NUTRITION, B.S.NUTR. - DIDACTIC PROGRAM

Program Description

Overview

The **Didactic Program in Nutrition** leads to the Bachelor of Science (B.S.) in Nutrition degree. This major opens many career avenues in food service, clinical and community nutrition practice, and qualifies students to sit for the Nutrition and Dietetics Technician, Registered (NDTR) and Certified Dietary Manager exams. This major also prepares studentsfor a wide variety of other career areas such as public health, business, and research. Successful Nutrition students have an aptitude for biology and chemistry, maintain a strong work ethic, enjoy promoting good food and wellness, and, like all health care-related fields, have a passion for improving the lives of others.

The Didactic Program is also a pathway to La Salle's **Master's Coordinated Program in Nutrition and Dietetics Practice**, which when completed qualifies students to sit for the Registered Dietitian (RD)/ Registered Dietitian Nutritionist (RDN) exam. Select freshmen may be admitted directly into the 5-year* accelerated BS to MS Coordinated Program upon acceptance into La Salle's Nutrition program. Students who complete their Nutrition degrees and competencies at La Salle are eligible to receive a Verification Statement, one of the requirements for pursuing the NDTR and RD/RDN credentials.

*Note: This 5-year accelerated option is only available to students who enter and begin their Nutrition degree as freshmen and maintain the rigorous requirements/standards throughout their coursework at La Salle. Other qualified Nutrition students are eligible for acceptance into the Master's Coordinated Program, but it may take longer than 5 total years to complete. More information can be found in the Didactic Program Student Handbook.

Why Take This Major?

Students who choose this Nutrition major will be prepared to enter a wide variety of careers in the growing field of nutrition and wellness. The Didactic Program course work meets eligibility requirements for the Nutrition and Dietetics Technician, Registered (NDTR) credential and for application to Dietetic Internship programs that qualify the student for the Registered Dietitian Nutritionist (RDN) exam. The Didactic Program is also the pathway to La Salle's **Master's Coordinated Program in Nutrition and Dietetics Practice**.

Graduates find careers in clinical care, community nutrition, food and culinary service, hospitality and fitness settings, or continue on to graduate programs in other health professions.

What is a Registered Dietitian Nutritionist (RD/RDN)?

RDNs (who may also use the title Registered Dietitians or RDs) are food and nutrition experts who have met the Commission on Dietetic Registration's (CDR) criteria to earn the RDN credential. RDNs work in a wide variety of employment settings, including healthcare, business and industry, community and public health, education, research, government agencies, and private practice.

How to Become a Registered Dietitian Nutritionist(RD/RDN)

Required steps in the process for becoming a RD/RDN include:

1. *Complete a minimum of a Bachelor's Degree granted by a US regionally accredited college/university (or foreign equivalent), complete the academic requirements of an ACEND-accredited Didactic Program, and receive a Verification Statement confirming completion of Didactic Program requirements.*
2. *Complete a Master's degree (https://www.cdrnet.org/graduatedegree).Students can achieve this graduate degree requirement through completing La Salle's Master's Coordinated Program in Nutrition and Dietetics Practice.*
3. *Complete an ACEND-accredited supervised practice program, also known as a Dietetic Internship (DI), at a university, healthcare facility, community agency, or foodservice corporation. The supervised practice (experiential learning) requirements are also incorporated within La Salle's Master's Coordinated Program in Nutrition and Dietetics Practice.*
4. *Pass a national examination (https://www.cdrnet.org/RDExamOverview) for RDNs administered by the Commission on Dietetic Registration (CDR).*
5. *Gain licensure* (https://www.cdrnet.org/LicensureMap) in your state of practice, if applicable.*
   ***Note**: Pennsylvania requires licensure through the PA State Board of Nursing (https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/Nursing/Pages/Licensed-Dietitian-Nutritionist-Licensure-Requirements-Snapshot.aspx).*
6. *Maintain continuing education and required fees (https://www.cdrnet.org/program-director/newly-credentialed-rds-dtr) throughout career.*

Graduates of La Salle's **Didactic Program in Nutrition** can receive a Verification Statement after verification of passing all required KRDNs (core Knowledge Requirements for the RDN) within the degree coursework. After receiving verification, students are eligible to apply for admission to Dietetic Internships or take the DTR/NDTR exam.

Graduates of La Salle's **Master's Coordinated Program in Nutrition and Dietetics Practice** can also receive eligibility to take the RDN exam after verification of passing all required CRDNs (Competency Requirements for the RDN) within the degree and coordinated internship program work.

More details can be found in the Didactic Program Student Handbook.

La Salle University's Didactic Program Verification Statement Policy

To receive a Verification Statement from La Salle University's Didactic Program Director, students enrolled in the Didactic Program in Nutrition must:

1. ***Successfully complete all Didactic Program degree requirements and coursework.** Required DP courses are described in the Didactic Program Student Handbook, listed in La Salle's undergraduate course catalog, and discussed during student advising sessions.*
2. ***Demonstrate achievement of the Knowledge Requirements for Registered Dietitian Nutritionists (KRDNs) within specific courses. All Didactic Program students must pass (earn a score of at least 70%) for the assignment (e.g., test question, exam, quiz, presentation, reflection, paper, activity, etc.) associated with each KRDN.** More information can be found in the* Didactic Program Student Handbook (https://catalog.lasalle.edu/undergraduate/nursing-health-

sciences/urban-public-health-nutrition/nutrition-bsnutr-didactic-program/DPD_Program_Handbook_2025-2026.pdf)

3. ***Provide an accurate, permanent physical and email address to La Salle University and the Didactic Program Director.***
4. ***Complete the Didactic Program Exit Survey (link is e-mailed to all degree candidates before graduation).***

Verification Statements are issued after the University has posted the final grades and granted the bachelor's degree on the designated graduation day, and after the Didactic Program Director verifies all KRDNs were met by the student.

