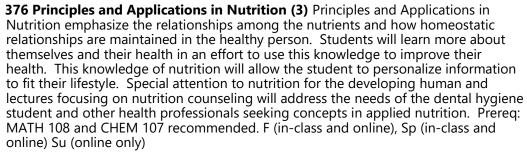


Nutrition Minor

Food and Nutrition



Biology or Chemistry — 3 or 4 hours



378 Nutrition for Fitness and Sports (3) Nutrition for Fitness and Sport is an overview of the relationship of basic nutrition and energy systems to physical activity and body composition. This course examines popular myths and misconceptions associated with nutrition and performance. It also incorporates the application of introductory biochemistry. Prereq: MATH 108 recommended. F, (in-class and online) Sp (online only), Su (online only)



396 Nutrition Throughout the Lifecycle (3) This course focuses on understanding the normal nutritional requirements and needs of special populations throughout the life cycle. Growth and development theories will be discussed and nutrition concerns be examined for pregnant women, breastfeeding mothers, and the growing infant, child, and adolescent. Students will investigate nutrition-related conditions during the life cycle and offer appropriate suggestions for management of these concerns. Recommendations for preventing disease and promoting healthy aging will be discussed. Prereq: NUTR 376. F (in-class only), Sp (online only)

415 Dietary Supplements and Herb Use in Nutrition (3) This course focuses on understanding the role of supplements from a nutrition standpoint in maintaining and promoting health. Common supplements used such as vitamins, minerals, herbs and other substances will be discussed. Emphases is placed on understanding the history of their use, their proposed mechanisms of action, and safety concerns using the process of a critical review of the literature. Students will analyze the role of these supplements when making nutritional recommendations to individuals and groups. Prereq: NUTR 376. F (online only)

465 Community Nutrition (3) This course focuses on understanding the role of nutrition in public health. It will allow for an

understanding of the tools used to design and implement community nutrition programs that promote and protect the public's health. Emphases are placed on community nutrition assessment, program planning, monitoring, and evaluation. Methods to impact the health of the community including nutrition policy making, advocacy, and the legislative process will be discussed. Prereq: NUTR 376 and 396. Sp (in-class and online)



The 18-hour minor in nutrition is designed to complement majors in health professions, physical education and other health-related fields.

However, this minor is open to majors in any area.

For More Information:
Dr. Beth Young
USI Food & Nutrition
8600 University Boulevard
Evansville, IN 47712
812/228-5151

