

# Nutrition (NUTR) Courses

## **NUTR5010 Foundations of Nutrition I**

This course is designed for students who are entering the M.S. in Nutrition program without prior significant coursework in nutrition. It prepares them for future courses by providing an overview of the science and principles of human nutrition. Emphasis is placed on the physiological need for macro- and micronutrients and their ingestion, digestion, absorption, transport, metabolism, interaction, storage and excretion. These principles are applied to various populations and/or life stages including pregnancy, breastfeeding, infancy, childhood, adolescents, older adults, and athletes. Ways to achieve and maintain nutrient balance for these various populations and/or life stages are central parts of the course and are also examined in detail.

Offered at Online

3 Semester Credits

## **NUTR5020 Foundations of Nutrition II**

This course presents the next steps in preparing students who are entering the M.S. in Nutrition program without prior significant coursework in nutrition. It allows them to develop their knowledge and skills for future courses by providing an overview of the principles of nutrition and both acute and chronic clinical conditions. The critical role of food and nutrients and their effects on various disease states are discussed. 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. Focus is also placed on the measurement and techniques used to evaluate nutritional status.

Prerequisite(s): NUTR5010.

Offered at Online

3 Semester Credits

## **NUTR5100 Macronutrients in Human Nutrition**

This course provides an in-depth study of the functional roles of macronutrients in the human body. Concepts discussed include structural properties of carbohydrates, proteins and lipids, as well as digestion, absorption and metabolism. Functions in the human body, physiological requirements throughout the life span, and dietary sources are also examined in this course.

Offered at Online, Providence

3 Semester Credits

## **NUTR5200 Micronutrients in Human Nutrition**

This course provides an in-depth study of the functional roles of micronutrients in the human body. Those concepts include digestion, absorption and metabolism; functions in the regulation of biochemical systems and structures; and functions in the promotion of health and prevention of disease throughout the life cycle. Students also research health implications of varying amounts of micronutrients in the diet, interactions between micronutrients, and the role of supplementation.

Offered at Online, Providence

3 Semester Credits

## **NUTR5300 Nutrition for Health and Wellness**

This course provides an in-depth examination of the various aspects of health and wellness. Students explore current and relevant 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.

Offered at Online, Providence

3 Semester Credits

## **NUTR5400 Nutrition for Athletic Performance**

This course explores key biological and chemical principles that apply to the field of sports nutrition. Research, theories and best practices are critically examined through a comprehensive analysis of contemporary scientific findings and applied field issues. Students examine sports nutrition as it relates to established professional standards, sports nutrition care, and position statements from a variety of national and international professional organizations. Investigations focus on exercise physiology, body composition, training and conditioning, sport psychology, dietary supplementation, and information on banned substances from a variety of sports legislation agencies. This course challenges students to analyze their own personal fitness habits in relation to nutrient and energy balance factors in setting goals for improved personal outcomes and overall health.

Offered at Online

3 Semester Credits

## **NUTR5500 Nutritional Counseling and Education**

This course provides an in-depth study of the effective methods for providing nutrition counseling and education to individuals and small groups. Theories of behavior change and the application of those theories to healthcare issues is investigated in detail. Additional topics of discussion include current theories and techniques of counseling and nutrition education; preparing, conducting and analyzing group nutrition education; and the impact of cultural diversity on counseling and education practices.

Offered at Online, Providence

3 Semester Credits

## **NUTR6100 Advanced Clinical Nutrition**

This course provides an advanced examination of the relationship between nutrition and both acute and chronic clinical conditions. Concepts include the influence of nutrition on the prevention and treatment of diseases, as well as the effects of nutrition-related diseases on physiological functions in the body. The development and implementation of appropriate nutrition therapy for individuals are also examined.

Prerequisite(s): NUTR5100, NUTR5200.

Offered at Online, Providence

3 Semester Credits

## **NUTR6200 Grantsmanship and Publication**

This course provides a comprehensive study of the techniques for nutrition-focused professional writing. Concepts include steps used in grant proposal writing, preparation of scientific manuscripts for publication, and strategies for producing effective written communications for a variety of media outlets and audiences. Students complete a grant proposal and write various nutrition-related articles during this course.

Prerequisite(s): RSCH5700.

Offered at Online, Providence

3 Semester Credits

## **NUTR6900 Nutrition Capstone**

This course provides students with the opportunity to apply their nutrition knowledge and skills through the completion of a nutrition-related capstone project. This project may take different forms, depending on student interest. Students work with the course instructor to choose a topic that is relevant to the nutrition field and can be completed in the time constraints of the course. Evidence from the coursework and science-based principles are integrated into the proposal, including relevant nutrition principles, research and best practices.

Prerequisite(s): NUTR6200, RSCH5700.

Offered at Online, Providence

3 Semester Credits