

# Nutrition & Dietetics (DIET) Courses

## **DIET1020 Introduction to Nutrition and Dietetics Professions**

This survey course is intended to introduce students to various nutrition and dietetics professions for those in pursuit of a career in nutrition. Students are provided with information regarding education, training, credentialing and licensure requirements for nutrition and dietetic career paths. Students also learn about the interdisciplinary industry and healthcare team members who work with nutrition and dietetics professionals.

Offered at Providence

1 Semester Credit

## **DIET2020 Sports Nutrition**

This course provides an introduction to nutritional concepts that are unique to the needs of athletes. Students in this course learn about the impact of carbohydrates, fats, proteins and essential nutrients on an athlete's metabolism, health and performance. The class also stresses information not only for competitive athletes, but for other populations wishing to incorporate nutrition into a physically active lifestyle. Students design several diets that optimize performance based on topics addressed in this class.

Prerequisite(s): SCI1050.

Offered at Charlotte, Online, Providence

3 Semester Credits

## **DIET2070 Lifespan Nutrition**

This course investigates the significance of nutrition throughout the lifecycle, including developmental stages, growth and aging. Students examine the role of specific nutrients in each life stage, from preconception through older adulthood. Meeting nutritional requirements as well as the relationship between nutrition and health throughout the human lifespan are emphasized.

Prerequisite(s): SCI1050.

Offered at Charlotte, Online, Providence

3 Semester Credits

## **DIET3030 Nutrition Assessment**

This course introduces students to the scope of practice of the Registered Dietitian Nutritionist as well as the standardized nutrition care of patients. Students explore each step of the Nutrition Care Process, practice various assessment techniques, formulate nutrition problem statements, and implement terminology related to nutrition intervention, monitoring and evaluation. Focus is on the measurement techniques used to evaluate nutritional status and the application of medical terminology in patient health records.

Prerequisite(s): SCI1050, DIET2050 or DIET3080, sophomore status.

Offered at Providence

3 Semester Credits

## **DIET3080 Community Nutrition**

This course examines the role of nutrition in promoting, maintaining and improving the health of individuals and groups in the community. The course provides students with a foundational understanding of the professionals, organizations and policies that influence community nutrition. Students are introduced to epidemiological research methodology, educational theories and other strategies in order to maximize their effectiveness while working with diverse and potentially vulnerable populations.

Prerequisite(s): SCI1050.

Offered at Charlotte, Online, Providence

3 Semester Credits

## **DIET4030 Medical Nutrition Therapy**

This course familiarizes the student with the principles of medical nutrition therapy. The critical role of food and nutrients and their effects on various disease states is discussed. Students explore a variety of issues that may impact the management of existing diseases.

Prerequisite(s): BIO2041 or SCI2031, DIET3030, DIET2070 or DIET3050.

Offered at Providence

3 Semester Credits

## **DIET4630 Advanced Medical Nutrition Therapy**

This senior-level course provides the student with advanced medical nutrition therapy (MNT) theoretical knowledge and clinical nutrition skills required for postgraduate programs and advanced degrees in nutrition. Students utilize critical-thinking skills in solving complex medical cases that require nutrition intervention. Students research and apply a variety of evidence-based clinical nutrition practices. Emphasis is on the critical role of utilizing the standardized Nutrition Care Process in all aspects of Medical Nutrition Therapy.

Prerequisite(s): DIET4030.

Offered at Providence

3 Semester Credits

## **DIET5030 Introduction to Dietetics I**

This course is designed for students entering the M.S. in Clinical Nutrition & Dietetics program without a DPD verification statement. It prepares them for future courses by providing an overview of dietetics and the Nutrition Care Process (NCP). Students explore the scope of practice of the Registered Dietitian Nutritionist (RDN) as well as the principles of Medical Nutrition Therapy (MNT) and evidence-based medicine. Each component of the NCP (Assessment, Diagnosis, Intervention, Monitoring and Evaluation) is explored in-depth with an emphasis on nutrition assessment. Students are introduced to medical record documentation and electronic health records as well as interdisciplinary healthcare team members.