Students enrolled in La Salle's Master's Coordinated Program in Nutrition and Dietetics Practice take a combination of undergraduate and graduate courses. In consultation with the Didactic Program Director, these students will receive a Verification Statement upon completion of the designated courses and achievement of KRDNs being met during the coursework, and will also be granted a Baccalaureate Degree at that time.

Asynchronous, Hybrid, Online, and Distance Learning

Didactic Program in Nutrition courses are all either in-person/face-to-face, or hybrid in format, with the exception of selected sections of NUTR 165 offered asynchronously. Participating in "distance" courses will require a compatible Mac/PC/Chromebook computer, a Canvas-supported web browser, stable high-speed Internet connection, and headset with microphone for any synchronous sessions. Note that asynchronous courses may also make use of the Honorlock proctoring software.

- For information on Canvas, visit: https://www.lasalle.edu/idteam/education-technology/using-canvas (https://www.lasalle.edu/idteam/education-technology/using-canvas/)
- For information on Honorlock, visit: https://www.lasalle.edu/idteam/education-technology/using-honorlock-for-exam-proctoring (https://www.lasalle.edu/idteam/education-technology/using-canvas/)

Mission

The Mission of the La Salle University **Didactic Program in Nutrition/**Bachelor of Science in Nutrition is to educate baccalaureate students in nutrition and health science, promote health and wellness, prevent nutrition-related disease, integrate research into practice, and enable graduates to enter nutrition and food related careers or pursue careers as Nutrition and Dietetics Technicians, Registered (NDTR) or Registered Dietitians (RD)/Registered Dietitian Nutritionists (RDN)*.

***Note**: Students who wish to pursue the RDN credential must complete an ACEND-accredited coordinated program, dietetic internship, or other supervised practice program in addition to or concurrent with completion of the Didactic Program and a Baccalaureate degree. Students are also required to possess a Master's Degree to be eligible to take the qualifying examination for the RDN credential.#Further information on eligibility requirements for becoming a RDN can be obtained at the Commission on Dietetic Registration (CDR) web site at https://www.cdrnet.org/RDN.

Program Goals

Goal 1: The Didactic Program will educate graduates to prepare them for careers as Nutrition and Dietetic Technicians, Registered (NDTR), and entry-level positions in nutrition and food related fields.

1. At least 80% of full-time DP students will complete program requirements* within 3 years (150% of program length*)
2. At least 90% of program graduates will "agree" or "strongly agree" that the DP program director and faculty provided sufficient and accurate guidance about DP requirements
3. At least 90% of program graduates will "agree" or "strongly agree" that they are satisfied with the quality of the education they received in the Didactic Program.
4. At least 90% of program graduates will "agree" or "strongly agree" that they received accurate and helpful career information, academic advising (including clarity around DP requirements), and guidance that made them aware of career options and opportunities they can pursue after completing their studies
5. At least 80% of DP graduates who sought employment upon graduating will be employed within 12 months of graduation.
6. The program's one-year pass rate (graduates who pass the registration exam within one year of first attempt) on the CDR credentialing exam for Nutrition and dietetics technicians, registered (NDTR) is at least 80%.

***Note**: "program requirements"* and "program length" here refer to the length of time required to complete the "core" nutrition courses in the major, not all required coursework for the nutrition major, such as prerequisite courses or the Bachelor's degree.

Goal 2: The Didactic Program will prepare graduates to obtain and successfully complete supervised practice and graduate degree programs.

Outcomes:

1. At least 60% of program graduates apply for admission to a supervised practice program prior to or within 12 months of graduation.
2. Of program graduates who apply to a supervised practice program, at least 60 percent are admitted within 12 months of graduation.
3. At least 80% of surveyed supervised practice program directors will "agree" or "strongly agree" that La Salle DPD program graduates were adequately prepared for supervised practice
4. The program's one-year pass rate (graduates who pass the registration exam within one year of first attempt) on the CDR credentialing exam for Registered Dietitian-Nutritionists will be at least 80%".

Accreditation

The Didactic Program in Nutrition at La Salle University is accredited by the Accreditation Council on Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND).
The address and contact information for the Accreditation Council on Education in Nutrition and Dietetics is:

Accreditation Council on Education in Nutrition and Dietetics (ACEND)
Academy of Nutrition and Dietetics
120 South Riverside Plaza, Suite 2190
Chicago, Illinois 60606-6995
Phone: 800-877-1600, ext. 5400
Website: https://www.eatrightpro.org/acend (https://www.eatrightpro.org/acend/)

Degree Earned

B.S.

