

# NUTRITION AND FOODS (NUTR)

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## **NUTR 100 F Careers in Nutrition and Foods** **2 Units**

36 hours lecture per term. This course will explore careers in nutrition and foods such as dietetics, culinary arts, hospitality, and food science. Trends, future employment projections, and employment opportunities will also be emphasized. (CSU) (Degree Credit)

## **NUTR 210 F Human Nutrition** **3 Units**

54 hours lecture per term. This course is an introduction to the science of nutrition. Major principles, functions and sources of nutrients are discussed, as well as their relationship to health and disease. Chemistry and physiology are also discussed as they relate to nutrition. General application as it pertains to today's students is stressed. Students will analyze their food intake. (Degree Credit) (CSU) (UC) AA GE, CSU GE (C-ID: NUTR 110)

## **NUTR 210HF Honors Human Nutrition** **3 Units**

54 hours lecture per term. This Honors-enhanced course is an introduction to the science of nutrition. Emphasis will be placed on major principles, functions and sources of nutrients, health and disease, as well as chemistry and physiology as they relate to nutrition. Application and development of the student's ability to critically evaluate current nutrition issues is stressed. Students will analyze their food intake. (Degree Credit) (CSU) (UC) AA GE, CSU GE (C-ID: NUTR 110)

## **NUTR 220 F Sports Nutrition** **3 Units**

**Advisory:** NUTR 210 F or NUTR 210HF.

54 hours lecture per term. In this course, the principles of nutrition are studied and applied to athletes and active individuals. An emphasis is placed on energy and nutrient needs, pre- and post-event food choices, hydration, body composition, disordered eating, and supplements. This course also examines the cultural, sociological, and psychological influences related to nutrition, fitness, and athletic achievement. (Degree Credit) (CSU) AA GE, CSU GE

## **NUTR 230 F Introduction to Medical Nutrition Therapy** **3 Units**

**Prerequisite(s):** NUTR 210 F or NUTR 210HF, with a grade of C or better.

54 hours lecture per term. This course introduces the fundamentals of medical nutrition therapy for use in a variety of healthcare settings. Evidence-based nutrition recommendations for health promotion, disease prevention, and management of health conditions with therapeutic and modified diets will be addressed. The Nutrition Care Process and cultural considerations will be emphasized. (CSU) (Degree Credit)

## **NUTR 295 F Nutrition and Foods Internship** **2-4 Units**

**Prerequisite(s):** NUTR 210 F or NUTR 210HF with a grade of C or better.

18 hours lecture and 60-180 hours of unpaid internship or 75-225 hours of paid internship per term. This course is designed to provide work experience directly related to the students area of study in Nutrition and Foods. This course gives students the opportunity to gain work experience in a professional setting in the nutrition or foods industry. (Degree Credit) (CSU)