NUTRITION (NUTR)

NUTR 221N - Basic Human Nutrition. 3 Credits.
The principles of science as applied to current concepts and controversies in the field of human nutrition.
Gen Ed Attributes: Natural Science

NUTR 411 - Nutrition For Sports & Exercise. 3 Credits.
Prereq., KIN 320 and junior standing and major in Integrative Physiology or Athletic Training.. Nutritional parameters of athletic performance including intervention planning, energy production, the energy nutrients, vitamins and minerals, principles of balanced diets, timing and composition of intakes, hydration, weight management strategies, and nutritional needs for special situations.