Required for Graduation

- Courses
  - Major: 28
  - Total: 39
- Credits
  - Major: 87
  - Total: 122
- GPA
  - Major: 2.0
  - Cumulative: 2.0

Student Learning Outcomes

Upon successful completion of the program the student will demonstrate the ability to:

1. Locate, interpret, evaluate and use nutrition information, applying critical thinking and scientific reasoning skills.
2. Use current information technologies to locate and apply evidence—based guidelines and protocols.
3. Provide nutrition education to individuals, groups, and communities throughout the lifespan, using effective and professional communication skills.
4. Utilize professional skills and the Nutrition Care Process to provide and effectively document nutrition services in multidisciplinary, inter-professional settings.
5. Assess the impact of policies and strategies for food access, procurement, preparation, and safety for individuals, families and communities.
6. Apply theories and knowledge to provision of quality food management functions in business, healthcare, community and institutional arenas.
7. Provide culturally competent, ethical nutrition services for individuals and communities.
8. Describe the governance and scope of professional dietetics practice, including mentoring and precepting others.
9. Utilize knowledge from the physical and biological sciences as a basis for understanding the role of food and nutrients in health and disease processes.

Program Requirements

Specific requirements for La Salle's **Didactic Program in Nutrition** are detailed in the Didactic Program Student Handbook.

Completion of the Didactic Program in Nutrition with a bachelor's degree requires successfully earning 122 credit hours. All students must earn an overall GPA of 2.0 at graduation to receive a Didactic Program Verification Statement.

All courses in the Didactic Program must be completed successfully with a grade of "D" or better to earn a Verification Statement. As indicated in the University Catalog, courses may only be repeated once to earn a higher grade. If a student fails a NUTR course, they must re-take that course and earn a passing grade to be eligible to continue in the program and receive a Verification Statement.

Minimum admission requirements for La Salle's Master's Coordinated Program in Nutrition and Dietetics Practice are more rigorous than the above. More information can be found in the Didactic Program Student Handbook.

Progress Chart

Level One - Core Courses

12 courses and 2 modules required.

Major Requirements

Major requirements include 4 Level Two ILO requirements*, fulfilled through the major.*

Students in this major must complete **39** courses in total in order to graduate. **28** courses will be from this major program.

Code	Title	Credits
Level One - Core Courses		
Universal Required Courses		
Students must complete the following 4 courses.		
ILO 8.1: Written Communication (https://catalog.lasalle.edu/undergraduate/ilo/)		
ENG 110	College Writing I: Persuasion	3
ILO 5.1: Information Literacy (https://catalog.lasalle.edu/undergraduate/ilo/)		
ENG 210	College Writing II: Research	3
ILO 1.1: Understanding Diverse Perspectives (https://catalog.lasalle.edu/undergraduate/ilo/)		
FYS 130	First-Year Academic Seminar [1]	3
ILO 2.1: Reflective Thinking and Valuing (https://catalog.lasalle.edu/undergraduate/ilo/)		
REL 100	Religion Matters	3
Elective Core Courses		
Students must complete 1 course in each of the following 4 ILOs.		
ILO 3.1a: Scientific Reasoning (https://catalog.lasalle.edu/undergraduate/ilo/)		
CHM 161	Chemistry of The Life Sciences	4
ILO 3.1b: Quantitative Reasoning (https://catalog.lasalle.edu/undergraduate/ilo/)		
HSC 217	Statistics for Health Science Profs	3
ILO 6.1: Technological Competency (https://catalog.lasalle.edu/undergraduate/ilo/)		
CSC 154	Healthcare Informatics	3
ILO 8.1a/12.1: Oral Communication/Collaborative Engagement (https://catalog.lasalle.edu/undergraduate/ilo/)		
COM 150	Presentation Skills	3
Distinct Discipline Core Courses		
Students must complete 1 course in each of the following 4 ILOs. Each course must be from a different discipline. (A "discipline" is represented by the 3- or 4-letter prefix attached to each course.)		
ILO 4.1: Critical Analysis and Reasoning (https://catalog.lasalle.edu/undergraduate/ilo/)		
POL 151	Principles Of American Government	3
or ECN 150	Introductory Macroeconomics: The U.S. in the Global Economy I	
ILO 9.1: Creative and Artistic Expression (https://catalog.lasalle.edu/undergraduate/ilo/)		

Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		3
ILO 10.1: Ethical Understanding and Reasoning (https://catalog.lasalle.edu/undergraduate/ilo/)		
Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		3
ILO 11.1: Cultural and Global Awareness and Sensitivity (https://catalog.lasalle.edu/undergraduate/ilo/)		
Choose course within ILO (https://catalog.lasalle.edu/undergraduate/ilo/)		3
Universal Required Modules		
Students must complete the following 2 non-credit modules. [2]		
ILO 7.1a (https://catalog.lasalle.edu/undergraduate/ilo/)		
Health Literacy Module		
ILO 7.1b (https://catalog.lasalle.edu/undergraduate/ilo/)		
Financial Literacy Module		
Major Requirements		
Level Two		
Students must complete 1 course/learning experience in each of the 4 commitments.		
ILO 2.2: Broader Identity (Capstone Course/Experience) (https://catalog.lasalle.edu/undergraduate/ilo/)		
NUTR 440	Capstone in Nutrition (ILO 2.2)	3
Select one ILO from 3.2a, 3.2b, 4.2, 5.2, 6.2, 7.2a, or 7.2b: Expanded Literacies (https://catalog.lasalle.edu/undergraduate/ilo/)		
Select one of the following: (ILO 7.2a)		3
NUTR 341	Medical Nutrition Therapy I	
NUTR 342	Medical Nutrition Therapy II	
ILO 8.2b: Effective Expression (Writing-Intensive Course) (https://catalog.lasalle.edu/undergraduate/ilo/)		
NUTR 420	Nutrition Education and Counseling (ILO 8.2b)	3
Select one ILO from 10.2, 11.2, or 12.2: Active Responsibility (https://catalog.lasalle.edu/undergraduate/ilo/)		
NUTR 441	Food and Culture (ILO 11.2)	3
All Other Required Courses		
Major Requirements		
NUTR 165	Principles of Nutrition	3
NUTR 200	Life Cycle Nutrition	3
NUTR 230	Food Science	4
NUTR 300	Community Nutrition	3
NUTR 310	Management in Nutrition and Dietetics	3
NUTR 320	Quantity Food Preparation and Management	3
NUTR 340	Professional Practice in Nutrition	3
NUTR 341	Medical Nutrition Therapy I	4
NUTR 342	Medical Nutrition Therapy II	4
NUTR 420	Nutrition Education and Counseling	3
NUTR 440	Capstone in Nutrition	3
NUTR 441	Food and Culture	3
NUTR 450	Sustainable Food Systems and Food Justice	3
Select one of the following:		3
NUTR 455	Nutrition and Fitness	
NUTR 470	Special Topics in Nutrition	
NUTR 471	Special Topics in Nutrition	
NUTR 472	Special Topics in Nutrition	
NUTR 473	Special Topics in Nutrition	
NUTR 475	Special Topics in Nutrition	
Supporting Courses		
BIO 161	Anatomy and Physiology	4
BIO 162	Anatomy and Physiology	4
BIO 163	Clinical Microbiology	4
CHM 161	Chemistry of The Life Sciences	4
CHM 262	Organic Chemistry for The Life Sciences	3
CHM 263	Biochemistry for the Life Sciences	3
PSY 155	Introduction to Psychology	3
HSC 217	Statistics for Health Science Profs	3
POL 151	Principles Of American Government	3
ENG 110	College Writing I: Persuasion	3
ENG 210	College Writing II: Research	3
CSC 151	Introduction to Computing Using Packages	3
PHLT 408	Research Methods for Public Health	3
Free Electives		
In addition to the requirements listed above, students must take enough courses to the fulfill graduation credit requirements for their School and major.		
Total Credits		**137**

1

NOTE. The following students use Level 2 Capstone Experience in Major instead of FYS 130 First-Year Academic Seminar: Honors, BUSCA, Core-to-Core, Transfer, and Non-Traditional/Evening.

2

The Modules are **not** required for Transfer Students, Core-to-Core Students, or BUSCA Students. BUSCA students are required to take modules if/when they pursue a bachelor's degree.

Recommended Course Sequence

Course	Title	Credits
First Year		
First Semester		
NUTR 165	Principles of Nutrition	3
BIO 161	Anatomy and Physiology	4
ENG 110	College Writing I: Persuasion	3
CSC 154	Healthcare Informatics	3
REL 100	Religion Matters	3
	Credits	**16**
Second Semester		
PSY 155	Introduction to Psychology	3
BIO 162	Anatomy and Physiology	4
CHM 161	Chemistry of The Life Sciences	4
COM 150	Presentation Skills	3
FYS Course		3
	Credits	**17**
Second Year		
First Semester		
NUTR 200	Life Cycle Nutrition	3
NUTR 230	Food Science	4
CHM 262	Organic Chemistry for The Life Sciences	3
ENG 210	College Writing II: Research	3
POL 151	Principles Of American Government	3
	Credits	**16**

Second Semester		
NUTR 300	Community Nutrition	3
NUTR 340	Professional Practice in Nutrition	3
CHM 263	Biochemistry for the Life Sciences	3
BIO 163	Clinical Microbiology	4
Choose course within ILO 9, 10, or 11 (https://catalog.lasalle.edu/undergraduate/ilo/) [1]		
	Credits	**13**
Third Year		
First Semester		
NUTR 310	Management in Nutrition and Dietetics	3
NUTR 341	Medical Nutrition Therapy I	4
NUTR 420	Nutrition Education and Counseling	3
NUTR 441	Food and Culture [2]	3
Choose course within ILO 9, 10, or 11 (https://catalog.lasalle.edu/undergraduate/ilo/) [1]		3
	Credits	**16**
Second Semester		
NUTR 320	Quantity Food Preparation and Management	3
NUTR 342	Medical Nutrition Therapy II	4
NUTR 450	Sustainable Food Systems and Food Justice [2]	3
HSC 217	Statistics for Health Science Profs	3
Choose course within ILO 9, 10, or 11 (https://catalog.lasalle.edu/undergraduate/ilo/) [1]		3
	Credits	**16**
Fourth Year		
First Semester		
Select one of the following: [3]		3
NUTR 455	Nutrition and Fitness	
NUTR 470	Special Topics in Nutrition	
NUTR 471	Special Topics in Nutrition	
NUTR 472	Special Topics in Nutrition	
NUTR 473	Special Topics in Nutrition	
NUTR 475	Special Topics in Nutrition	
PHLT 408	Research Methods for Public Health	3
Elective of choice *		3
Elective of choice *		3
Elective of choice *		3
	Credits	**15**
Second Semester		
NUTR 440	Capstone in Nutrition	3
NUTR 460	Nutrition Externship [3]	3
Select one of the following: [3]		3
NUTR 470	Special Topics in Nutrition	
NUTR 471	Special Topics in Nutrition	
NUTR 472	Special Topics in Nutrition	
NUTR 473	Special Topics in Nutrition	
NUTR 475	Special Topics in Nutrition	
NUTR 474	Special Topics: Nutrition and Dietetics Technician, Registered Careers and Credential **	3
Elective of choice *		3
	Credits	**15**
	Total Credits	**124**

1

ILOs are Institutional Learning Objectives that are set and required by the University (La Salle requires all students take a course from ILOs 1-12 prior to graduation. The Didactic Program in Nutrition has ILOs 1-8 and 12 built into the degree-required courses. Therefore, ILOs 9, 10, and 11 *must* be taken by each Didactic Program student, and the choice of which is up to the student. Note: ILOs 4, 9, 10, and 11 must come from different disciplines. Refer to your academic advising sessions for more information.

