DEPARTMENT OF NUTRITION

College of Health Sciences
222 Sturzebecker Health Sciences Center
610-436-2125
Department of Nutrition (http://www.wcupa.edu/nutritionanddietetics)
Christine Karpinski (ckarpinski@wcupa.edu), Chairperson
Jana Davis (javis@wcupa.edu), Secretary

BACHELOR OF SCIENCE IN NUTRITION AND DIETETICS

The Bachelor of Science in Nutrition and Dietetics prepares students for careers in dietetics, which include community nutrition, food service management, and clinical nutrition. The program is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Students who complete the program meet the didactic requirements of ACEND but must complete an ACEND-accredited supervised practice following graduation to be eligible to take the registration examination for dietitians. Those who complete the registered dietitian (R.D.) examination successfully are recognized as registered dietitians. Faculty advisors assist students in applying for supervised practices and pursuing other postgraduate avenues.

PROGRAMS

Major in Nutrition

• B.S. in Nutrition and Dietetics (http://catalog.wcupa.edu/undergraduate/health-sciences/nutrition/nutrition-dietetics-bs)
• B.S. in Nutrition and Dietetics to M.S. in Community Nutrition Accelerated Program (http://catalog.wcupa.edu/undergraduate/health-sciences/nutrition/nutrition-dietetics-bs)

Minor in Nutrition

• Nutrition (http://catalog.wcupa.edu/undergraduate/health-sciences/nutrition/nutrition-minor)

Graduate Opportunities

See the graduate catalog for more information on the Nutrition program (http://catalog.wcupa.edu/graduate/health-sciences/nutrition).

POLICIES

• See undergraduate admissions information. (http://catalog.wcupa.edu/general-information/admissions-enrollment/undergraduate-admissions)
• See academic policies. (http://catalog.wcupa.edu/undergraduate/academic-policies-procedures)

All undergraduate students are held to the academic policies and procedures outlined in the undergraduate catalog. Students are encouraged to review departmental handbooks for program tips, suggested course sequences, and explanations of procedures. When applicable, additional policies for specific department programs may be listed below.

ACCELERATED PROGRAM POLICY

Refer to the Accelerated Programs page (http://catalog.wcupa.edu/undergraduate/accelerated-programs) for more information.

FACULTY

PROFESSORS

Jeffrey E. Harris (jharris@wcupa.edu) (1983)
B.A., University of California, San Diego; M.P.H., D.H.Sc., Loma Linda University

Janet Lacey (jlacey@wcupa.edu) (2000)
B.S., Simmons College; M.S., M.Ed., University of Massachusetts; Dr.P.H., University of North Carolina

Mary Beth Gilboy (mgilboy@wcupa.edu) (2007)
B.S., Marywood University; M.P.H., University of North Carolina; Ph.D., Temple University

Jeffrey E. Harris (jharris@wcupa.edu) (1983)
B.A., University of California, San Diego; M.P.H., D.H.Sc., Loma Linda University

Lynn Monahan-Couch (lmonahan@wcupa.edu) (2007)
B.S., University of Tehran; M.S., Isfahan University of Technology; Ph.D., University of Idaho

Kimberly Johnson (kjohson4@wcupa.edu) (2016)
B.S., Cornell University; M.S., Ph.D., Syracuse University

Christine Karpinski (ckarpinski@wcupa.edu) (2010)
Chairperson, Nutrition
B.S., West Chester University; M.A., Immaculata University; Ph.D., Rutgers University

Lynn Monahan-Couch (lmonahan@wcupa.edu) (2000)
B.S., University of California, Berkeley; M.P.H., West Chester University; D.C.N., Rutgers University

Alessandra R. Sarcona (asarcona@wcupa.edu) (2016)
B.S., East Carolina University; M.S., New York University; Ed.D., Long Island University

Regina Subach (rsubach@wcupa.edu) (2016)
B.S., M.A., Immaculata University; Ed.D., Capella University

COURSES

NTD

NTD 199. Transfer Credit Electives. 1-15 Credits.
Transfer Electives.
Typically offered in Fall, Spring & Summer.
Repeatable for Credit.

