

# Nutrition & Dietetics (DIET) Courses

## **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

## **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

## **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 Online, Providence

3 Semester Credits