# NUTRITION (NUTR)

**NUTR 10011**  
**NUTRITIONAL OUTREACH: A HOW-TO FOR LIFE-LONG HEALTHY EATING**  
1 Credit Hour  
Teaches basic nutrition information for healthy eating, including the important nutritional aspects of cooking, shopping, dining and disease prevention related to dietary intake.  
**Prerequisite:** None.  
**Schedule Type:** Lecture  
**Contact Hours:** 1 lecture  
**Grade Mode:** Standard Letter

**NUTR 23012**  
**INTRODUCTORY FOOD SCIENCE**  
3 Credit Hours  
(Cross-listed with HM 23012) Principles of food preparation and quality evaluation, with an emphasis on food science concepts, nutrition, food consumption trends and government regulation.  
**Prerequisite:** NUTR 23511.  
**Schedule Type:** Laboratory, Lecture, Combined Lecture and Lab  
**Contact Hours:** 2 lecture, 3 lab  
**Grade Mode:** Standard Letter

**NUTR 23112**  
**INTRODUCTION TO THE PROFESSION: NUTRITION AND DIETETICS**  
1 Credit Hour  
Discusses academic requirements for the Nutrition major, the history of the nutrition profession as well as current credentialing and licensing requirements. Explores the opportunities within the field of dietetics. Teaches methods to document academic, personal and professional skills.  
**Prerequisite:** None.  
**Schedule Type:** Lecture  
**Contact Hours:** 1 lecture  
**Grade Mode:** Standard Letter

**NUTR 23510**  
**QUANTITY FOOD PRODUCTION, SERVICE AND SAFETY**  
3 Credit Hours  
(Cross-listed with HM 23510) The application of management principles in quantity food production and service systems, including safety and sanitation; production forecasting and management; distribution; and service, commercial equipment and physical facilities. Introduction to inventory, recipe standardization and considerations of nutrition, quality and sustainability in quantity production.  
**Prerequisite:** NUTR 23112.  
**Schedule Type:** Laboratory, Lecture, Combined Lecture and Lab  
**Contact Hours:** 2 lecture, 3 lab  
**Grade Mode:** Standard Letter

**NUTR 23511**  
**SCIENCE OF HUMAN NUTRITION (KBS)**  
3 Credit Hours  
Basic concepts and principles in the science of human nutrition, energy balance and weight control, individual nutrient needs, diet selection, nutrition related metabolism and physiological functions, nutritional diseases and current human nutrition controversies.  
**Prerequisite:** None.  
**Schedule Type:** Lecture  
**Contact Hours:** 3 lecture  
**Grade Mode:** Standard Letter  
**Attributes:** Kent Core Basic Sciences, TAG Health

**NUTR 33512**  
**INTERMEDIATE NUTRITION SCIENCE**  
3 Credit Hours  
Functions, sources, utilization and interactions of essential nutrients and associated physiology. Principles of designing a healthy diet using dietary standards and guidelines while considering nutrient needs of different populations.  
**Pre/corequisite:** CHEM 20481 or CHEM 30481.  
**Schedule Type:** Lecture  
**Contact Hours:** 3 lecture  
**Grade Mode:** Standard Letter

**NUTR 33522**  
**INTRODUCTION TO NUTRITION ASSESSMENT**  
3 Credit Hours  
Application of nutrition principles, including nutrition-focused physical assessment, dietary intake assessment, nutrition surveys, introduction to medical records, nutrition interviewing, dietary standards and food exchange lists.  
**Prerequisite:** NUTR 23511 and PSYC 11762 and SOC 12050; and nutrition major.  
**Schedule Type:** Laboratory, Lecture, Combined Lecture and Lab  
**Contact Hours:** 2 lecture, 2 lab  
**Grade Mode:** Standard Letter

