

# NUTRITIONAL SCIENCES (NUTR)

## **NUTR 101 New Student Seminar in Nutritional Sciences & Pre-Dietetics**

1 cr. Undergraduate.

Introduction to the Nutritional Sciences major, and nutrition and dietetics-related professions.

**Prerequisites:** none.

**Last Taught:** Fall 2022, Fall 2021, Fall 2020, Fall 2019.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## **NUTR 110 Introduction to Food Principles & Preparation**

3 cr. Undergraduate.

Introduction to the physical and chemical properties of foods, food safety and sanitation, food preparation procedures, and evaluation of prepared food products in a lab setting.

**Prerequisites:** none.

**Last Taught:** Spring 2023, Fall 2022, Spring 2022, Fall 2021.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## **NUTR 210 Food Science**

3 cr. Undergraduate.

Continued study of the physical/chemical properties of foods; topics include food composition and nutrition, food additives and regulations, food safety and processing, food engineering.

**Prerequisites:** grade of C or better in Nutr 110(P).

**Last Taught:** Fall 2021, Fall 2020, Spring 2020, Fall 2019.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## **NUTR 230 Health Aspects of Exercise and Nutrition**

3 cr. Undergraduate.

Examines physical fitness and proper nutrition as lifestyle choices in maintaining optimal health and minimizing health risks.

**Prerequisites:** none.

**Course Rules:** Not open to students with credit in KIN 530, KIN 532, or PRPP 736. KIN 230 and NUTR 230 are jointly offered; they count as repeats of one another.

**General Education Requirements:** NS

**Last Taught:** Summer 2023, Spring 2023, Fall 2022, Summer 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## **NUTR 235 Introduction to Nutrition for the Health Professions**

3 cr. Undergraduate.

A broad, science-based, practical knowledge of nutritional science and metabolism to prepare for health and nutrition professions.

**Prerequisites:** grade of C or greater in Chem 100(P), Chem 101(P), or Chem 102(P); & Bio Sci 202(P) or (C).

**Course Rules:** Counts as repeat of Kin 290 w/same topic.

**Last Taught:** Spring 2022, Fall 2021, Summer 2021, Spring 2021.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## **NUTR 240 Nutrition for Exercise and Wellness**

3 cr. Undergraduate.

The role of nutrition in supporting health, wellness, and exercise on a national, state, community, and individual level.

**Prerequisites:** grade of C or better in Nutr 235(P) or BMS 232(P).

**Course Rules:** Counts as repeat of Kin 290 w/same topic.

**Last Taught:** Spring 2021, Fall 2020, Spring 2020, Fall 2019.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## **NUTR 241 Why We Eat What We Eat: An Ecological Approach**

3 cr. Undergraduate.

Examination of food choice and eating behavior using a multilevel, social ecological perspective. Nutrition and health implications will be discussed.

**Prerequisites:** none.

**General Education Requirements:** SS

**Last Taught:** Summer 2023, Fall 2022, Summer 2022, Fall 2021.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## **NUTR 245 Life Cycle Nutrition**

3 cr. Undergraduate.

An exploration of physiological, sociological, and developmental factors that affect humans nutritional needs and recommendations throughout the life cycle.

**Prerequisites:** a grade of C or better in NUTR 235(P) or BMS 232(P); NUTR 241(R); and completion of or concurrently enrolled in a course that meets the university's Cultural Diversity general education requirement.

**Course Rules:** Counts as a repeat of BMS 290 with the same topic.

**Last Taught:** Spring 2023, Spring 2022, Spring 2021, Spring 2020.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## **NUTR 290 Special Topics in Nutritional Sciences:**

1-3 cr. Undergraduate.

Topics of current interest in nutritional sciences, food, and health. Special course fees may be required depending on course. May be retaken w/chg in topic.

**Prerequisites:** specified in sem schedule whenever required for a topic.

**Last Taught:** Spring 2018.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## **NUTR 297 Study Abroad:**

1-12 cr. Undergraduate.

Designed to enroll students in a UWM sponsored program before course work level, content, and credits are determined and/or in specifically prepared program course work.

