

NTFS Nutrition and Food Sc

NTFS 2514 Professional Practice Strategies

1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.

Presents an overview of the career opportunities in nutrition, food science and dietetics. Focuses on the development of personal and professional skills required for success in the profession.

NTFS 2530 Nutrition and Health

3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

The basic principles of nutrition and their application to health and wellness. The interrelationship between personal nutrition and health maintenance throughout the life cycle is included.

NTFS 2534 Introductory Food Science

3 Credit Hours. 0,1 Lecture Hours. 0,4 Lab Hours.

Develops basic understanding of the principles of food preparation. Applies principles to food preparation for individuals, families and commercial food services.

NTFS 3534 Human Nutrition

3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

The fundamental principles of human nutrition and their application to food selection are discussed. Emphasis is placed upon the recommended dietary allowances and other dietary guidelines which promote health maintenance and disease prevention.

Prerequisite(s): A minimum grade of "C" in CHEM 1212K or Permission of instructor.

NTFS 3535 Life Cycle Nutrition

3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

Investigates the role of nutrition and dietary factors on the growth, development and maintenance of health in individuals from birth through aging.

Prerequisite(s): A minimum grade of "C" in NTFS 2530 or NTFS 3534 or permission of instructor.

NTFS 3536 Meal Management

3 Credit Hours. 0,1 Lecture Hours. 0,4 Lab Hours.

Principles of nutrition and food science are integrated with the management process in menu planning and quality meal service.

Prerequisite(s): Prior or concurrent enrollment with a minimum grade of "C" in NTFS 2534 and NTFS 3534 and ServSafe Manager Certification.

NTFS 3537 Advanced Food Science

3 Credit Hours. 0,1 Lecture Hours. 0,4 Lab Hours.

Considers the chemical, physical, and biological properties of food ingredients. Emphasis is placed on investigating the relationship between preparation methods, proportions of ingredients and final product quality.

Prerequisite(s): A minimum grade of "C" in NTFS 2534 and NTFS 3534 and CHEM 3342 and BIOL 2240 and ServSafe Manager Certification.

NTFS 3538 Quantity Food Systems Administration

3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

This course provides a general knowledge base of quantity food systems administration with a focus on leadership and managerial roles in financial, human resource, and procurement responsibilities. Knowledge and skills are developed in this course to prepare students for administrative positions in quantity food production and service and to prepare them for the application of quantity food production and service principles in a quantity food service facility.

Prerequisite(s): A minimum grade of "C" in NTFS 3536 and ACCT 2030.

NTFS 3630 Sports Nutrition

3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

This course provides a basic understanding of the importance of nutrition in physical activity and sport performance. Topics will include energy metabolism during exercise, fluid intake and performance, common nutritional deficiencies for athletes/exercisers, and the role of nutritional supplements and ergogenic aids in physical activity.

Prerequisite(s): A minimum grade of "C" in NTFS 2530 or NTFS 3534.

NTFS 3631 Sustainable Foods

3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

This course explores factors that influence the local 'food system', including farming methods, food production and industrialization, distribution, economics, and politics. Also included in this course is a critical review of the current sustainable food issues of hunger and nutrition, food justice and sovereignty, fair trade, labor issue, farm-to-school/university, community supported agriculture, organic foods, GMO and cloned foods, and food and water safety in the food supply chain. Students participate in a service learning project with the local community garden, the local farmers market, and/or several local farmers to understand the real world application of sustainable foods.

NTFS 3730 Quantity Food Practicum

3 Credit Hours. 0 Lecture Hours. 0 Lab Hours.

Food science theories and principles are applied in an institutional food service facility. Food service production and techniques are developed in this course as are skills in the application of sanitation regulations.

Prerequisite(s): A minimum grade of "C" in NTFS 3537 or NTFS 3538 and ServSafe Manager Certification.

NTFS 4195 International Studies Abroad in Health and Kinesiology 3-9 Credit Hours. 3-9 Lecture Hours. 0 Lab Hours.

This course offers students the opportunity to examine health, nutrition and food science, or kinesiology practices in a foreign country through travel abroad. Classroom instruction will be combined with on-site experiences to provide a realistic learning experience.

Prerequisite(s): Junior or Senior status.