**NUTR 33532**  
**BUSINESS AND MANAGEMENT OF NUTRITION SERVICES**  
3 Credit Hours  
Course explores the business management side of dietetics. Covers application of management theories, from dietetic programs and services to budgeting, billing and coding, in addition to quality improvement in dietetics programs and departments.  
**Prerequisite:** NUTR 23511.  
**Schedule Type:** Lecture  
**Contact Hours:** 3 lecture  
**Grade Mode:** Standard Letter

**NUTR 35319**  
**NUTRITION, HEALTH AND SOCIETY**  
3 Credit Hours  
Course explores the role of environment, food, nutrition and lifestyle choices in promoting health and preventing disease. Focus is on the fundamentals of public policy, including legislative and regulatory basis of nutrition and dietetics practices.  
**Prerequisite:** NUTR 23511.  
**Schedule Type:** Lecture  
**Contact Hours:** 3 lecture  
**Grade Mode:** Standard Letter

**NUTR 41095**  
**SPECIAL TOPICS IN NUTRITION**  
1-4 Credit Hours  
(Repeatable for credit) (Slashed with NUTR 51095) Discussion of a major topic within a specific field in nutrition and dietetics. Topic varies per course offering.  
**Prerequisite:** None.  
**Schedule Type:** Lecture  
**Contact Hours:** 1-4 lecture  
**Grade Mode:** Standard Letter

**NUTR 41096**  
**INDIVIDUAL INVESTIGATION IN NUTRITION**  
1-3 Credit Hours  
(Repeatable for credit) Students undertake an independent study in an area of nutrition and dietetics that is not covered by a regular course offering, with the guidance of a Kent State faculty member.  
**Prerequisite:** Special approval.  
**Schedule Type:** Individual Investigation  
**Contact Hours:** 1-3 other  
**Grade Mode:** Standard Letter
NUTR 43013 RESEARCH AND STATISTICAL METHODS IN NUTRITION AND DIETETICS (WIC) 3 Credit Hours
(Slashed with NUTR 53013) Student gain experience in research methods related to nutrition and dietetics, principles of experimental design, data analysis and techniques of scientific writing.
Prerequisite: NUTR 33512.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter
Attributes: Writing Intensive Course

NUTR 43016 WORLD FOOD CUSTOMS AND NUTRITION 3 Credit Hours
(Slashed with NUTR 53016) Understanding the interrelationship between food and agricultural practices of racial, ethnic and religious populations globally.
Prerequisite: NUTR 23511 and SOC 12050.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter

NUTR 43030 FOOD SERVICE SYSTEMS MANAGEMENT 3 Credit Hours
(Slashed with NUTR 53030)(Cross-listed with HM 43030 and HM 53030) Food service systems management, including systems theory; menu planning and evaluation; procurement; food production systems; sustainability; layout and design basics. Management concepts in non-commercial food service, including financial control, marketing, quality, management, leadership and human resources.
Prerequisite: HM 23012 or NUTR 23012; and HM 23510 or NUTR 23510.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter

NUTR 43051 MEDICAL NUTRITION THERAPY I 3 Credit Hours
(Slashed with NUTR 53511) Exploration of the nutrition care process, including documentation, standardized language, nutrition assessment, interpretation of laboratory values and individualized patient care and planning for disease and nutritional needs. Students engage in case studies and nutritional assessments.
Prerequisite: NUTR 33512.
Schedule Type: Laboratory, Lecture, Combined Lecture and Lab
Contact Hours: 2 lecture, 2 lab
Grade Mode: Standard Letter
Attributes: Experiential Learning Requirement

NUTR 43052 FOOD CHOICES FOR PRESCRIBED DIETARY MODIFICATION 2 Credit Hours
(Slashed with NUTR 53521) Adapting adequate normal diet in terms of food choices to accommodate prescribed food restriction or bodily dysfunction.
Prerequisite: NUTR 23511; course is not open to students in the nutrition major.
Schedule Type: Lecture
Contact Hours: 2 lecture
Grade Mode: Standard Letter

