

HHP 2500 Basic Human Nutrition

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 Traditional (B.S.N.)
Physical Education (B.S.)

Minors

Coaching
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)