2

NUTR 441 Food and Culture Food and Culture is a required course, but may be taken either Junior or Senior year.

3

Didactic Program students are required to complete one 3 credit nutrition elective, selected from NUTR 455 Nutrition and Fitness, NUTR 460 Nutrition Externship, or NUTR 470 Special Topics in Nutrition, NUTR 471 Special Topics in Nutrition, NUTR 472 Special Topics in Nutrition, NUTR 473 Special Topics in Nutrition, NUTR 475 Special Topics in Nutrition.

*

Didactic Program students (those not entering into La Salle's Master's Coordinated Program in Nutrition and Dietetics Practice) may have room in their schedule for a minor if planning and discussion is done early enough with their academic advisor. If students are interested in completing a minor with their Nutrition major, they should consider this option early in their degree, especially if they predict they may not meet requirements for entry into the Master's Coordinated Program. If this is the case, NUTR 441 and NUTR 450 can both be moved to Senior year to make room for minor-specific courses during a student's Junior year.

**

NUTR 474 is a 1-credit course offered to Didactic Program Seniors who are interested in taking the Nutrition and Dietetics Technician, Registered (NDTR) exam upon graduation and receiving a Verification Statement.

Minors

- Nutrition, Minor (https://catalog.lasalle.edu/undergraduate/nursing-health-sciences/urban-public-health-nutrition/nutrition-bsnutr-didactic-program/nutrition-minor/)

Course Descriptions

Nutrition

NUTR 165 Principles of Nutrition
Topics for this course include basic knowledge of food nutrients; functions, interactions, and balance of carbohydrates proteins, lipids, vitamins, minerals, and water in normal human physiology; nutrient deficiency diseases; energy metabolism; nutrition and fitness. It consists of three hours of lecture and is required for all subsequent nutrition courses.

NUTR 200 Life Cycle Nutrition
This course examines human nutritional needs and U.S. dietary guidance for health maintenance and disease prevention during infancy, early and middle childhood, adolescence, adulthood, and older adulthood as well as pregnancy and lactation. The course consists of three hours of lecture. Prerequisite(s): NUTR 165, BIO 161 Corequisite(s): BIO 162

NUTR 230 Food Science
This course examines chemical and physical proprieties of food, principles of food selection, consumer trends, use of established food guides in meal planning, methods and techniques of food preparation, sensory evaluation of food, food safety, and government regulation of food. The course consists of three hours of lecture, and two hours of lab. Restriction(s): Non-nutrition majors must obtain permission of the Director to register for this course. Prerequisite(s): NUTR 165, CHM 161

NUTR 300 Community Nutrition
This course illustrates the role of nutrition in health promotion and disease prevention through an examination of health and nutrition policy, programs, and population data. Emphasis is placed on the information and skills necessary to solve nutrition problems in local, state, and national communities. The course consists of three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200

NUTR 310 Management in Nutrition and Dietetics
The course focuses on dietetic management principles including systems theory, leadership, quality management and methodology, cost-effectiveness, human resources, labor law, financial management, budgeting, and marketing. The course consists of three hours of lecture. Prerequisite(s): NUTR 165

NUTR 320 Quantity Food Preparation and Management
The course looks at management systems and procedures used in quantity food production; menu planning; recipe standardization; purchase, receipt, and storage of food and supplies; facility design, equipment, and materials; financial management; and food safety and sanitation. The course consists of three hours of lecture. Prerequisite(s): NUTR 165, NUTR 230, NUTR 310, BIO 163

NUTR 340 Professional Practice in Nutrition
The course explores the various roles of nutrition professionals within the broader health-care system including inter-professional collaboration for comprehensive care. The course provides an overview of nutrition careers in clinical, community, foodservice management, and business settings and emphasizes historical, legal, and ethical considerations for professional practice. The course consists of three hours of lecture. Restriction(s): Nutrition Majors Only Prerequisite(s): NUTR 165, NUTR 200

NUTR 341 Medical Nutrition Therapy I
The course focuses on the pathophysiology of nutrition-related disease; normal and therapeutic diets in the prevention and treatment of disease; the Nutrition Care Process: nutrition assessment, diagnosis, intervention, monitoring, and evaluation; documentation of nutrition care; and drug-nutrient interactions. Course materials will cover disorders of the gastrointestinal, cardiovascular, endocrine, and skeletal systems as well as energy imbalance. The course consists of three hours of lecture and one hour of lab. Restriction(s): Students are permitted to re-take this course once to seek to improve their grade Prerequisite(s): NUTR 165, NUTR 200, NUTR 300, BIO 161, BIO 162, CHM 161, CHM 262, and CHM 263