NUTR 43053 MICRO NUTRIENT NUTRITIONAL BIOCHEMISTRY 3 Credit Hours
(Slashed with NUTR 53513) Course explores the mechanisms through which micronutrients meet human biological needs in the relationship to underlying applied human nutrition.
Prerequisite: BSCI 30130 and CHEM 30284 and NUTR 33512.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter

NUTR 43054 MACRONUTRIENT NUTRITIONAL BIOCHEMISTRY 3 Credit Hours
(Slashed with NUTR 53512) Course explores the mechanisms through which macronutrients meet biological needs and how these related to applied human nutrition.
Prerequisite: BSCI 30130 and CHEM 30284 and NUTR 33512.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter

NUTR 43055 INTEGRATIVE AND FUNCTIONAL NUTRITION 2 Credit Hours
(Slashed with NUTR 53522) Introduces the foundations of integrative and functional medicine as it relates to nutrition. Includes personalized nutrition, nutrigenomics, complementary and alternative therapies, nutraceuticals and functional foods, in addition to the interaction of food on supplement and drug efficacy.
Prerequisite: NUTR 33512.
Schedule Type: Lecture
Contact Hours: 2 lecture
Grade Mode: Standard Letter

NUTR 43511 MEDICAL NUTRITION THERAPY I 3 Credit Hours
(Slashed with NUTR 53511) Continued exploration of the nutrition care process, including relevant documentation, standardized language, nutrition assessment, interpretation of laboratory values and individualized patient care and planning for disease and nutritional needs. Students engage in case studies and nutritional assessments.
Prerequisite: NUTR 43511.
Schedule Type: Laboratory, Lecture, Combined Lecture and Lab
Contact Hours: 2 lecture, 2 lab
Grade Mode: Standard Letter

NUTR 43514 MEDICAL NUTRITION THERAPY II 3 Credit Hours
(Slashed with NUTR 53514) Introduction to nutrition problems and practices in the community. Principles and techniques of effective education, learning and behavior change theories and techniques. Includes an experiential laboratory component with a focus on planning, implementation, evaluation and outcomes in nutrition education, as well as nutrition communication, programming and counseling techniques.
Prerequisite: NUTR 33512 and NUTR 33522 and NUTR 33532.
Schedule Type: Laboratory, Lecture
Contact Hours: 2 lecture, 2 lab
Grade Mode: Standard Letter
Attributes: Experiential Learning Requirement

NUTR 43515 COMMUNITY NUTRITION (ELR) 3 Credit Hours
(Slashed with NUTR 53515) Introduction to nutrition problems and practices in the community. Principles and techniques of effective education, learning and behavior change theories and techniques. Includes an experiential laboratory component with a focus on planning, implementation, evaluation and outcomes in nutrition education, as well as nutrition communication, programming and counseling techniques.
Prerequisite: NUTR 33512.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter

