

# FOOD SCIENCE & NUTRITION (FSNU)

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## **FSNU 200 Human Nutrition**

A study of food intake and utilization, nutrient sources, metabolism, and interactions. Human nutritional requirements and their relationship to various diseases are examined, as are facts and fiction about diets, "health foods," etc. Students learn about nutrition, the elements of a balanced diet, and modern food technology. 3 credits.

## **FSNU 201 International Nutrition: The World Food Crisis**

Students review contemporary nutritional issues affecting the world. Social, cultural, political, economic, and scientific aspects of the world food problems are examined. Nutritional deficiencies affecting various regions of the world and the role of international agencies are covered. Students learn about food production and food supplementation programs, and examine possible solutions and the future. 3 credits.

## **FSNU 202 Human Nutrition**

This course covers the basic concepts of nutrition for the human body. Topics included are electrolyte balance, carbohydrates, lipids, proteins, vitamins, minerals, and energy balance and eating disorders. Nutritional issues, as well as key information about essential nutrients, basic nutritional assessment, and nutrition across the human lifespan are other concepts covered in this course. We will also relate the various perspectives that nutrition and politics display in society. This course is only offered through the School of Extended Education. 3 credits.

## **FSNU 315 Nutritional Basis of Disease**

This course is designed to provide students with a general introduction to the complexities of the human body as it is related to nutrition and the disease process. Particular emphasis will be on disease acquired through lifestyle and infection. The student will learn how the body works and how disease occurs and may be overcome. Additionally, social and ethical issues in the concept of health will be addressed. For example: will the removal of sweets from school vending machines really make a difference in child obesity rates? An in-depth look at cardiovascular disease, diabetes, cancer, aging, and HIV/AIDS will be explored. The course will conclude with an examination of the concept of social justice—what wealthy nations do or do not owe the rest of the world to promote global health. 3 credits.

## **FSNU 329 Experimental Topics in Food Science and Nutrition**

An examination of selected topics in food science and nutrition relevant to evolving areas of importance to the field. Syllabi must be approved by the Dean and announced to the Curriculum and Academic Committee prior to being offered. May be repeated for credit provided the course content is different. 3 credits.

## **FSNU 335 Science of Obesity**

This course will cover the role of diet and exercise in weight loss and body weight maintenance. Discussion of metabolic and physiological changes occurring during weight gain and loss will be covered. The course will look into the current trends in obesity and the relationship between body weight, obesity and disease risk. Research comparing popular diets used for weight loss and disease treatment will be covered along with recommendations for optimal weight loss and weight maintenance programs. 3 credits.

## **FSNU 338 Nutrition and Human Performance**

**Prerequisite:** FSNU 200.

Designed to provide a more in-depth view of nutrition, metabolism, and human performance. Ergogenic aids, blood doping, nutritional needs of the athlete are emphasized. The methodologies and current topics related to nutrition and human performance are evaluated. Mechanisms of nutrition are presented to better understand the cause-and-effect relationships of human nutrition. 3 credits.