NTD 200. Nutrition and Culture. 3 Credits.
Students will increase awareness of the connection between health outcomes, diet and nutrition, and socio-cultural influences. Course studies will lay a foundation for understanding why people eat the foods that they do. A bio-cultural framework is applied to examine how individual dietary habits, choices, and nutritional health outcomes are influenced by social structure, historic patterns and events, and cultural beliefs and ideology. Students explore food ways, food scripts, health beliefs and practices, demographic characteristics, and population health across diverse communities within the United States. The course also employs a critical analysis of macro-structural inequalities, societal stresses, and cultural norms that alter access and availability to healthy foods and disparately undermine the nutritional health of some populations.
Gen Ed Attribute: Diversity Requirement.
Distance education offering may be available.
Typically offered in Fall, Spring & Summer.
NDT 203. The Dietetic Profession. 1 Credit.
This is an introductory course for nutrition and dietetics majors to orient them to the profession of dietetics and the nutrition and dietetics curriculum. Topics such as West Chester University academic policies, the dietetics curriculum, careers in dietetics, post-secondary options, professional ethics, designing a professional portfolio, career mentoring, and volunteer and paid experiences relevant to the profession will be covered.
Typically offered in Fall & Spring.

NDT 205. Principles of Food Selection and Preparation. 3 Credits.
A nutritionally based study of the basic principles of food selection and preparation with an emphasis on food safety. Course includes a comparative study and integration of convenience food and traditionally prepared food, enhanced by an experiential lab component.
Typically offered in Fall, Spring & Summer.

NDT 300. Nutrition Pedagogy. 3 Credits.
This course provides the knowledge and skills necessary to develop and teach K-12 nutrition education lessons and curricula.
Typically offered in Spring.

NDT 301. Consumer Nutrition. 3 Credits.
Consumer approach to the roles foods and nutrition play in improving the quality of our lives, socially, physically, mentally, and emotionally.
Typically offered in Fall, Spring & Summer.

NDT 303. Introductory Principles Human Nutrition. 3 Credits.
This course introduces students to the biochemical, physiological, and microbiological basics of human nutrition. Topics include dietary guidelines; digestion, absorption, metabolism, and use of carbohydrates, lipids, and proteins; food sources and functions of vitamins and minerals and the relationship between nutrition and health.
Distance education offering may be available.
Typically offered in Fall, Spring & Summer.

NDT 304. Global Nutrition. 3 Credits.
This course is designed to examine the nature and scope of major nutritional issues and problems throughout the world, with an emphasis on developing countries. It includes consideration of specific nutrient deficiencies, as well as nutrition-related aspects of infectious and chronic disease. The role of food availability, food supply distribution and world food production in relation to nutrition and health will be discussed in the context of socioeconomic development and current economic policies and realities.
Typically offered in Fall & Spring.

NDT 305. Vegetarian Nutrition. 3 Credits.
This course will apply basic human nutrition principles to plant-based dietary approaches, addressing both the health-promoting aspects of vegetarianism and concerns about nutritional adequacy at all stages of the life cycle. A variety of vegetarian food preparation methods will be demonstrated and students will participate in meal planning as well as taste testing recipes.
Pre/Co requisites: NDT 305 requires a prerequisite of NDT 303.
Typically offered in Spring.

NDT 309. Nutrition Throughout the Lifecycle. 3 Credits.
A study of nutritional needs and dietary concerns of people from conception to old age.
Pre/Co requisites: NDT 309 requires prerequisite of NDT 303.
Typically offered in Fall & Spring.