NUTR 43516 LIFECYCLE NUTRITION 3 Credit Hours
(Slashed with NUTR 53518) Introduction to nutrition problems and practices in the community. Principles and techniques of effective education, learning and behavior change theories and techniques. Includes an experiential laboratory component with a focus on planning, implementation, evaluation and outcomes in nutrition education, as well as nutrition communication, programming and counseling techniques.
Prerequisite: NUTR 33512.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter
NUTR 43523  NUTRITION AND DIETETICS: PROFESSIONAL PRACTICE  
1 Credit Hour  
Development of professional awareness. Evaluation of professional growth and formulation of plans for continued growth.  
Prerequisite: Nutrition major; and senior standing.  
Schedule Type: Lecture  
Contact Hours: 1 lecture  
Grade Mode: Standard Letter  
NUTR 43532  METHODS AND EXPERIENCES IN NUTRITION OUTREACH  
3 Credit Hours  
(Slashed with NUTR 53532) Students learn methods for development and evaluation techniques used for nutrition outreach programming; the role of community nutrition education in public health; and the impact of nutrition programming on disease prevention and management. Students engage in service learning opportunities in community nutrition education.  
Prerequisite: Special approval.  
Schedule Type: Field Experience, Lecture  
Contact Hours: 2.5 lecture, .5 other  
Grade Mode: Standard Letter  
NUTR 45092  PRACTICUM IN NUTRITION (ELR)  
1-3 Credit Hours  
Application of education in pre-professional experience in clinical, community and nutrition foodservice environments. Combination of nutrition experiences throughout the semester.  
Prerequisite: Special approval.  
Schedule Type: Practicum or Internship  
Contact Hours: 3-9 other  
Grade Mode: Standard Letter  
Attributes: Experiential Learning Requirement  
NUTR 45098  RESEARCH IN NUTRITION (ELR)  
1-3 Credit Hours  
Students engage in research under the supervision of a nutrition faculty member. Students may develop a research idea or work on faculty-led research.  
Prerequisite: Special approval.  
Schedule Type: Research  
Contact Hours: 3-9 other  
Grade Mode: Standard Letter  
Attributes: Experiential Learning Requirement  
NUTR 53013  RESEARCH AND STATISTICAL METHODS IN NUTRITION  
3 Credit Hours  
(Slashed with NUTR 43013) Students gain experience in research methods related to nutrition and dietetics, principles of experimental design, data analysis and techniques of scientific writing.  
Prerequisite: Graduate standing.  
Schedule Type: Lecture  
Contact Hours: 3 lecture  
Grade Mode: Standard Letter  
NUTR 53016  WORLD FOOD CUSTOMS AND NUTRITION  
3 Credit Hours  
(Slashed with NUTR 43016) Understanding the interrelationship between food and agricultural practices of racial, ethnic and religious populations globally.  
Prerequisite: Graduate standing.  
Schedule Type: Lecture  
Contact Hours: 3 lecture  
Grade Mode: Standard Letter  
NUTR 53030  FOOD SERVICE SYSTEMS MANAGEMENT  
3 Credit Hours  
(Slashed with NUTR 43030)(Cross-listed with HM 43030 and HM 53030) Food service systems management, including systems theory; menu planning and evaluation; procurement; food production systems; sustainability; layout and design basics. Management concepts in non-commercial food service, including financial control, marketing, quality, management, leadership and human resources.  
Prerequisite: Graduate standing.  
Schedule Type: Lecture  
Contact Hours: 3 lecture  
Grade Mode: Standard Letter  
NUTR 53011  MEDICAL NUTRITION THERAPY I  
3 Credit Hours  
(Slashed with NUTR 43511) Exploration of the nutrition care process, including documentation, standardized language, nutrition assessment, interpretation of laboratory values and individualized patient care and planning for disease and nutrition needs. Students engage in case studies and nutrition assessment exercises.  
Prerequisite: Graduate standing.  
Schedule Type: Laboratory, Lecture, Combined Lecture and Lab  
Contact Hours: 2 lecture, 2 lab  
Grade Mode: Standard Letter  
NUTR 53013  RESEARCH AND STATISTICAL METHODS IN NUTRITION  
3 Credit Hours  
(Slashed with NUTR 43013) Students gain experience in research methods related to nutrition and dietetics, principles of experimental design, data analysis and techniques of scientific writing.  
Prerequisite: Graduate standing.  
Schedule Type: Lecture  
Contact Hours: 3 lecture  
Grade Mode: Standard Letter  
NUTR 53016  WORLD FOOD CUSTOMS AND NUTRITION  
3 Credit Hours  
(Slashed with NUTR 43016) Understanding the interrelationship between food and agricultural practices of racial, ethnic and religious populations globally.  
Prerequisite: Graduate standing.  
Schedule Type: Lecture  
Contact Hours: 3 lecture  
Grade Mode: Standard Letter
NUTR 53514  MEDICAL NUTRITION THERAPY II  3 Credit Hours
(Slashed with NUTR 43514) Continued exploration of the nutrition care process, including relevant documentation, standardized language, nutrition assessment, interpretation of laboratory values and individualized patient care and planning for disease and nutritional needs. Students engage in case studies and nutritional assessments.
Prerequisite: Graduate standing.
Schedule Type: Laboratory, Lecture, Combined Lecture and Lab
Contact Hours: 2 lecture, 2 lab
Grade Mode: Standard Letter