NTFS 4533 Applied Nutrition Therapy

3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.

Investigates the application of nutrition principles in the treatment of chronic diseases in humans. Course content focuses on nutrition screening, assessment, and management of metabolic and endocrine disorders including obesity, metabolic syndrome, and diabetes; cardiovascular ailments including hypertension, hyperlipidemia, and atherosclerosis; hematologic conditions including anemia, and other diseases including cancer and stroke. Evidence-based nutrition research is utilized to discern the facts and fallacies associated with current topics comprising complementary and alternative medicine, supplements, and fad diets. Disease-specific information highlighting dietary strategies and nutrition intervention to promote optimal health and wellness are an integral component of the course. **Prerequisite(s):** NTFS 3535 or permission of instructor.

NTFS 4534 Medical Nutrition Therapy I

3 Credit Hours. 2 Lecture Hours. 2 Lab Hours.

Investigates the role and benefits of nutritional support and therapy in the metabolic and pathophysiological changes associated with disease in humans. Teaches the application and documentation of the nutritional care process to the needs of patients. Emphasis is placed upon energy in-balance, drug nutrient interactions, metabolic disorders, and gastrointestinal, hepato-biliary, endocrine, and cardiovascular diseases. Students will demonstrate the skills needed to apply the principles of medical nutrition therapy to clinical situations through laboratory experiences.

Prerequisite(s): A minimum grade of "C" in all of the following: NTFS 3535 and NTFS 3536 and KINS 2533 and prior or concurrent enrollment in NTFS 4536.

NTFS 4535 Community Nutrition**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Explores the role of nutritionists in the delivery of nutrition services through community agencies and health and wellness programs. Planning, implementation, monitoring and evaluation of community-based programs are emphasized. The role of government and the impact of the legislative process on the provision of services is examined.

Prerequisite(s): A minimum grade of "C" in NTFS 2530 or NTFS 3534.

NTFS 4536 Metabolic Nutrition**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Considers the principles of nutrition science with special emphasis on integration of macro and micronutrient.

Prerequisite(s): A minimum grade of "C" in CHEM 3530 and KINS 2532 and KINS 2531 and KINS 2511 and KINS 2512 and NTFS 3534 or permission of instructor.

NTFS 4537 Experimental Food Science**3 Credit Hours. 0,1 Lecture Hours. 0,4 Lab Hours.**

Considers the effects of composition, handling, and preparation techniques on food product quality. Emphasis is placed on basic concepts of research methodology, statistical analysis, and preparation of detailed technical reports.

Prerequisite(s): A minimum grade of "C" in NTFS 3537 and STAT 2231 or permission of instructor.

NTFS 4538 Medical Nutrition Therapy II**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Investigates the role and benefits of nutritional support and therapy in the metabolic and pathophysiological changes associated with disease in humans. Teaches the application and documentation of the nutritional care process to the needs of patients. Emphasis is placed upon sepsis, burns, trauma, cancer, immune and neurological disorders, hypertension, anemia, pulmonary, bone, and renal diseases, soft tissue disorders and diseases as well as adaptive feeding techniques and specialized equipment, parenteral and enteral nutrition, and complementary/alternative nutrition and herbal therapies. Students will demonstrate the skills needed to apply the principles of medical nutrition therapy to clinical situations through laboratory experiences.

Prerequisite(s): A minimum grade of "C" in NTFS 4534 or permission of instructor.

NTFS 4539 Issues and Trends in Food Science**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

A study of current trends and issues in the field of food science and technology. Issues related to product development, marketing and regulations and standards will be addressed.

Prerequisite(s): A minimum grade of "C" in NTFS 3537 or permission of instructor.

NTFS 4610 Nutrition and Food Science Senior Seminar**1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.**

Provides nutrition and food science seniors in the Community Nutrition and Food Science/Food Systems Administration emphases with a colloquium in which to prepare and deliver presentations in trends and issues in the field of nutrition and food science in a seminar forum. The course also includes preparation in the process of gaining employment. Resume writing, portfolio compilation and review, and interviewing skills will be discussed.

Prerequisite(s): A minimum grade of "C" in NTFS 2514 and Senior status.

