

COURSES

PDF NUTRITION

NUTR121 Human Nutrition 3 Credits

Prerequisite: None. Offer/ # \$eginning cour/e in the princip)e/ of hu* #n nutrition including #/fudy of e#ch of the * #jor nutrient# and how they re)#fe f# good he#)fh #nd # we)) \$)#nced diefi Include/ four)\$or#f#ry experience/.

NUTR205 Sports Nutrition: Exercise and Performance 3 Credits

Prerequisite: NUTR 454 Introduce/ the \$#/ic e)#* en# of/por# nutrition. Pre/en# the/cientific \$#/i/ of the ro)e/ p)#yed \$y c#r\$ohydr#fe, f#fi protein, w#fer, #nd key vit#* in/ #nd * iner#Y #/ they re)#fe f# phy/ic#) exerci/e. Pre/en# infor* #fion on diefi during ft#ining, fi* ing #nd co* po#fion of pre- #nd po#fico* peffion * e#Y, the u/e of /uppe)* enfi ergogenic #id/. Provide/ pr#cfic#) evidence \$#/ed infor* #fion for the #fh)e#e #nd individu#Y of #)) #ge/ wi/hing f# e* ph#/#ize the ro)e of diefi #nd exerci/e in pro* ofing # he#)fhy, #cfive)ife/fy)e.

NUTR223 Principles of Nutrition 3 Credits

Prerequisite: BIOL 490 #nd 490L with # gr#de of C or \$eff#r or CHEM 454 with # gr#de of C or \$eff#r Sfudie/ nutrientifunction/ #nd \$#/i/ for nutrientirequire* en# #fi(the ce))#r)eve). Three hour/)ecture.