

NUTRITION, FOODS, & FOODS ADMINISTRATION (NFA)

NFA 121. Introduction to Food Composition and Preparation. (3 Credits)

I, II. A beginning food science course which deals with food composition and the relationship of scientific processes and principles to food preparation. Lecture and laboratory experiences.

NFA 201. Essentials of Nutrition. (3 Credits)

I, II. A scientific study of the essential nutrients and their application in meeting nutritional needs of all ages. Consideration is given to food selection, nutrition misinformation, obesity, and other common dietary problems. Gen. Ed. VI. Fulfills University Wellness Requirement.

NFA 203. Introduction to Food and Nutrition Careers. (1 Credit)

A. A professional orientation course for future food and nutrition professionals describing pathways to management, community, and clinical careers in the field, including an overview of the relationships to healthcare, industry partners, and government food programs.

NFA 301. Bio Nutrition. (3 Credits)

A. Prerequisites: CHE 102 or 112/116; and NFA 201. Structures and chemical properties of CHO, PRO, fat and nucleic acids, vitamins, coenzymes, minerals, and water related to metabolic processes.

NFA 303. Nutrition Education and Counseling. (3 Credits)

(3) A. Pre-requisite: NFA 201. Discussion, practice, and application of nutrition-related education and counseling strategies and health behavior theories to develop communication and counseling skills for work with individuals and groups.

NFA 310. Junior Seminar. (3 Credits)

I. Prerequisite: Admission to General Dietetics Program. Preparation and planning for transition to internship, graduate school or professional work. Emphasis on professional roles and responsibilities, and ethical practice in dietetics.

NFA 317. Nutrition in the Life Cycle. (3 Credits)

I, II. Study of dietary needs adapted to periods of the life cycle.

NFA 321. Meal Management. (3 Credits)

A. Prerequisites: NFA 121 and 201. Food management, planning, preparation, and service of meals through management of time, energy, money, and efficient use of equipment. Consideration is given to nutritional needs, food habits, and social customs of family groups.

NFA 323. Experimental Foods. (3 Credits)

A. Prerequisites: NFA 121 and CHE 102 or equivalent. Advanced food science course concerning the study of the reactions and interactions of food components in complex food systems during preparation, processing, and preservation. Lecture and laboratory experiences.

NFA 325. Quantity Food Production. (3 Credits)

I. Prerequisite: NFA 121. Corequisite: NFA 326. Standards, principles, and techniques for managing throughout the functional subsystems of a food service setting; emphasis on quality, quantity, and cost controls.

NFA 326. Field Experiences in Quantity Food Production. (3 Credits)

I. Corequisite: NFA 325. Supervised field experience in the technical application of theory presented in NFA 325.

NFA 328. Food Preparation and Culinary Arts. (3 Credits)

II. Prerequisites: NFA 325 and 326 each with a grade of "C" or better. Culinary and baking techniques. Emphasis on professional plating and presentation of food. 1 Lec/4 Lab.

NFA 344. Food Purchasing. (3 Credits)

II. Prerequisites: NFA 325 and 326 or departmental approval. Principles and methods of purchasing foods and equipment for various types of food service establishments. Emphasis on specifications and factors affecting quality, and food product identification.

NFA 349. Applied Learning in Nutrition, Foods, and Food Administration. (0.5-8 Credits)

A. Prerequisite: instructor approval. Work under faculty and field supervisors in placements related to academic studies. One to eight hours credit per semester or summer. Total hours: eight, associate; sixteen, baccalaureate. A minimum of 80 hours work required for each academic credit.

NFA 349A. Cooperative Study: Nutrition, Foods, and Food Administration. (0.5-8 Credits)

A. Prerequisite: instructor approval. Work under faculty and field supervisors in placements related to academic studies. One to eight hours credit per semester or summer. Total hours: eight, associate; sixteen, baccalaureate. A minimum of 80 hours work required for each academic credit.

NFA 349B. Cooperative Study: Nutrition, Foods, and Food Administration. (0.5-8 Credits)

NFA 349C. Cooperative Study: Nutrition, Foods, and Food Administration. (0.5-8 Credits)

Work under faculty and field supervisors in placements related to academic studies.

NFA 401. Human Nutrition. (3 Credits)

I. Prerequisites: NFA 301, BIO 307 with a minimum grade of B, and BIO 308. Study of the functions, requirements, and interrelations of macronutrients in normal nutrition; integration and regulation of energy metabolism and balance.

NFA 402. Medical Nutrition Therapy. (3 Credits)

I. Prerequisite or Corequisite: NFA 401. Analysis and application of nutrition assessment, documentation, and modified feeding practices including enteral and parenteral nutrition with application for therapeutic management of gastrointestinal disorders.