NTFS 4611 Dietetics Senior Seminar**1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.**

Provides nutrition and food science seniors in the dietetics emphasis with a colloquium in which to prepare and deliver presentations in trends and issues in the field of dietetics. The course also includes the process of preparing applications for dietetics internships. Resume writing, portfolio compilation, and interviewing skills will be discussed.

Prerequisite(s): A minimum grade of "C" in NTFS 2514 and Senior status and Admission to the Dietetics Emphasis in the B.S. Nutrition/Food Science program.

NTFS 4630 Cultural Foods**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course explores the relationship between food and nutrition, history, geography, culture and traditions, religion, communication, and acculturation. This course includes the study of cultural parameters and current issues that have shaped and continue to influence foodways - food availability, farming and food production practices, economics, politics, globalization, and sustainability. Students will also examine their own heritage and family dynamics to better understand their personal food, nutrition, and health beliefs and practices.

NTFS 4899 Directed Individual Study**1-6 Credit Hours. 0 Lecture Hours. 0 Lab Hours.**

Provides the student with the opportunity to investigate an area of interest under the direction of a faculty mentor. Permission of instructor.

NTFS 6110 Culinary Skills**1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.**

This course provides students with an understanding and application of the concepts of the basic principles of cooking, baking, and kitchen operations. In conjunction with the Georgia Southern Dietetic Internship, this course provides the knowledge and skills for direct application in supervised practice experiences and other food and nutrition settings.

Prerequisite(s): Acceptance in the Georgia Southern Dietetic Internship or permission of the instructor.

NTFS 7334 Applied Medical Nutrition Therapy**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course provides an advanced focus on medical nutrition therapy to help students successfully apply the Nutrition Care Process to individuals from all life stages and disease states. In conjunction with the Georgia Southern Dietetic Internship, this course provides the knowledge for direct application and experience in the clinical nutrition setting.

Prerequisite(s): Acceptance in the Georgia Southern Dietetic Internship.

NTFS 7335 Public Health & Community Nutrition**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course provides a focused and critical review of concepts applicable to public health and community nutrition - nutritional epidemiology; community needs assessment; public policy; federal, state, and local nutrition programs; program planning and management; nutrition requirements and services for infants, children, adolescents, adults and elderly; and food security & food supply in the U.S. Further, the role of nutrition education in improving public health and its application in developing nutrition intervention programs will be discussed. This course includes an emphasis on the role of the Registered Dietitian Nutritionist in health promotion and disease prevention in the public arena.

NTFS 7336 School Nutrition Administration**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course provides a focused, critical review and analysis of concepts applicable to school nutrition administration - legislation and regulations; organizational leadership and management; human and financial resource management; menu planning; sustainability; facility design; procurement; food production; program planning, implementation, and evaluation; marketing; and nutrition education. This course includes a special emphasis on the role of the Registered Dietitian in school nutrition administration. In conjunction with the Georgia Southern Dietetic Internship, this course provides the knowledges and skills for the direct application and experience in the school nutrition setting.

Prerequisite(s): Acceptance into the Georgia Southern University Dietetic Internship.

NTFS 7338 Micronutrient Metabolism**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course considers micronutrient metabolism in sports nutrition at an advanced level with respect to the metabolism, function, and requirements of micronutrients for physical activity.

Prerequisite(s): A minimum grade of "C" in KINS 7337 and acceptance into the Georgia Southern University Dietetic Internship.

NTFS 7339 Energy Balance for Weight Management**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course analyzes the importance of energy balance in weight management as well as investigates genetic, metabolic, environmental factors that contribute to overweight and obesity. Physiological and psychological consequences of overweight and obesity as well as the roles of diet, behavior, and exercise in its prevention and treatment will be discussed. Special emphasis will be placed on the application of weight management theory to the development, presentation, and analysis of weight loss and weight maintenance protocols.

Prerequisite(s): A minimum grade of "C" in KINS 7238 and acceptance into the Georgia Southern University Dietetic Internship.

NTFS 7430 Health Behavior in Nutrition**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

This course provides a focused and critical review of concepts applicable to working with clients in nutrition education and nutrition counseling settings to promote behavior change. This course includes a special emphasis on theories of health behavior change and on promoting health behavior change through motivational interviewing.