

NUTRITION AND DIETETICS (NTD)

College of Health Sciences

Courses

NTD 501. Nutrition Concepts and Controversies. 3 Credits.

This course examines food and nutrition concepts and controversies. Practical consumer-oriented nutrition principles that complement personal needs, preference, and lifestyles are discussed. Emphasis is placed on methods of evaluating nutrition-related literature and claims, and interpretation of data and scientific studies relevant to nutrition. Typically offered in Summer.

NTD 502. Vegetarian Nutrition and Cuisine. 3 Credits.

This course is an evidence-based, interactive approach to the health-promoting aspects of vegetarianism and concerns about nutritional adequacy at all stages of the life cycle. Students will critically evaluate a number of vegetarian dietary approaches, with case studies, presentations, and meal plan reviews. Students will participate in plan-based recipe modifications and take part in cooking demonstrations/taste testing.

Pre / Co requisites: NTD 502 requires a prerequisite of C or better in an introductory nutrition course.

Consent: Permission of the Department required to add.

Typically offered in Spring.

NTD 503. Human Nutrition. 3 Credits.

This course is an advanced study of macronutrient and selected micronutrient metabolism in humans and their impact on nutritional well-being. A thorough understanding of the metabolism of key nutrients will allow the student to use current, evidence-based research in critically evaluating nutrition public health messages and recommendations.

Distance education offering may be available.

Typically offered in Fall.

NTD 504. Nutrition Education K-12. 3 Credits.

This 3-credit course provides an understanding of the optimal nutritional needs and nutrition education principles for students in kindergarten through grade 12. Topics include evidence based principles of healthy eating for children and adolescents, examination of food choices and barriers to healthy food, with an emphasis on behaviorally focused nutrition education relating to critical school nutrition issues. Course work completed in school settings requires that students provide documentation of active field clearances. See clearance policies and instructions at http://wcupa.edu/_academics/coe/clearances.aspx.

Pre / Co requisites: None.

Distance education offering may be available.

Typically offered in Summer.

NTD 515. Public Health Nutrition. 3 Credits.

The purpose of this course is to provide students with a practice based approach to public health nutrition processes through readings, discussions and active participation. Topics include public health nutrition concepts, guidelines and key nutrition issues for particular populations. Students will be introduced to the needs of diverse and vulnerable populations and evidence-based nutrition programs.

Distance education offering may be available.

Typically offered in Fall.

NTD 517. Nutrition Research Techniques. 3 Credits.

The course examines the research process, research designs, and statistical procedures as applied to nutrition. Students will use campus resources for conducting reviews of the scientific literature such as Endnote and Iliad. Statistical software such as SPSS and NVivo will be used to analyze data. Students will apply both parametric and nonparametric statistical tests. They will learn how to conduct a systematic review of scientific literature. An evidence-based approach to community nutrition will be emphasized. This course is a preparatory course for the MSCN Capstone course.

Pre / Co requisites: Open to MSCN students or permission of the Instructor.

Distance education offering may be available.

Typically offered in Fall.

NTD 520. Perspectives on Obesity. 3 Credits.

This course is a rigorous, evidence-based exploration of the issue of obesity. Through process-oriented assignments and discussions students formulate their own perspectives on origins, prevention, and treatment of obesity.

Pre / Co requisites: NTD 520 requires students to be in the MS in Community Nutrition or by approval of the instructor.

Distance education offering may be available.

Typically offered in Fall & Summer.

NTD 521. Dietetic Internship Supervised Practice Experience I. 3 Credits.

This course is a supervised practice course in the Dietetic Internship track. It is the required community nutrition supervised practice through observation, practice and research in community sites such as maternal and child health, school nutrition for 40 hours per week for 7.5 weeks (300 hours). Included in the 40 hours per week is a mandatory 60-minute online session with instructor.

Pre / Co requisites: NTD 521 requires prerequisites of NTD 503, NTD 515, NTD 517, NTD 600, NTD 610, NTD 612, NTD 616; and either admission to the Dietetic Internship Track or admission to the Post Masters Dietetic Internship Certificate program.

Distance education offering may be available.

Typically offered in Fall.

NTD 522. Nutrition - Health, Fitness and Performance. 3 Credits.

