

FOOD SCIENCE AND NUTRITION (FSN)

FSN 101 Intro to Dietetics & Food Science (2 Credits)

Study of dietetics history, philosophy, and career choices. Emphasis will be placed on skills, attitudes, educational preparedness, and work experiences necessary for the performance in the field of dietetics.

FSN 110 The Science of Human Nutrition (3 Credits)

This course will emphasize principles of nutrition, the six basic nutrients, and related health issues. The impact of nutrition on body systems, wellness, and disease states will be explored. Valuable insights will be gained on various eating behaviors, disease interventions, recommended dietary guidelines and tools, food safety and dietary supplements. The influences of socioeconomic, cultural, and psychological factors that determine food and nutrition behavior will also be presented.

FSN 160 Food Cost Control (3 Credits)

Theoretical and practical applications of food cost control in food service systems.

FSN 312 Phys & Chem Foundations of Nutrition (3 Credits)

Study of nutritional requirements as related to individuals at different stages of the life cycle from conception to the aged.

FSN 320 Food Service Management (3 Credits)

Study of the theoretical foundations involved in the organization and management of public and private food service institutions. Emphasis is placed on personnel management and labor policies.

FSN 330 Scientific Food Development (3 Credits)

Application of experimental methods to food preparation considering physical, chemical, and biological changes.

FSN 330L Scientific Food Development Lab (1 Credits)

The course will provide experiments and applications that illustrate the chemical and physical changes that occur in foods and food systems during their preparation, processing, and storage.

FSN 340 Nutrition Education (3 Credits)

The study of the skills of communication, business management, and education for the performance of the task of translating nutrition information into nutritious eating patterns and healthy behavior.

FSN 356 Advanced Nutrition & Human Metabolism (3 Credits)

Understanding the interrelations among nutrients in metabolism, effect of diets on the biophysical process and factors that may alter nutrient requirements in humans.

FSN 426 Nutrition & Disease (3 Credits)

Advanced study of nutrition as it relates to human disease with theoretical dietary management.

FSN 426L Nutrition & Disease Lab (1 Credits)

A course which provides experience in completing nutritional assessments, energy-nutrient analysis, non-energy nutrient analysis, and drug-nutrient interactions. These structured laboratory experiments via case studies and simulations will reinforce the concepts covered in FSN 426: Nutrition in Disease.

FSN 449 Nutrition in Sports & Fitness (3 Credits)

The application of nutrition principles to enhance the health of the athlete and to optimize physical performance including: metabolic demands of exercise, fuel source, energy expenditure, vitamins and minerals, fluids and electrolytes, and diet planning.

FSN 460 Quantity Food Production (3 Credits)

Selection, use, and care of institutional equipment. Food preparation principles applied to quantity production. Experiences in a food service establishment.

FSN 484 Rural/Urban Nutrition (3 Credits)

Cultural and scientific aspects of food and nutrition as applied to the individual, the family, and the community.