NUTR 53515  COMMUNITY NUTRITION  3 Credit Hours
(Slashed with NUTR 43515) Introduction to nutrition problems and practices in the community. Principles and techniques of effective education, learning and behavior change theories and techniques. Includes an experiential laboratory component with a focus on planning, implementation, evaluation and outcomes in nutrition education, as well as nutrition communication, programming and counseling techniques.
Prerequisite: Graduate standing.
Schedule Type: Laboratory, Lecture, Combined Lecture and Lab
Contact Hours: 2 lecture, 2 lab
Grade Mode: Standard Letter

NUTR 53518  LIFECYCLE NUTRITION  3 Credit Hours
(Slashed with NUTR 43518) Explores the nutrition needs through growth, development and aging. Focus is on nutritional needs and issues during conception, pregnancy, lactation, infancy, childhood, adolescence, adulthood and older adulthood.
Prerequisite: Graduate standing.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter

NUTR 53520  SPORTS NUTRITION  3 Credit Hours
(Slashed with NUTR 43520) Course focuses on the relationship between nutrition and exercise and the effect of nutrition on sports performance.
Prerequisite: Graduate standing.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter

NUTR 53521  FOOD CHOICES FOR PRESCRIBED DIETARY MODIFICATION  2 Credit Hours
Adapting adequate normal diet in terms of food choices to accommodate prescribed food restriction or bodily dysfunction.
Prerequisite: NUTR 23511; course is not open to students in the nutrition major.
Schedule Type: Lecture
Contact Hours: 2 lecture
Grade Mode: Standard Letter

NUTR 53522  INTEGRATIVE AND FUNCTIONAL NUTRITION  2 Credit Hours
(Slashed with NUTR 43522) Introduces the foundations of integrative and functional medicine as it relates to nutrition. Includes personalized nutrition, nutrigenomics, complementary and alternative therapies, nutraceuticals and functional foods, in addition to the interaction of food on supplement and drug efficacy.
Prerequisite: Graduate standing.
Schedule Type: Lecture
Contact Hours: 2 lecture
Grade Mode: Standard Letter

NUTR 53532  METHODS AND EXPERIENCES IN NUTRITION OUTREACH  3 Credit Hours
(Slashed with NUTR 43532) Students learn methods for development and evaluation techniques used for nutrition outreach programming; the role of community nutrition education in public health; and the impact of nutrition programming on disease prevention and management. Students engage in service learning opportunities in community nutrition education.
Prerequisite: Nutrition major; and graduate standing; and special approval.
Schedule Type: Field Experience, Lecture
Contact Hours: 2.5 lecture, .5 other
Grade Mode: Standard Letter

NUTR 61018  TECHNIQUES OF RESEARCH IN FAMILY AND CONSUMER STUDIES  3 Credit Hours
Introduces the types of research and methods of data collection that are applied to a project of the student’s choice.
Prerequisite: Graduate standing.
Schedule Type: Research
Contact Hours: 3 lecture
Grade Mode: Standard Letter

NUTR 61098  RESEARCH  1-15 Credit Hours
(Repeatable for credit) Research for master’s-level students. Credit earned may be applied toward meeting degree requirements with school approval.
Prerequisite: Graduate standing; and special approval.
Schedule Type: Research
Contact Hours: 1-15 other
Grade Mode: Standard Letter-IP