Offered at Providence

3 Semester Credits

## **DIET5060 Introduction to Dietetics II**

This course presents the next steps for students entering the M.S. in Clinical Nutrition & Dietetics program without a DPD verification statement. It allows them to develop their knowledge and skills for future courses by continuing the principles of Medical Nutrition Therapy (MNT) for both acute and chronic health conditions. The critical role of food and nutrients and their effects on various disease states are examined and students are introduced to indications for nutrition support. Students explore a variety of issues that may impact the management of existing diseases as the interrelationships between nutrition-related diseases and current diet recommendations are explored. Students continue to use the Nutrition Care Process and practice MNT through the use of case studies.

Prerequisite(s): DIET5030.

Offered at Providence

3 Semester Credits

## **DIET5350 Nutrition for Health & Wellness Experience**

This supervised experiential learning course provides hands-on opportunities in a variety of settings. Students apply principles of health and wellness, with emphasis on the relationship between nutrition and health, and nutrition and disease. The culmination of this course includes an opportunity for students to create a comprehensive wellness program that focuses on nutrition education and nutrition-related disease prevention.

Prerequisite(s): Corequisite: NUTR5300.

Offered at Providence

3 Semester Credits

## **DIET5550 Nutritional Counseling and Education Experience**

This supervised experiential learning course provides an opportunity for students to apply counseling and education theory to classroom case studies, simulation, peer counseling, and real-world settings in the community. Students practice interviewing, counseling techniques, and developing client education materials appropriate for diverse audiences.

Prerequisite(s): DIET5350, Corequisite: NUTR5500.

Offered at Providence

3 Semester Credits

**DIET5600 Culinary Nutrition and Food Service Management**

This course provides hands-on laboratory experience in culinary nutrition skills and leadership principles in food service operations. The students assign responsibilities according to scope of evidence-based practice in specialized diets to measure quality and productivity and meet budget priorities. Food safety systems and food preparation techniques ensure safe and efficient delivery of food. Students use a matrix or measure to evaluate the need for financial, technical and equipment resources for the provision of safe food delivery.

Prerequisite(s): DIET5350, NUTR5300.

Offered at Providence

5 Semester Credits

**DIET5700 Current Topics in Nutrition Seminar**

This course covers special topics in food and nutrition. Students explore topics related to athletics and sports nutrition, maternal and child health, culinary nutrition, or other topics approved by the instructor. This course prepares students for their final capstone project and specialized experiential rotations in their final semester of study. Topics are researched from different perspectives incorporating new knowledge and knowledge obtained from prior coursework.

Prerequisite(s): NUTR5100, NUTR5200, RSCH5700.

Offered at Providence

1 Semester Credit

**DIET6150 Clinical Supervised Practice Experience I**

This supervised experiential learning course provides an opportunity for students to apply advanced clinical nutrition concepts through field rotations, while being precepted by Registered Dietitian Nutritionists (RD/RDN).

Rotations may include clinical healthcare sites, community outreach and education, outpatient and ambulatory care, and food service management and operations.

Prerequisite(s): DIET5550, NUTR5100, NUTR5200, NUTR5500, Corequisite: NUTR6100.

Offered at Providence

3 Semester Credits

**DIET6450 Clinical Supervised Practice Experience II**

Students apply accrued didactic and hands-on knowledge in this final supervised experiential learning course, while being precepted by Registered Dietitian Nutritionists (RD/RDN). Rotations may include clinical healthcare sites, community outreach and education, outpatient and ambulatory care, food service management and operations or other sites. This experience culminates with a three-week rotation where students practice professional responsibilities under supervision but with greater independence. Students may be placed in a specialized rotation related to their capstone project or other areas of interest.

Prerequisite(s): DIET6150, NUTR6100.

Offered at Providence

9 Semester Credits