NTFS Nutrition and Food Science

NTFS 6195S 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.
Cross Listing(s): HLTH 6195S and KINS 6195S.

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.

NTFS 7344 Applied Medical Nutrition Therapy
4 Credit Hours. 4 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.

NTFS 7330 Energy Balance for Weight Management