Study of nutrition as it relates to health, fitness and performance. Attention will be given to nutritional guidelines for optional health and physical performance.

Pre / Co requisites: NTD 522 requires a prerequisite of C or better in an introductory nutrition course.

NTD 523. Dietetic Internship Supervised Practice Experience II. 3 Credits.

This course is the first required clinical nutrition supervised practice through observation, practice and research in clinical sites in facilities such as acute care and long term care for 40 hours per week for 7.5 weeks (300 hours). Included in the 40 hours per week is a mandatory 60-minute online session with instructor.

Pre / Co requisites: NTD 523 requires prerequisites of NTD 503, NTD 515, NTD 517, NTD 600, NTD 610, NTD 612, NTD 616; and either admission to the Dietetic Internship Track or admission to the Post Masters Dietetic Internship Certificate program.

Distance education offering may be available.

Typically offered in Fall.

NTD 524. Dietetic Internship Supervised Practice Experience III. 3 Credits.

This course is the required food service management supervised practice and a 2 week rotation of practice choice through observation, practice and research in facilities such as acute care and long term care, retirement communities, businesses, school food service for 40 hours per week for 7.5 weeks (300 hours). Included in the 40 hours per week is a mandatory 2-hour online session with instructor.

Pre / Co requisites: NTD 524 requires prerequisites of NTD 503, NTD 515, NTD 517, NTD 600, NTD 610, NTD 612, NTD 616; and either admission to the Dietetic Internship Track or admission to the Post Masters Dietetic Internship Certificate program.

Distance education offering may be available.

Typically offered in Spring.

NTD 525. Dietetic Internship Supervised Practice Experience IV. 3 Credits.

This is the second required clinical nutrition supervised practice through observation, practice and research in clinical sites in facilities such as acute care and long term care for 40 hours per week for 7.5 weeks (300 hours). Included in the 40 hours per week is a mandatory 60-minute online session with instructor.

Pre / Co requisites: NTD 525 requires prerequisites of NTD 503, NTD 515, NTD 517, NTD 600, NTD 610, NTD 612, NTD 616; and either admission to the Dietetic Internship Track or admission to the Post Masters Dietetic Internship Certificate program.

Distance education offering may be available.

Typically offered in Spring.

NTD 555. Nutrition Assessment, Education and Service in Honduras. 3 Credits.

LEC (2.5), DIS (.5)

This course offers an interprofessional approach to clinical screenings and assessments, client/community education, and health related service in communities in underdeveloped or developing countries. Students gain exposure to the cultures of communities in underdeveloped or developing countries, thus enhancing the students' cultural competence.

Pre / Co requisites: NTD 555 requires a prerequisite of NTD 503.

Consent: Permission of the Department required to add.

Typically offered in Fall & Spring.

NTD 581. Nutrition Workshop. 3 Credits.

Special workshops on contemporary nutrition, foods and food service related problems and issues. Topics announced at time of offering.

Pre / Co requisites: NTD 581 requires a prerequisite of acceptance into the M.S. in Community Nutrition program.

Distance education offering may be available.

Typically offered in Spring & Summer.

NTD 592. Advanced Clinical Practice in Integrated Health: Behavior, Health, Nutrition, and Recovery. 3 Credits.

This course is an inter-professional, graduate-level elective for students in health and behavioral health sciences on the latest in integrated health or 'whole health' approaches to working with individuals, families, and communities around issues of behavior, food security, health, and recovery. The US Department of Health and Human Services, Health Resources and Services Administration, the Substance Abuse and Mental Health Services Administration (SAMHSA), and the National Institute of Medicine, along with many other governmental and non-governmental health organizations and foundations have been calling for a more integrated (primary healthcare and behavioral healthcare) approach to services. Crucial to this approach is to understand the public health ramifications of food security and nutrition and the interconnectedness of these factors on a person's health and recovery. Also addressed will be the interplay of healthcare needs, culture, values, and barriers to access to care. Many integrated health organizations in the tristate area are looking for professionals trained in this whole health approach—able to work as part of an inter-professional team in collaborating with people toward improving health and supporting recovery. Health professionals and administrators from these organizations will be guest lecturers. Students will visit some of these organizations. Developing a hypothetical, integrated health program proposal (a team effort) is a key component of the course.

Consent: Permission of the Department required to add.