NUTR 342 Medical Nutrition Therapy II
This course is a continuation of Medical Nutrition Therapy I that focuses on the pathophysiology of nutrition-related disease; normal and therapeutic diets in the prevention and treatment of disease; the Nutrition Care Process: nutrition assessment, diagnosis, intervention, monitoring, and evaluation; documentation of nutrition care; and drug-nutrient interactions. Course materials will cover disorders of the gastrointestinal, hepatic, and renal systems; food allergy and intolerance; genetics in nutrition; enteral and parenteral nutrition support. The course consists of three hours of lecture and one hour of lab. Restriction(s): Students are permitted to re-take this course once to seek to improve their grade Prerequisite(s): NUTR 341

NUTR 420 Nutrition Education and Counseling
This course focuses on communication strategies for effective health behavior change. Topics include food behavior; verbal and non-verbal communication; interviewing skills; cultural competency; health literacy; counseling theories and the counseling process; learning theories and educational principles; and educational methods and tools. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200, NUTR 300, PSY 155

NUTR 440 Capstone in Nutrition
Emphasizes the integration of nutrition knowledge and the interpretation and application of nutrition-oriented research including evidence-based practice. Students identify a research question or hypothesis, design a research plan, collect and analyze data, and write a research paper utilizing peer-reviewed scientific literature and other appropriate sources. Students also create and orally present a poster representing their work. Three hours of lecture. Restriction(s): Nutrition Majors Only Prerequisite(s): NUTR 165, NUTR 200, NUTR 300, NUTR 340, NUTR 420, PHLT 408 and HSC 217.

NUTR 441 Food and Culture
This course examines the cultural and culinary traditions that shape an individual's eating habits, including the activities by which people produce, prepare, present, and consume food. Aspects of food culture including religion, health beliefs, geographic and historical/traditional factors in global cultures and within regions of the United States are explored. The course focuses on the development of cultural competency and cultural humility in nutrition practice. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200, NUTR 230, NUTR 300

NUTR 450 Sustainable Food Systems and Food Justice
Encompasses current issues involving food agriculture, activities, people and resources involved in getting food from field to plate. Current food practices and marketing are investigated in terms of the cost/benefit to the individual, and society. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200, NUTR 300.

NUTR 455 Nutrition and Fitness
This course addresses the nutrition needs of active people and athletes. Course topics include carbohydrate, protein, fat, vitamin, mineral, and water requirements for fitness and sport. Body weight and composition, weight maintenance, as well as proper weight gains and loss will be discussed. Prerequisite(s): NUTR 165

NUTR 460 Nutrition Externship
Students experience field work under the supervision of a nutrition professional and faculty member. Permission of the Director is required. Hours to be arranged with five hours minimum field work per week (minimum of 50 hours per semester) required. Restriction(s): Nutrition majors only unless approved by the Director Prerequisite(s): NUTR 165, NUTR 200, NUTR 300, NUTR 420

NUTR 470 Special Topics in Nutrition
The course provides an in-depth examination of a current topic in the field of nutrition. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200.

NUTR 471 Special Topics in Nutrition
The course provides an in-depth examination of a current topic in the field of nutrition. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200.

NUTR 472 Special Topics in Nutrition
The course provides an in-depth examination of a current topic in the field of nutrition. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200.

NUTR 473 Special Topics in Nutrition
The course provides an in-depth examination of a current topic in the field of nutrition. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200.

NUTR 474 Special Topics: Nutrition and Dietetics Technician, Registered Careers and Credential
This course will help prepare the student to take the credentialing examination to become a Nutrition and Dietetics Technician, Registered (NDTR). Roles and responsibilities of the NDTR as well as career paths are explored. Restriction(s): Student must be a senior in the Didactic Program in Nutrition to register for this course.

NUTR 475 Special Topics in Nutrition
The course provides an in-depth examination of a current topic in the field of nutrition. Three hours of lecture. Prerequisite(s): NUTR 165, NUTR 200.

NUTR 480 Nutrition Research
Individual laboratory or theoretical work under supervision of a faculty member. Permission of the Director required. Hours to be arranged.

Public Health

PHLT 101 Essentials of Public Health
This course provides a basic introduction to public health concepts and practice by examining the philosophy, purpose, history, organization, functions, tools, activities, and the results of public health practice at the national, state, and local levels. Healthy People 2020 is reviewed. The impact of the Affordable Care Act on health disparities in urban communities is discussed. The function of the Bureau of Health Professions of the Health Resources Services Administration (HRSA) is studied. The course aims to stimulate interactions among students around important problems and issues facing the health of the nation and the world.

PHLT 250 Global Health
This course explores world health issues and policies by examining selected threats to global health. Students ascertain the global interconnectedness of humanity and investigate the effect of economic globalization on health issues. Global warming, cross border pollution, the spread of infectious diseases, and international crime are considered. Current health threats, global health indicators, ethical considerations of global initiatives, and solutions are evaluated.