NUTR 61198  MASTER’S PROJECT  2-6 Credit Hours
(Repeatable for credit) Completion and successful defense of a master’s project. Master’s project students must register for a total of 6 hours, 2 to 6 hours in a single semester distributed over several semesters if desired.
Prerequisite: Graduate standing; and special approval.
Schedule Type: Master’s Project
Contact Hours: 2-6 other
Grade Mode: Satisfactory/Unsatisfactory-IP

NUTR 63199  THESIS I  2-6 Credit Hours
Thesis students must register for a total of 6 hours, 2 to 6 hours in a single semester distributed over several semesters if desired.
Prerequisite: Graduate standing; and special approval.
Schedule Type: Masters Thesis
Contact Hours: 2-6 other
Grade Mode: Satisfactory/Unsatisfactory-IP

NUTR 63299  THESIS II  2 Credit Hours
Students must continue registration each semester until all degree requirements are met.
Prerequisite: NUTR 63199; and graduate standing.
Schedule Type: Masters Thesis
Contact Hours: 2 other
Grade Mode: Satisfactory/Unsatisfactory-IP

NUTR 63519  ADVANCED STUDY OF MICRONUTRIENTS  3 Credit Hours
Course covers intake, digestion and absorption of nutrients.
Prerequisite: Nutrition major; and graduate standing.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter
NUTR 63520  MACRONUTRIENT NUTRITION  3 Credit Hours
Course covers metabolic utilization of macronutrients for body processes.
Prerequisite: Nutrition major; and graduate standing.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter

NUTR 63521  NUTRITION AND DISEASE: CLINICAL APPLICATIONS  3 Credit Hours
Recent trends and concepts in research and practice of therapeutic dietetics.
Prerequisite: Nutrition major; and graduate standing.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter

NUTR 63524  PERSPECTIVE ON PREVENTION AND PRACTICE IN COMMUNITY NUTRITION  3 Credit Hours
Explores the relationship between nutritional epidemiology and the research, policies and programs for the successful treatment and prevention of nutrition related disease in the United States. Focuses on the behavioral and learning theories used in successful nutrition interventions and grant writing to sustain community programs.
Prerequisite: Graduate standing.
Schedule Type: Lecture
Contact Hours: 3 lecture
Grade Mode: Standard Letter

NUTR 63525  DIETETIC PRACTICE: COMMUNITY  1 Credit Hour
Discussion focusing on nutrition care in the community setting. Evaluation and interpretation of the scientific literature.
Prerequisite: Graduate standing; and special approval.
Schedule Type: Lecture
Contact Hours: 1 lecture
Grade Mode: Standard Letter

NUTR 63526  DIETETIC PRACTICE: MANAGEMENT  1 Credit Hour
Discussion focusing on the management of food and nutrition services. Evaluation and interpretation of the scientific literature.
Prerequisite: Graduate standing; and special approval.
Schedule Type: Lecture
Contact Hours: 1 lecture
Grade Mode: Standard Letter

NUTR 63527  DIETETIC PRACTICE: CLINICAL  1 Credit Hour
Discussion focusing on nutrition care in the acute practice setting. Evaluation and interpretation of the scientific literature.
Prerequisite: Graduate standing; and special approval.
Schedule Type: Lecture
Contact Hours: 1 lecture
Grade Mode: Standard Letter

NUTR 63591  NUTRITION SEMINAR  1-3 Credit Hours
(Repeatable for credit) Evaluation and interpretation of recent literature in an area of nutrition. Topic varies per course offering.
Prerequisite: Graduate standing.
Schedule Type: Seminar
Contact Hours: 1-3 other
Grade Mode: Standard Letter

NUTR 63592  DIETETIC INTERNSHIP  1-4 Credit Hours
(Repeatable for credit) Supervised practice component of dietetic internship.
Prerequisite: Graduate standing; and special approval.
Schedule Type: Practicum or Internship
Contact Hours: 12-48 other
Grade Mode: Satisfactory/Unsatisfactory

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