

NUTRITION & WELLNESS

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Didactic Program in Dietetics Verification Statement, testifying to the fact that they have successfully completed the requirements for a BS degree in Dietetics. Students must successfully pass a comprehensive review exam in their senior year before they are eligible to receive a DPD verification form. Dietetics graduates are eligible to apply for an accredited Dietetic Internship program.

BS: H a (67)

BHSC450, FDNT230, 421, 422, 448, 460, 497, 498, HLED120, 210, 380, 445, 480, PEAC214, PETH465, PSYC319, SOCI415

BIOL111, 112, CHEM131, 132, MKTG310, PSYC210, 471, SOCI119

BIOL165, 166 Foundations of Biology	5,5 credits
for BIOL111,112 Anatomy & Physiology I, II	4,3 credits
CHEM231, 232 Organic Chemistry I, II	3,3 credits
CHEM241,242 Organic Chemistry I, II Lab	1,1 credits
BCHM421 Biochemistry	4 credits
BIOL465 Histology	3 credits
PHYS141, 142 General Physics I, II	4,4 credits

BS: N S (62)

BCHM421; BIOL165, 166; CHEM131, 132, 231, 232, 241, 242; FDNT230, 310, 448, 460, 485, 495; ZOOL465; 6 credits chosen from FDNT124, 421, 422, 431, 469, 476; and 8 elective credits selected from chemistry, biology, nutrition, and physics in consultation with the program advisor.

The BS in Nutrition Science is recommended for pre-medical students wishing to have a nutrition and health promotion emphasis as they prepare for medical school. However, this BS does not prepare students for dietetics registration eligibility.

M H a (20)

FDNT230, 240, HLED120, 210, 445, PEAC214, plus 8 credits selected from HLED, FDNT or other health-related courses approved by the program director.

M N a W (20)

Must include FDNT124, 230, 310, 448, 460, HLED120 plus 6 credits selected from the Department of Nutrition and Wellness approved by the director of the Dietetics program.

M F E a (22)