PHLT 265 Public Health Nutrition
This course allows students to explore and begin to understand how complex and multifaceted public health nutrition programs enhance the health and nutrition of the U.S. population through education, emphasis on health promotion and disease prevention, integrated community efforts and government leadership. Emphasis is placed on policymaking, assessment and intervention methods, special populations, food security and program management. Students will gain understanding of course concepts and ideas presented in the classroom through readings, written assignments, presentations, class discussions, case studies and exams. Prerequisite(s): Nutr 165

PHLT 270 Special Topics

PHLT 271 Special Topics

PHLT 272 Special Topics

PHLT 280 Special Topics

PHLT 301 Theories of Social Behavioral Change in Community Health Education
Students analyze the contribution of social factors to health and illness status, including risk behavior and health inequities. Health behavior programs and interventions are explored. Theories of health promotion, health behavioral change, and health education are examined and applied to a health promotion project focusing on health disparities in urban communities. Prerequisite(s): PHLT 101

PHLT 312 Public Health Advocacy

PHLT 314 Environmental Health in Urban Communities
This course integrates earth sciences, geology, environmental sciences, and health initiatives in the urban communities aimed at identifying, managing, and eliminating environmental threats to health. Environmental problems, including lead poisoning of children, radon, asbestos exposure, urban brown fields, toxic waste, urban pollution, and other environmental hazards, are examined through the lens of social justice and health equity. Students explore urban environments identified as high risk for disease and illness from environmental pollutants and geographic or climactic problems. The impact of natural disasters on public health is also examined.

PHLT 315 Violence Prevention and Control
Students review theories of violence causation and epidemiologic patterns of violence in urban settings. An ecological framework is used to guide critical thinking about risk and protective factors regarding violence. Students explore secondary data sources important to public health practitioners working in the area of violence prevention and control. Programs aimed at preventing violence and injury in urban settings will be examined and critically evaluated.

PHLT 319 Epidemiology for Health Educators
This course introduces basic concepts of epidemiology and biostatistics applied to public health problems. The principles and methods of epidemiologic investigation, summaries and displays of data, and the use of statistical approaches for describing the health of populations are emphasized. Various epidemiologic designs for investigating associations between risk factors and disease outcomes are also introduced. The importance of ethics in epidemiologic research underpins the course. Prerequisite(s): HSC 217, PHLT 101

PHLT 330 Multivariate Statistics
This course introduces multivariate data analysis methods. The course begins with an introduction to multivariate statistics, including matrix algebra. The course next focuses on multiple regression analysis, and Multivariate Analysis of Variance (MANOVA), along with Analysis of Covariance (ANCOVA), and repeated measures designs. It will also cover exploratory factor analysis, and introduce structural equation modeling. Students will receive extensive experience with data entry and analysis using SPSS and Mplus statistical computer packages. Prerequisite(s): HSC 217

PHLT 350 Health Ed: Principles/Practice
This course investigates health education from the perspectives of history, roles, theoretical foundations, and professional standards. Needs assessment, program planning, development, implementation, and evaluation are examined using model programs as exemplars. Health education needs of vulnerable and socially disadvantaged populations are emphasized, including health disparities, maternal and child care, and aging persons with disabilities. Students plan and implement a service learning program for a vulnerable population.

PHLT 351 Intro - Public Health Policy
Students explore major health policy issues in the United States health care system and the outcomes of policies for public, private, and not-for-profit settings. They examine steps of policy analysis and apply these strategies to evaluate health issues and health care. The legislative process and the structure and financing of the health care system in the United States are investigated as are influences of politics and interest groups on health policy formulation. The effect of health policy on the health of urban communities is analyzed along with the interplay of policy on infectious diseases, bioethical issues, and globalization.

PHLT 352 Program Planning and Health Education
This course provides a comprehensive overview of health education strategies for urban community health settings. This course focuses on: needs assessment and program planning, health education delivery, behavior change interventions and methods, and health disparities. Students will evaluate and compare evidence-based programs as they develop health promotion programs for vulnerable populations. Strategies to conduct individual-level and group-level needs assessments are explored. Prerequisite(s): PHLT 101

PHLT 355 Needs Assessment/Program Plan
In this course, students explore needs assessment and program planning processes used to address public health problems faced by vulnerable populations. They investigate strategies to involve stakeholders in the planning, implementation, and evaluation of health promotion programs. Students evaluate and compare evidence-based programs as they develop health promotion programs for vulnerable populations. Strategies to conduct individual-level and group-level needs assessments will be explored.

PHLT 356 Reproductive Health for The Public Health Practitioner
Course content emphasizes theories of reproductive health, sexual development and factors influencing sexual behavior within the continuum of health and illness. Common sexual practices and reproductive health issues of people are studied within the context of lifestyle and situational life crises. Concepts of normal sexual function and dysfunction are examined. Contemporary sexual health and reproductive issues, obstetrical care in the United States and abroad, gender based violence, maternal morbidity and mortality, family planning, and reproductive health policy are explored. Theoretical foundations of the medical, psychological, socio-cultural, political, and biological determinants of human sexual behavior and reproductive health are examined. Issues of biology related to sex, gender identity, social sex role, and sexual orientation are discussed. Contemporary issues of sexual risk behaviors, sexually transmitted infections and safer sex practices will be investigated in addition to those issues of chronic illness, disability, and sexual coercion.

PHLT 357 Women, Gender, And Public Health
This course will focus on constructions of gender and sex and their implications for understanding determinants of population health and creating healthy public policy. It will consider how different frameworks of addressing gender and biological sex shape questions people ask about, and explanations and interventions they offer for societal patterns of health, disease, and well-being. The course will demonstrates ways of conceptualizing gender in relation to biology and health using case examples. In all cases, issues of gender will be related to other social determinants of health, including social class, racism, and other forms of inequality. Implications of diverse approaches will be debated, as part of developing useful strategies for improving physical, mental, and social well-being. This course is an elective and is not offered every year, based on demand.

