

NUTRITION (NUTR)

NUTR 221N - Basic Human Nutrition. 3 Credits.

Offered every semester. Fundamental principles of human nutrition which include individual nutrients, absorption, digestion, metabolism, and utilization as they relate to food intake and health throughout the life cycle, and applying science to concepts and controversies in the field.
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. Level: Undergraduate-Graduate