BIOL111, 112, 113, FTES305, 355, 465, FDNT230, FTES210, 214

F & E C

C See inside front cover for symbol code.	P <i>fe</i> <i>a</i> <i>E</i> <i>e</i> <i>e</i> <i>ce</i> A supervised lab experience introducing the student to the role of a professional in the workplace. Repeatable to 8 credits. <i>Fall, Spring</i>
T <i>e</i> <i>P</i> <i>fe</i> <i>f</i> <i>D</i> <i>e</i> <i>e</i> <i>c</i> A discussion of the dietetics profession and the role of the dietitian within the health-care team. Ethical concerns in the practice of dietetics. <i>Spring</i>	C <i>□</i> <i>N</i> <i>□</i> <i>I</i> Principles for presenting nutrition information to individuals and groups. Community assessment and planning a community nutrition program. Weekly: 1-hour lecture and a 3-hour lab. Prerequisite: FDNT310. <i>Fall—Offered alternate years</i>
F <i>d</i> <i>S</i> <i>c</i> <i>e</i> <i>c</i> <i>e</i> Chemical and physical properties of foods that affect food handling, preparation, and preservation. Lab procedures apply the principles studied to the preparation of foods. Weekly: two lectures and a 3-hour lab. <i>Fall</i>	C <i>□</i> <i>N</i> <i>□</i> <i>II</i> Analysis of local and national nutrition programs and services. Impact of nutrition policies on community health. Implementing and evaluating a community nutrition program. Weekly: 1-hour lecture and a 3-hour lab. Prerequisite: FDNT421. <i>Spring—Offered alternate years</i>
N <i>□</i> <i>□</i> A study of the basic principles of nutrition science, the biochemical functions of various nutrients, the changes in physiological needs with age, and the relationship between nutrition and health. Students needing life science general education credit must also register for the lab, FDNT240. Three lectures per week. <i>Fall, Spring</i>	Med <i>c</i> <i>q</i> <i>N</i> <i>□</i> <i>T</i> <i>e</i> <i>a</i> <i>I</i> Introduction to medical nutrition therapy. Medical terminology for healthcare professionals. Assessment of nutritional status by various methods. Development of nutritional care plans. Theory and techniques of counseling in various settings. Weekly: 3 hours lecture and 4 hours lab. Prerequisites: FDNT310, 485. <i>Fall</i>
N <i>□</i> <i>□</i> AU/GU course—see content above.	Med <i>c</i> <i>q</i> <i>N</i> <i>□</i> <i>T</i> <i>e</i> <i>a</i> <i>II</i> Implement medical nutrition therapy through the assessment of nutritional status and development of care plans for a variety of clinical conditions, such as chronic diseases, oncology, nutrition support, and renal disease. Weekly: 3 hours lecture and 4 hours lab. Prerequisite: FDNT431. <i>Spring</i>
N <i>□</i> <i>□</i> <i>Lab</i> <i>a</i> Discovering principles of nutrition science in the laboratory. A weekly 3-hour lab. Required for those students needing life science general education credit. <i>Fall, Spring</i>	T <i>c</i> <i>□</i> Selected topics in nutrition. Repeatable with different topics.
N <i>□</i> <i>□</i> <i>e</i> <i>L</i> <i>f</i> <i>e</i> <i>C</i> <i>ç</i> <i>e</i> Study of the nutritional needs of the healthy person throughout the life cycle. The influence of socioeconomic, cultural, and psychological factors on food and nutritional behavior. Prerequisites: FDNT230. <i>Fall</i>	N <i>□</i> <i>□</i> <i>a</i> <i>d</i> <i>W</i> <i>e</i> <i>e</i> The dietary factors associated with the major chronic diseases of Western society. The use of plant-based diets in health promotion and disease prevention. Discussion of herbal therapies. Prerequisite: FDNT230. <i>Fall</i>
F <i>d</i> <i>S</i> <i>e</i> <i>c</i> <i>e</i> <i>M</i> <i>a</i> <i>g</i> <i>e</i> <i>e</i> <i>I</i> Introduction to the systems approach and application of the functions of management to foodservice systems. Principles of menu development, food production, service, delivery, procurement, sanitation, safety, and equipment selection in food service organizations. Weekly: 3 hours lecture and up to 4 hours lab. Prerequisites: FDNT124; BIOL260; MATH145 or equivalent. <i>Fall—Offered alternate years</i>	S <i>e</i> <i>a</i> Review of contemporary issues and/or current literature in nutrition. Repeatable to 3 credits. <i>Spring</i>
F <i>d</i> <i>S</i> <i>e</i> <i>c</i> <i>e</i> <i>M</i> <i>a</i> <i>g</i> <i>e</i> <i>e</i> <i>II</i> Application of management functions and principles to foodservice organizations. Specific attention to marketing processes, CQI, and integration of foodservice subsystems. Includes the management of human, material, spatial, and financial resources in environmentally responsible ways. Weekly: 2 hours lecture and up to 4 hours lab. Prerequisites: FDNT351; BSAD355. <i>Spring—Offered alternate years</i>	I <i>e</i> <i>a</i> <i>q</i> <i>a</i> <i>N</i> <i>□</i> <i>□</i> A study of world food production, supply, storage, and marketing. Causes and symptoms of nutritional deficiencies in the developing world. Diseases of the affluent. Effects of nutritional deprivation on health and productivity. Effects of social and cultural factors in nutrition. <i>Fall</i>

FDNT230 - Nutrition and Aging (3)

Physiological changes in aging. Food-selection patterns, nutritional needs, nutritional disorders, and chronic diseases.

Prerequisite: FDNT230. *Fall*

COLLEGE OF ARTS AND SCIENCES

(DG) and/or incomplete (I) courses with advisor approval only.
Registration for this title indicates full-time status.

Peer Advisor Approval

Advisor approval required. Registration for this title indicates full-time status.

Research

Research Seminar

Individual reports and discussion of recent research data.
Repeatable to 4 credits. Consent of instructor required.

Independent Study

Individual study and/or research. Consent of instructor required.
Repeatable to 6 credits.

Research Project

Master's Thesis

Repeatable to 6 credits.

Health

Physical Fitness

A balanced up-to-date coverage of all critical areas of wellness including physical fitness, nutrition, weight management, stress, cardiovascular disease, cancer, addictions, and injury prevention. Practical tools will be given to help adopt healthier lifestyles.

