

HHP 2500 Basic Human Nutrition

2 hours

Majors, Minors & Degrees:

Majors

Exercise Science (B.S.)
Exercise Science (Pre-AT) (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 (Undergraduate)

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)