NDT 310. Nutrition Research. 3 Credits.
This course focuses on the process of research and statistical analysis and interpretation as it relates to nutrition and dietetics. Topics such as the foundation and ethics of research, research questions and hypotheses, research designs, statistical analysis and interpretation, evidence analysis, systematic reviews, and evidence based practice will be addressed. Practical projects will be assigned, such as article analysis, a small research project, and data analysis using SPSS. Competence in reading, understanding, and analyzing research articles is the main goal of the course.
Pre/Co requisites: NDT 310 requires prerequisite of MAT 121 with a grade of C or better; and NDT 303 with a C or better.
Typically offered in Fall & Spring.

NDT 311. Current Topics in Dietetics. 2 Credits.
This course addresses timely and current topics in dietetics in an evidence-based way. Different topics are covered as they have current relevancy.
Pre/Co requisites: NDT 311 requires a prerequisite of NDT 309. Repeatable for Credit.

NDT 315. Food - Mind - Spirit. 3 Credits.
A study of the role of food and nutritional status in mental health, mood and memory, and overall well-being throughout the life cycle. Additional topics include nutrients and neurotransmission, appetite regulation and disordered eating, the gut-brain axis, and herbal supplements. Mindful eating, traditional food belief systems, and dietary practices of major religions are also reviewed.
Pre/Co requisites: NDT 315 requires prerequisite of PSY 100 and NDT 303.
Typically offered in Fall & Spring.

NDT 320. Strategies in Dietetics Education. 3 Credits.
Practical study of theories of teaching and learning, health behavior change, program planning, and educational strategies as they relate to the field of dietetics. Presentation preparation and delivery will also be covered.
Pre/Co requisites: NDT 320 requires prerequisite of NDT 309.
Distance education offering may be available.
Typically offered in Fall & Spring.

NDT 400. Clinical Nutrition Assessment. 3 Credits.
The goal of this class is for the student to understand the profession and practice of nutrition and dietetics, nutrition and physical assessment and the nutrition care process. Classroom and simulated experiences in clinical issues, nutritional assessment, planning, implementing nutritional care, and documenting in medical records will be completed. Students will also be introduced to medical terminology and abbreviations. Nutritional assessment methods will be applied to evaluating nutritional status in the individual.
Pre/Co requisites: NDT 400 requires prerequisites of NDT 309, BIO 269, and CHE 310.
Typically offered in Fall & Spring.

NDT 408. Food Science. 3 Credits.
A study of the chemical, physical, and biological characteristics of food and the effects of processing, storage, and preservation on the structure, composition, palatability, and nutritive value of food. Sensory evaluation techniques and application of the scientific method are integral to this course.
Pre/Co requisites: NDT 408 requires prerequisites of C or better in CHE 310 and NDT 205 and NDT 303.
Typically offered in Spring.

NDT 409. Professional Skills in Dietetics. 3 Credits.
A focus on the development of nutrition counseling and communication/media technology skills. An appreciation of multiculturalism will be promoted. A familiarization with dietetics-related professional organizations, graduate school opportunities, and dietetic internships will be provided. Assistance with the dietetic internship and graduate school application process will be given.
Pre/Co requisites: NDT 409 requires prerequisite NDT 309.
Gen Ed Attribute: Writing Emphasis.
Typically offered in Fall.

NDT 410. Quantity Food Production. 3 Credits.
A basic course in quantity food production. Emphasis is placed on the essentials of operating a foodservice facility - menu planning, purchasing, storage, issuing, food production, service, distribution, quality control, and food safety.
Pre/Co requisites: NDT 410 requires a prerequisite of NDT 205.
Distance education offering may be available.
Typically offered in Fall.

NDT 411. Advanced Human Nutrition I. 3 Credits.
In-depth examination of the digestion, transport, and metabolism of carbohydrates, lipids, and proteins. Special emphasis is placed on metabolic interrelationships and hormonal control of the three processes mentioned above.
Pre/Co requisites: NDT 411 requires prerequisites of a C or better in BIO 100, BIO 259 and BIO 269; and a C or better in CHE 230, CHE 310, and NDT 309.
Typically offered in Fall & Spring.