Physical Health

The Biblical basis of health. A study of the historical development and basis of the health message in the SDA church. The role of health promotion in current society.

Natural Therapies

The study of simple natural therapeutic remedies, including massage, hydrotherapy, and herbal therapies

Consumer Health

An analysis of the various fads in society today, and the methods and techniques used by promoters of health care products and services. A study of ways in which consumers are vulnerable to certain health claims and scams, and the protection provided to the consumer by governmental agencies.

Weight Management

Learning the steps of needs assessment of a community, planning a program, conducting a health promotion program while utilizing the resources of the community, and the program evaluation. Two lectures per week and a third hour each week.

Independent Study/Reading/Research/Project

Independent Study: Directed study in an area of interest resulting in a formal term paper.

Independent Readings: Weekly meetings with the instructor for individual assignments and reports.

Independent Research: Design and execution of an experiment or causal-comparative research.

Independent Project: Practical or creative experience or project in consultation with instructor. Permission required from the instructor and department chair. Thirty hours of involvement required for each credit. Contract of proposed activity required. Repeatable to 4 credits in each area. *Fall, Spring*

Fitness & Exercise

Disc Sports

Development of basic skills for 'Disc Sports' like disc golf and ultimate frisbee. Students will learn the basic strokes, rules and techniques to allow them to be proficient in these life-time activities.

Personal Fitness

A study of basic-fitness concepts and principles in conjunction with a personalized exercise program for disease prevention and health maintenance. Short readings are required weekly.

Weight Training and Calisthenics

Instruction in body development and coordination activities for men; weight lifting and individual calisthenics program; and body development and shaping for women.

Physical Fitness: A Foundational Course

A foundational course surveying the current trends and practices in the area of physical fitness. Understanding and critically analyzing the concepts, principles, and guidelines for fitness exercise and related activities.

Methods of Fitness Instruction

A course providing knowledge and practical application for instructing safe and effective exercise programming for apparently healthy individuals. Teaching and evaluating of a variety of individual and group exercise sessions including several different types of physical activities.

Exercise Physiology

Study of the body's physiological response to exercise.
Prerequisites: BIOL111, 112 or equivalent. Three lectures per week plus a 3-hour lab. Spring

Beginning Basketball

Instruction in the fundamental skills of shooting, passing, ball-handling, man-to-man defensive play, basic rules, offensive strategy, basic rules, and team play.

A - \$ (-)
Beg g V e ba
 Instruction in the basic skills of serving, setting, passing, and spiking, and the basic instruction on rules, and 2, 3, 4, and 6 person team play.

A \$ (-)
Beg g S f ba
 Instruction in the fundamental skills of throwing, catching, base running, batting, and fielding of ground and fly balls. Position play, game situation drills, scrimmages, and rules are covered. Student must supply own glove. *Spring*

A (-)
Beg g S cce
 Learning the fundamental skills of ball control, passing, blocking, and shooting goals. Indoor or outdoor games depending upon the season and weather.

A \$ (-)
We g C a d C d g
 Study of the factors involved in increasing, decreasing, or retaining body weight. Also the practice of exercises designed to control body weight.

A \$ (-)
Beg g Bad
 Analysis and practice of basic strokes, singles and doubles play, strategy, and rule interpretations.

A \$ (-)
Beg g Te
 Instruction in the fundamental skills of ground strokes, serving, and team play. Basic strategy and rules. *Spring*

A \$ (-)
Scuba
 An entry level course in scuba diving. Includes instruction in the

Beginning Acrobatics \$ ()
Learning and performance of the fundamental skills of tumbling and balancing.

Intermediate Golf \$ ()
Analysis of golf swing and techniques of improving the short game. Emphasis on refining the golf swing. Students supply their own equipment. Additional lab fees required. *Spring*

Intermediate Racquetball \$ ()
Perfection of fundamental skills and strategy.

Gymnastics \$ ()
The student will be a part of a demonstration acrobatic team that will perform for various audiences both spiritual and secular in nature. Students 2(perform 034))TJ0/-Icgp/T1_1 1an2(for)-22(v)10(artion)-22(acr)10(olf,-22(secular)tion)ease(suppl)20(y)J0/-IhAnalc-22(spirfitnesss tpar