

HHP 2500 Human Nutrition I

2 hours

Majors, Minors & Degrees:

Majors

Athletic Training (B.S.)

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

Health and Physical Education (B.S.)

Nursing (Pre-Licensure) (B.S.N.)

Minors

Exercise Science

Health and Fitness Studies

Departments/Programs:

Health and Human Performance

This is a course designed to provide students with the basic scientific principles of nutrition focusing on their personal choices and experiences. The student will develop a definition of nutrition, and learn how nutrition has evolved. The student will be introduced to the concepts of: essential nutrient classifications, defining and developing a healthy diet, recommendations for specific nutrients, eating disorders, energy balance and obesity, body composition, lifetime nutrition (infancy to older adults), and food/beverage choices and the influence on chronic disease and optimal wellbeing.

(Normally offered each semester)