

HUN: HUMAN NUTRITION

Courses	Credit(s)	Contact	Lab
HUN 1001. BASICS OF PERSONAL NUTRITION. BASICS OF PERSONAL NUTRITION Fundamentals of nutrition, including human nutritional requirements and role of nutrition in maintenance of good health.	3	3	0
HUN 1004. HEALTHY CUISINE/ NUTRITION. HEALTHY CUISINE/ NUTRITION Students acquire basic knowledge about nutrients, the nutritional value of food, dietary requirements and contemporary nutritional issues in health and diet. Rationale for dietary modifications, menu design and alteration, ingredient and food selection are emphasized.	3	3	0
HUN 1010. NUTRITION FOR FITNESS. NUTRITION FOR FITNESS The study of basic nutrition, including the role of healthy eating in the maintenance of good health and fitness. Emphasis will be placed on nutritional needs for active persons and those trying to achieve an ideal body weight. Dietary supplements will also be explored. This course does not meet the nutrition requirement for the Nursing and Dental Hygiene Programs.	3	3	0
HUN 1201. THE SCIENCE OF NUTRITION. THE SCIENCE OF NUTRITION Prerequisite: Satisfactory completion of all mandated courses in reading, mathematics, English, and English for Academic Purposes. Scientific principles of nutrition, including the role of specific nutrients, digestion of each, absorption, and metabolism. Food sources and individual requirements throughout the lifecycle to maintain health will be addressed.	3	3	0
HUN 2015. DIET THERAPY FOR HEALTH CARE PROFESSIONALS. DIET THERAPY FOR HEALTH CARE PROFESSIONALS Prerequisite: HUN 1201 or department approval, based on prior completion of a college nutrition course with a minimum grade of C Assessment and application of nutrition within health care, focusing on prevention and medical nutrition therapy in disease management.	1	1	0
HUN 2120. CULTURAL NUTRITION AND HEALTH. CULTURAL NUTRITION AND HEALTH This course explores the relationship between nutrition and health in diverse cultures and religions. Students will analyze cultural cuisine, examine acculturation, and compare the nutrition and health aspects of cultural foods.	3	3	0
HUN 2202. ESSENTIALS OF NUTRITION WITH DIET THERAPY. ESSENTIALS OF NUTRITION WITH DIET THERAPY Prerequisite: Satisfactory completion of all mandated courses in reading, mathematics, English and EAP; and a minimum grade of C in Honors high school biology or Advanced Placement biology AND Honors high school chemistry or Advanced Placement Chemistry; or a minimum grade of C in BSC 1010C or BSC 2085C or BSC 2086C. A study of general and clinical nutrition. Focuses on nutrients and their digestion, absorption, metabolism, transport and interactions. Students will learn how to select a meal plan for optimum health, nutrition throughout the life cycle and current issues and controversies in nutrition. The diet therapy feature is included for students entering health-care fields.	3	3	0

HUN 2930. SELECTED TOPICS IN NUTRITION. 1-3 variable
SELECTED TOPICS IN NUTRITION Seminars offered for students interested in special topics in nutrition. Topics selected from special areas of food, nutrients, health, disease management, and sustainability as interest of students and professor dictate. Multiple credit course. May be repeated for credit and grade forgiveness cannot be applied.