NDT 412. Advanced Human Nutrition II. 3 Credits.
In-depth examination of the digestion, transport, and metabolism of vitamins, minerals, and water. Special emphasis is placed on digestive and metabolic interrelationships and hormonal control.
Pre/Co requisites: NDT 412 requires a prerequisite or co-requisite of NDT 411.
Distance education offering may be available.
Typically offered in Fall & Spring.
NTD 413. Medical Nutrition Therapy I. 3 Credits.
The goal of NTD 413, Medical Nutrition Therapy I, is for the student to understand the nutrition care process as it applies to disease management, develop a variety of disease specific case studies, and the process for determining the appropriate disease or health condition specific nutrition intervention. Students are expected to integrate nutritional assessment information, drug-nutrient interaction data, disease pathophysiology, and Medical Nutrition Therapy principles to design nutrition care plans and applying disease specific medical terminology and abbreviations.
Pre / Co requisites: NTD 413 requires prerequisites of NTD 400 and NTD 412. Typically offered in Fall.

NTD 414. Medical Nutrition Therapy II. 3 Credits.
The goal of NTD 414 Medical Nutrition Therapy II, is for the student to apply the nutrition care process and MNT principles to critical and acute disease management including fluid/electrolyte/acid-base balance, nutrition support, nutritional therapy in critical care, oncology, pulmonary diseases and muscular skeletal, immunological diseases. The student will develop a variety of disease specific case studies and nutrition interventions. Students are expected to integrate nutritional assessment information; drug-nutrient interaction data, disease pathophysiology, and Medical Nutrition Therapy principles to design nutrition care plan and apply medical terminology and abbreviations.
Pre / Co requisites: NTD 414 requires a prerequisite of NTD 413. Typically offered in Spring.

NTD 415. Community Nutrition. 3 Credits.
A study of the community nutrition programs and services at all levels of development. Course covers nutrition program planning, implementation, and evaluation; socioeconomic and cultural context of programs and services; an examination of the political and legislative process as it relates to nutrition legislation; and the role of the community nutritionist.
Pre / Co requisites: NTD 415 requires prerequisite of NTD 320. Typically offered in Fall & Spring.

NTD 416. Food Service and Nutrition Systems Management I. 3 Credits.
A study of the organization and administration of foodservice systems and the functions and responsibilities specific to management: decision making, planning, organizing, and staffing. Management of human resources, food, materials, capital, facilities, and markets as related to various hospitality management systems will be examined.
Pre / Co requisites: NTD 416 requires prerequisite of NTD 410. Distance education offering may be available. Typically offered in Fall.

NTD 417. Food Service and Nutrition Systems Management II. 3 Credits.
A study of the organization and administration of foodservice and nutrition systems as well as the functions and responsibilities specific to management; leading, controlling operations, budgeting, and marketing. Management of human resources, food, materials, capital, facilities, and markets as related to various hospitality systems will be examined.
Pre / Co requisites: NTD 417 requires a prerequisite of NTD 410. Distance education offering may be available. Typically offered in Spring.

NTD 420. Perspectives on Obesity. 3 Credits.
This course explores the prevalence, origins, assessment, treatments, policy issues, and preventive strategies relative to obesity. The issue disordered eating is introduced, with a special emphasis on Binge Eating Disorder.
Pre / Co requisites: NTD 420 requires a prerequisite of NTD 303. Typically offered in Fall, Spring & Summer.

NTD 422. Nutrition for Health, Fitness & Sport. 3 Credits.
Study of nutrition and its effects on health, development, and performance; sound nutrition guidelines for optimal health and physical performance; energy and energy pathways as keys to physical activity; nutrients relative to health and physical performance; dining away from home; substances proposed to enhance performance; body composition and weight control.
Pre / Co requisites: NTD 422 requires prerequisite of NTD 303. Typically offered in Fall, Spring & Summer.

NTD 435. Nutrition Workshops. 3 Credits.
Special workshops on contemporary nutrition and food service related problems and issues. Topics announced at times of offering. Typically offered in Fall, Spring & Summer. Repeatable for Credit.