

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 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, 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 or NUTR4030.

Offered at Providence

3 Semester Credits