PHLT 361 Hlth Com: Multimedia Approach
This course explores various media and technology resources available for health education. Utilizing models suitable for teaching and learning, the impact of technology and mass communication on health education is examined. Students evaluate health education modalities appropriate for diverse urban populations across the lifespan. They explore the effect of media in consumer attitudes and beliefs and collaborate with communication experts to plan and implement a specific media strategy. Service learning projects emphasize the design of health education programs for urban populations.

PHLT 370 Special Topics

PHLT 377 Special Topics

PHLT 380 Special Topics

PHLT 408 Research Methods for Public Health
This course investigates research methods and multidisciplinary research applied to health care systems. An overview of research designs and reporting is presented. Quantitative data analysis is explored using data analysis software. Qualitative methods, including the use of focus groups, are also explored. Evidence-based public health practice is emphasized. The importance of ethics in public health research is woven throughout the course. Restriction(s): Public health and/or Nutrition majors only Prerequisite(s): HSC 217

PHLT 410 Public Health Education Capstone I
Part one of this two-part course allows students to begin to link public health concepts and ideas presented in the classroom to real world experiences in the public health practice setting. Emphasis is placed on needs assessment, data collection and program planning. Students discuss actual case studies illustrating the practical challenges of data collection and program development. Restriction(s): Public health majors only Prerequisite(s): PHLT 101, 301, 319, 352

PHLT 411 Public Health Education Capstone II
Part two of this two-part course allows students to continue to link public health concepts and ideas presented in the classroom to real world experiences in the public health practice setting. Emphasis is placed on program implementation and program evaluation. Students discuss actual case studies illustrating the practical challenges of program implementation and evaluation. As one of the final courses of the Bachelor of Science in Public Health program, students focus on public health workforce development, leadership, professional development, and preparation for entry into the public health education workforce. Restriction(s): Public health majors only Prerequisite(s): PHLT 101, 301, 319, 352, 410 and 451 Corequisite(s): PHLT 408 and 420

PHLT 420 Public Health Leadership and Health Education
In this course, one of the final courses taken in the Bachelor of Science in Public Health curriculum, students explore the leadership role of public health professionals, especially leaders working in urban public health and health education. Public health leadership concepts addressed in this course include: principles of leadership and management, team building, ethics and professionalism, strategic planning, networking, budgeting and finance, and continued professional development. Restriction(s): Public health majors only Prerequisite(s): PHLT 101, 319, 352

PHLT 439 New Course

PHLT 451 Introduction to Public Health Policy
Students explore key health policy issues in the United States health care system and the outcomes of policies for public, private, and not-for-profit settings. They examine steps of policy analysis and apply these strategies to evaluate health issues and health care. The legislative process and the structure and financing of the health care system in the United States are investigated as are influences of politics and interest groups on health policy formulation. The effect of health policy on the health of urban communities is analyzed along with the interplay of policy on infectious diseases, bioethical issues, and globalization. Prerequisite(s): PHLT 101

PHLT 454 Public Health, Aids, And Society
This course provides an in-depth study of the most critical public health issue facing society. Topics include current HIV/AIDS information and an exploration of issues including the history of HIV, transmission and risk factors for infection, local and global disparities in HIV infection, trends in research programs, international/political implications of research and prevention efforts, and the experiences of people living with HIV/AIDS. This class is typically offered as a 1-week winter intersession class before the spring semester.

PHLT 460 Public Health Internship
Internships are off-campus experiential learning activities designed to provide students with opportunities to make connections between the theory and practice of academic study and the practical application of that study in a professional work environment. Internships offer the opportunity to "try out" a career while gaining relevant experience and professional connections. Internships are completed under the guidance of an on-site supervisor and a faculty sponsor, who in combination with the student will create a framework for learning and reflection. For-credit internships are open only to students who have completed at least ten public health course credits. Prerequisite(s): PHLT 420

PHLT 461 Public Health Internship II
Internships are off-campus experiential learning activities designed to provide students with opportunities to make connections between the theory and practice of academic study and the practical application of that study in a professional work environment. Internships offer the opportunity to "try out" a career while gaining relevant experience and professional connections. Internships are completed under the guidance of an on-site supervisor and a faculty sponsor, who in combination with the student will create a framework for learning and reflection. For-credit internships are open only to students who have completed at least ten public health course credits. Prerequisite(s): PHLT 460

PHLT 467 Public Health Capstone
Students explore concepts of health promotion and disease prevention for at-risk populations. Principles of teaching and learning are explored. Interdisciplinary collaboration and collaborative practice are emphasized. Students implement a health education project for a community aimed at promoting healthy outcomes. Program evaluation research structures the project.

PHLT 470 Special Topics

PHLT 472 Special Topics

PHLT 489 Race, Ethnicity, And Public Health
This course provides students with an understanding of racial and ethnic influences on health status and the societal factors that shape them. During the course, students examine the concepts of race and ethnicity, and distinguish between categories of biological and social constructionist perspectives. Students define and describe racial and ethnic health inequities, discuss mechanisms underlying inequities, and think critically about existing health research on health inequities. Students will explore theoretical frameworks for interpreting inequities in health and examine approaches for elimination of racial and ethnic health disparities. Prerequisite(s): PHLT 101. Waived for students in the Nutrition - Coordinated Program in Dietetics B.S./M.S. (5-year).

Program Contact Information

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