NFA 403. Medical Nutrition Therapy II. (3 Credits)

II. Prerequisite: NFA 402. Integration of nutrition therapy, pathophysiology, and biochemical alterations for assessment and management of trauma, diabetes, cancer; and cardiovascular, renal, hepatic, and pulmonary disorders.

NFA 404. Human Nutrition II. (3 Credits)

II. Prerequisite: NFA 401. Study of the functions, requirements, and interrelations of essential and non-essential micronutrients in normal nutrition and wellness.

NFA 411. Community Nutrition. (3 Credits)

A. Prerequisite: NFA 201 and 317. Survey of services, legislation, assessment, other relevant activities, and the role of nutritionists in various community settings. Development of educational resources for different populations. Field experience in community programs and settings to include individual and family nutrition counseling.

NFA 412. Research Applications in Nutrition. (3 Credits)

I. Prerequisite: ENG 102 or 102R or 105(B) or HON 102 and STA 215 and admission to Food and Nutrition Dietetics Concentration; or departmental approval. Evaluation, interpretation, and application of professional and research literature in nutrition/dietetics; scientific writing (AMA format). Emphasis on making ethical, evidence-based practice decisions. Credit will not be awarded to students who have credit for NFA 412W.

NFA 412W. Research Application in Nutrition. (3 Credits)

(3) I. Prerequisite: ENG 102 or 102R or 105(B) or HON 102 and STA 215 and admission to Food and Nutrition Dietetics Concentration; or departmental approval. Evaluation, interpretation, and application of professional and research literature in nutrition/dietetics; scientific writing (AMA format). Emphasis on making ethical, evidence-based practice decisions. Credit will not be awarded to students who have credit for NFA 412.

NFA 415. Seminar in the Dietetics Prof.. (1-3 Credits)

A. Prerequisites: NFA 401 and departmental approval. Current concepts and trends in dietetics and review of recent research. Topics include, but are not limited to, professional ethics, marketing, quality assurance and preparing for a dietetic internship.

NFA 416. Special Problems in Nutrition. (1-3 Credits)

A. Prerequisites: NFA 401 and departmental approval. The student chooses a problem and works under the supervision of an instructor. May be retaken to a maximum of six hours provided the topics vary. Student must have the independent study proposal form approved by faculty supervisor and department chair prior to enrollment.

NFA 420. Food in Health and Wellness. (3 Credits)

A. Prerequisites: NFA 121 and NFA 201 each with a grade of "C" or better. Application of evidence-based nutrition information for health promotion and condition management. Emphasis on menu development and modification for food service and culinary events to meet the nutritional needs and desires of consumers.

NFA 445. Food Service Organization and Management. (3 Credits)

A. Prerequisites: NFA 325, 326. Administrative functions within a food service system. Emphasis in top management responsibilities: financial and time management, quality assurance, legislation, labor unions, merchandising, networking, and human resource management.

NFA 447. Food Culture and Systems. (3 Credits)

A. Cross-cultural study of the formation of personal identities and social groups via food production, preparation, and consumption. In-depth exploration of global food systems and sustainability.

NFA 499. Culinary Nutrition and Food Management Practicum. (3 Credits)

A. Prerequisite: NFA 349, Food and Nutrition Majors only and Junior or Senior standing. Directed culinary nutrition and food management field experience. Minimum of 240 clock hours.

NFA 505. Maternal and Infant Nutrition. (3 Credits)

A. Prerequisite: NFA 317 or equivalent. Nutritional requirements prior to and during pregnancy, lactation, and infancy. Survey the effects of dietary toxicants, deficiency and excesses of nutrients. Field experience.

NFA 507. Child and Adolescent Nutrition. (3 Credits)

A. Prerequisite: NFA 201. Nutritional needs, problems, dietary habits, and motivations of the toddler through adolescent years. Field experience.

NFA 509. Nutrition and Aging. (3 Credits)

A. Prerequisite: NFA 201. The theories of causes of aging; nutritional requirements, dietary intakes and effects of nutrition on the rate of biological aging. Field experience.

NFA 517. Sports Nutrition. (3 Credits)

A. Prerequisite: NFA 201 or 500/700. Relationship of nutrition to optimal sports performance. Examines energy use during exercise metabolism, specific nutrient needs, nutritional strategies during training, conditions requiring special consideration, controversial and potentially dangerous nutritional practices of athletes.

NFA 705. Maternal and Infant Nutrition. (3 Credits)

A. Prerequisite: NFA 317 or equivalent. Nutritional requirements prior to and during pregnancy, lactation, and infancy. Survey the effects of dietary toxicants, deficiency, and excesses of nutrients. Field experience.