Typically offered in Summer and Winter.

Cross listed courses NTD 592, SWG 592.

NTD 600. Maternal & Child Nutrition. 3 Credits.

This course introduces students to maternal and child nutrition with primarily a domestic focus. Emphasis on understanding the role of research, policies, and programmatic issues on nutritional health for pregnant, lactating, infant children and adolescents. Students will gain an understanding of key issues within the social, educational, political and environmental influences and their impact on nutrition status within vulnerable maternal/child populations.

Pre / Co requisites: NTD 600 requires a prerequisite of NTD 503 or permission of instructor.

Distance education offering may be available.

Typically offered in Spring.

NTD 601. Nutrition & Health in Aging. 3 Credits.

This course examines how good nutrition, physical activity, other lifestyle behaviors including mind/body medicine across the life span may reduce the risk for disease and promote healthy aging. Additional topics explore the barriers to good nutrition in later life and management of chronic conditions in the older years.

Distance education offering may be available.

Typically offered in Fall.

NTD 610. Nutrition Assessment. 3 Credits.

The course provides students with practice and application of anthropometric, biochemical, and dietary methods for assessing nutritional status with a focus of public health application. Exercises include the measurement of body composition, use of food composition tables and classification of nutritional status.

Pre / Co requisites: NTD 610 requires a prerequisite of NTD 503 or permission of instructor.

Distance education offering may be available.

Typically offered in Spring.

NTD 612. Nutrition and Human Behavior. 3 Credits.

This course will examine theoretical perspectives on nutrition, food and health-related behavior change. Students will study the key constructs from a variety of nutrition and health behavior theories and frameworks such as the Theory of Planned Behavior, the Health Belief Model, Social Cognitive Theory and the Transtheoretical Model. This course will provide the depth of knowledge for students to critically evaluate nutrition programs using the theories and frameworks. These theories and frameworks will be used to design and deliver community interventions and programs.

Pre / Co requisites: Open to MSCN students or permission of the Instructor.

Distance education offering may be available.

Typically offered in Spring.

NTD 615. Nutrition and Disease an Evidence Based Approach. 3 Credits.

This course will provide the student with the skills to apply and combine the principles of nutrition, physiology, genetics, pathology, and pharmacology in the development of an evidence based approach to Medical Nutrition Therapy (MNT) for disease management. The lectures will expand the students understanding of disease risk, prevention, progression, management, epidemiology, and the role of MNT in such diseases, but not limited to, as gastrointestinal, endocrine, cardiovascular, cancer, and urological disorders, with a focus on current concepts and methods in clinical nutrition research.

Pre / Co requisites: Open to MSCN students or permission of the Instructor.

Distance education offering may be available.

Typically offered in Fall.

NTD 616. Advanced Medical Nutrition Therapy. 3 Credits.

This course will involve the study of the research basis of diet therapy for the principal nutrition-related disease conditions through analysis of case histories. The relationship of food and nutrition to medicine: physiological and clinical basis of disease processes, and medical, surgical, and diet therapies for acute and chronic disease conditions, through lectures, case discussions, assigned readings, programmed learning guides, and class presentations. Course is restricted to Dietetic Interns.

Pre / Co requisites: NTD 616 requires prerequisites of NTD 503, NTD 515, NTD 517, NTD 600, NTD 610, NTD 612; and either admission to the Dietetic Internship Track or admission to the Post Masters Dietetic Internship Certificate program.

Distance education offering may be available.

Typically offered in Summer.

NTD 625. Nutrition Policy and Programs. 3 Credits.

Introduction to program and policy approaches for improving nutritional status of populations. Rationale for nutrition policy introduced. Topics include legislative advocacy and analysis of current nutrition programs at local, state and federal levels.

Pre / Co requisites: NTD 625 requires a prerequisite of NTD 515.

Distance education offering may be available.

Typically offered in Spring.

NTD 630. Capstone Course. 3 Credits.

This culminating capstone course provides MS students with an opportunity to synthesize, integrate, and apply the knowledge they have acquired from core required and elective courses. This involves the development of a relevant research question and thorough review and critical evaluation of the literature. Students will write a peer-reviewed journal formatted paper and conduct a professional presentation.

Distance education offering may be available.

Typically offered in Spring & Summer.