

ES 4050: Community Nutrition

3 Credit Hours

Prerequisite: Nutritional Science Minor; ES 3105.

This course will examine the role of state and federal nutrition programs in promoting and improving health within the community. It will explore nutritional assessment and monitoring methods, as well as intervention and management strategies for nutrition services.

ES 4120: Weight Management

3 Credit Hours

Prerequisite: Nutritional Science Minor; ES 3105.

This course will introduce techniques for assessing weight status and health, and explore dietary and physical activity approaches for weight control. The course will also provide a comprehensive overview of weight loss strategies and treatment approaches to obesity and disordered eating.

ES 4200: Nutrition and Performance

3 Credit Hours

Prerequisite: Exercise Science major, (ES 2500 or CSH 2500) and ES 3900 .

This course covers the nutritional needs of individuals participating in exercise and sport. Topics include but are not limited to the dietary needs of the human body before, during and after various modalities and intensities of athletics in order to optimize performance.

ES 4250: Advanced Human Nutrition

3 Credit Hours

Prerequisite: Nutritional Science Minor; CHEM 3500 and ES 3105

This course will explore the physiological and biochemical processes involved in both macro and micro nutrient metabolism. This course will cover the basics of digestion and absorption, how the body metabolizes and utilizes essential and nonessential nutrients.