NFA 707. Child & Adolescent Nutrition. (3 Credits)

A. Prerequisite: NFA 201. Nutritional needs, problems, dietary habits, and motivations of the toddler through adolescent years. Field experience.

NFA 709. Nutrition and Aging. (3 Credits)

A. Prerequisite: NFA 201. The theories of causing aging; nutritional requirements; dietary intakes and effects of nutrition on the rate of biological aging. Field experience.

NFA 717. Sports Nutrition. (3 Credits)

A. Prerequisite: NFA 201 or NFA 500/700. Relationship of nutrition to optimal sports performance, needs, and nutritional strategies during training, conditions requiring special consideration, controversial and potentially dangerous nutritional practices of athletes.

NFA 800. Nutrition Topics. (1-3 Credits)

A. A study of selected issues confronted in the Community Nutrition Program. May be retaken to a maximum of six hours provided the subject matter differs each time.

NFA 805. Nutrition and Health Promotion. (3 Credits)

A. Prerequisite: Departmental approval. Review and application of nutrition guidelines for program planning and evaluation in health promotion and disease prevention. Study of common eating behaviors and practices and their influence on health and nutrition.

NFA 810. Problems in Nutrition. (3 Credits)

A. Prerequisite: NFA 201 or NFA 500/700. Ways of dealing effectively with nutrition concepts as they apply to everyday living.

NFA 811. Advanced Community Nutrition. (3 Credits)

I. An in-depth study of the history, legislation, and guidelines of community nutrition/health programs, functions of the public health nutritionist as a counselor, consultant, educator, and communicator. Introduction to community assessment and program planning. Field experience.

NFA 812. Public Health Nutrition. (3 Credits)

A. Prerequisite: Departmental Approval. Critical review of public health nutrition services that impact communities. Utilization of federal, state and local data and programs to conduct assessments and plan interventions. Application of administrative principles to program management.

NFA 816. Special Problems in Nutrition. (1-3 Credits)

A. Prerequisites: NFA 401 and instructor approval. The student chooses a problem and works under the supervision of an instructor. May be retaken to a maximum of six hours provided the topics vary. Student must have the independent study proposal form approved by faculty supervisor and department chair prior to enrollment.

NFA 817. Maternal, Infant, Child Nutrit. (3 Credits)

A. Prerequisite: Departmental approval. Review and application of nutritional recommendations and requirements specific to maternal, infant and child populations for implementation and evaluation of nutrition related programs. Study of feeding practices and their impact on health from birth through childhood.

NFA 820. Community Nutrition Administra. (3 Credits)

II. Prerequisite: NFA 811. Introduction to health administration, focusing on organizational structure, budget, personnel, legal aspects, public relations, and interorganizational relationships directed toward the public health nutritionist's role as program manager, planner and evaluator. Field experience.

NFA 825. Obesity and Eating Disorders. (3 Credits)

A. An examination of the prevalence, physiology, and health consequences of obesity and eating disorders. Program design and analysis of treatment options will also be examined.

NFA 826. Nutrition for Chronic Disease. (3 Credits)

A. Pre-requisite: Departmental approval. Critical review of chronic disease incidence and risk factors with an emphasis on the role of nutrition for the management of chronic disease through community based programming.

NFA 830. Dietetic Internship - Part One. (6 Credits)

A. Prerequisite: advisor approval. Work under faculty field preceptors to accomplish American Dietetic Association Dietetic Internship Curriculum. Experiences will include a medical nutrition therapy, foodservice management, and specialized clinical rotation.

NFA 831. Dietetic Internship-Part Two. (6 Credits)

A. Prerequisite: advisor approval. Work under faculty field preceptors to accomplish American Dietetic Association Dietetic Internship Curriculum. Experiences will include a community nutrition rotation in addition to a comprehensive public health assessment and evaluation project.

NFA 835. Community Nutrition Practicum. (6 Credits)

I, II. Prerequisites: NFA 811, 820 or concurrent enrollment or advisor approval. Requires 320 hours observation in selected nutrition programs at local, state, or federal level. Experience under supervision of a registered dietitian. Comprehensive community assessment and analysis of the country/city worked in is also required.

NFA 840. Public Health Nutrition Practi. (3 Credits)

A. Prerequisite: Departmental Approval. Supervised and directed public health nutrition field experience in a community, government, or private agency or organization.

NFA 841. Volume Foodservice Management. (3 Credits)

A. Prerequisite: NFA 445 or departmental approval. An examination of foodservice management, production, and administration with emphasis on volume foodservice. Field experience.

NFA 850. Nutri, Foods, Foodsev Adm Wksh. (1-3 Credits)

A. Current trends, topics, and issues in nutrition, food, and foodservice administration. May be repeated to a maximum of six hours providing topics vary.