

NUT - NUTRITION

NUT 1001 Introduction to Nutrition (2 Units)

Introduction to the role of nutrition in human health with respect to essential nutrients, factors that affect eating habits, nutrition research and social media, and establishing a healthy lifestyle.

Letter grade.

NUT 1010 Fundamentals of Food (2 Units)

Development of technique and application of fundamental scientific principles of food preparation. Establishment of quality standards for food products and food safety.

Lecture and food preparation laboratory.

NUT 2025 Fundamentals of Nutrition (3 Units)

A study of the principles of nutrition science and their evidence-based application of nutrition to health/homeostasis, disease prevention and disease treatment.

Prerequisite(s): CHE 1003, CHE 1052 or equivalent.

NUT 3000 Quantity Food Production (3 Units)

The fundamentals of food preparation, and application of these principles to quantity food production in commercial and non-commercial settings.

Emphasis is placed on the use of quantity food preparation equipment, menu planning, and production.

Lecture and laboratory.

Prerequisite(s): NUT 1010

NUT 3003 Cultural Foods (2 Units)

The influence of world cultures and ethnic food habits on food patterns.

Lecture, computer applications and food preparation laboratory.

Prerequisite(s): NUT 1010 and consent of instructor.

NUT 3020 Nutrition Assessment (2 Units)

Introduction to the purpose, methods, and scientific basis for assessment of nutritional status in total health care for individuals and groups.

Includes anthropometric, biochemical, clinical and dietary methods for assessing nutritional status.

Pre or Corequisite(s): BIO 1040 and NUT 3065

NUT 3030 Community Nutrition (3 Units)

A study of the delivery of nutrition services in the community setting, with an emphasis on disease prevention and health promotion in vulnerable populations. Topics discussed include nutrition epidemiology, food policy, cultural competence in nutrition education, food insecurity, and socioeconomic factors affecting food consumption, nutrition status and health.

Lecture, computer applications, laboratory and field experiences.

Prerequisite(s): NUT 2025

Corequisite(s): NUT 3031 (required)

NUT 3031 Community Nutrition Practicum (1 Unit)

Application of principles of community nutrition programming, including field experience and observation of nutrition services provided by community-based organizations and governmental entities.

Prerequisite(s): NUT 2025

Corequisite(s): NUT 3030 (required)

Concurrent: Must enroll concurrently in NUT 3030.

NUT 3035 Nutrition Research Through the Life Cycle (3 Units)

A study of nutrition specifically applied to the stages of human development and the life cycle. Current scientific literature is reviewed and applicable research methodologies are discussed. The role of statistics in scientific research is reviewed.

Computer applications and laboratory.

Prerequisite(s): NUT 2025

NUT 3040 Nutrition in Women's Wellbeing (WS) (2 Units)

A survey of current evidence-based nutrition principles and guidelines corresponding to gender differences in health. Topics include dietary prevention of cardiovascular disease, diabetes, cancers, and osteoporosis in women as well as special needs in pregnancy/lactation, menopause and weight management.

Computer applications.

NUT 3065 Advanced Nutrition (3 Units)

Theories integrated from physiology, biochemistry and nutrition. An in-depth study of nutrients and their role in human metabolism. Current research on human metabolic processes is analyzed.

Laboratory applications.

Prerequisite(s): BIO 1030, CHE 2094, and NUT 2025

NUT 4014 Practices in Nutrition Education and Dietary Counseling (2 Units)

Practical experience in techniques that will enhance patient/client communication for nutrition education. Discussion and application of counseling methods, adult learning, motivation theory, lesson planning, group communication techniques, medical charting techniques and the general nutrition care process.

Prerequisite(s): NUT 2025

NUT 4015 Medical Nutrition Therapy (3 Units)

A study of nutrition status and assessments; nutrition care strategies; and the modification of normal food intake with emphasis on dietary adjustments necessitated by certain disease and disorder processes and conditions focusing on the hospitalized and/or ambulatory patient.

Prerequisite(s): BIO 1040 and NUT 3065

Corequisite(s): NUT 4017 (required)

NUT 4017 Medical Nutrition Therapy Practicum (1 Unit)

Case studies, medical chart notation practice, opportunity to interact with dietetic professionals working in clinical fields.

Prerequisite(s): BIO 1040 and NUT 3065

Corequisite(s): NUT 4015 (required)

Concurrent: Must enroll concurrently in NUT 4015.

NUT 4025 Child and Adolescent Nutrition and Health (3 Units)

A study of the effect of nutrition and health on the development of the child, pre-natal through adolescent. Attention is given to nutrition related health problems and dietary planning.

Computer applications required.

Prerequisite(s): FCS 3005 or NUT 2025

NUT 4035 Food Service Management (2 Units)

Application of the principles of successful organization and management for effective food service operations. Topics include responsibilities of food service manager and administrative responsibilities of a food manager.

Lecture.

Prerequisite(s): NUT 1010

NUT 4045 Catering (2 Units)

A study of specialized food production techniques and operation principles for home-based or small catering services. Recipe and menu development, cost marketing and implementing a catering operation will be discussed.

Lecture, laboratory experience, field experiences, and computer applications required.

Prerequisite(s): NUT 1010

NUT 4055 Food Science (3 Units)

Analysis of the composition and chemical structure of food that affect the color, flavor, texture, aroma, and nutritive quality. The application of this information for careers in the food industry. Current research in food technology and food consumption patterns is investigated.

Computer applications and laboratory required.

Prerequisite(s): CHE 2094 and NUT 1010

NUT 4080 Internship in Nutrition (2-4 Units)

Career-related work experience in which students observe and actively participate using their acquired skills and knowledge. Students are under the supervision of a department faculty supervisor and a qualified on-site supervisor.

For two (2) units of credit, 80 hours of work experience is required; for four (4) units, 160 hours of work experience is required. May be repeated up to a total of four (4) units. Credit/No Credit.

Prerequisite(s): Senior standing in the Department of Sociology, Social Work, and Family Sciences and consent of department chair.

"C" Designation is for California Internships. "E" Designation is for Out of State Internships.

NUT 4090 Special Studies in Nutrition (1-4 Units)

An individualized and detailed research study from selected topics.

The research topic must be approved and supervised throughout the semester.

May be repeated up to a total of four (4) units.

Prerequisite(s): Senior standing in the Department of Sociology, Social Work, and Family Sciences and consent of department chair.

NUT 4097 Senior Seminar (2 Units)

Analysis and discussions of interrelated issues found within the areas of Family Sciences. Topics studied are research, public policy, professionalism, leadership, and historical significance. In this capstone, the student will create a professional eportfolio including introduction, professional statements, personal assessments, achievements, community service, practical application and work samples will be included. Each student will present his or her personal eportfolio to a panel of interested parties for assessment. This capstone gives students the opportunity to develop a professional voice.

Required of all seniors graduating in the Department of Sociology, Social Work, and Family Sciences.

Prerequisite(s): SOC 1001 and Senior standing in the Department of Sociology, Social Work, and Family Sciences.