutrition.  
Available via Ecampus

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.  
Available via Ecampus

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, 1-16 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 16 credits.

NUTR 601, RESEARCH, 1-16 Credits  
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, 1-16 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.