**Prerequisites:** acceptance for Study Abroad Program.

**Course Rules:** May be retaken w/chg in topic.

**Last Taught:** Fall 2018, Spring 2018.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

## **NUTR 305 Hunger at Home: Food and Nutrition Security in Milwaukee County**

3 cr. Undergraduate.

Course informed by stakeholders and community leaders involved in anti-hunger/food security initiatives in Milwaukee County. Integration of problem-based learning challenges students to work in small groups to seek solutions to complex problems and real-world scenarios.

**Prerequisites:** BMS 232(R) or NUTR 235(R).

**Last Taught:** Spring 2023.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 350 Nutrition Communication and Education**

3 cr. Undergraduate.

Approaches to nutrition and health communication and education; development of nutrition and health-related communication materials for target audiences.

**Prerequisites:** COMMUN 103(P); ENGLISH 102(P); a grade of C or better in the following: NUTR 241(P) or NUTR 241(C), BMS 232(P) or NUTR 235(P), NUTR 110(P), and NUTR 230(P), KIN 230(P), or NUTR 245(P); and completion of the university Cultural Diversity general education requirement. Completion of OWC-B competency recommended.

**Last Taught:** Fall 2022, Fall 2021, Fall 2020, Fall 2019.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 355 Modifying Nutrition and Eating Behavior**

3 cr. Undergraduate.

Introduction to nutrition assessment and evidence-based approaches to facilitate dietary change. Determinants of eating behavior, including cultural considerations, will be integrated throughout the course.

**Prerequisites:** a grade of C or better in NUTR 245(P), or concurrent enrollment in NUTR 245.

**Last Taught:** Spring 2023, Spring 2022, Spring 2021, Spring 2020.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 430 Advanced Nutrition and Metabolism**

3 cr. Undergraduate/Graduate.

Study of nutrients and their specific functions in metabolic processes; integrating physiology, biochemistry, and nutrition.

**Prerequisites:** CHEM 103(P) or previous completion or concurrent enrollment in CHEM 501 and a grade of C or better in NUTR 245(P); or graduate standing enrolled in the MPH Nutrition & Dietetics track; or consent of instructor.

**Last Taught:** Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 430G Advanced Nutrition and Metabolism**

3 cr. Undergraduate/Graduate.

Study of nutrients and their specific functions in metabolic processes; integrating physiology, biochemistry, and nutrition.

**Prerequisites:** CHEM 103(P) or previous completion or concurrent enrollment in CHEM 501 and a grade of C or better in NUTR 245(P); or graduate standing enrolled in the MPH Nutrition & Dietetics track; or consent of instructor.

**Last Taught:** Fall 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 435 Nutrition and Disease Prevention**

3 cr. Undergraduate.

Evidence-based examination of the role of food, nutrients, dietary patterns, and eating behaviors in the primary, secondary, and tertiary prevention of chronic disease.

**Prerequisites:** BIO SCI 150(P); BIO SCI 203(P); a grade of C or better in NUTR 230(P) or KIN 230(P), and NUTR 245(P).

**Last Taught:** Spring 2023, Spring 2022, Spring 2021, Spring 2020.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 440 Innovative Approaches to Health and Wellness Coaching**

3 cr. Undergraduate.

Study of health and wellness coaching theory and practice related to health behavior change.

**Prerequisites:** senior standing or consent of instructor.

**Course Rules:** Counts as repeat of KIN 590 with same topic. KIN 440 was previously KIN 482. KIN 440 and NUTR 440 are jointly offered; they count as repeats of one another.

**Last Taught:** Spring 2023, Spring 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 470 Nutritional Sciences Capstone Experience**

3 cr. Undergraduate.

Supervised internship experience and professional preparation course to be taken the last semester of the undergraduate Nutritional Sciences major.

**Prerequisites:** senior standing, admitted to Nutritional Sciences major, a grade of C or higher in NUTR 350(P) and NUTR 435(P) or (C); and consent of internship coordinator.

**Last Taught:** Spring 2023, Fall 2022, Spring 2022, Fall 2021.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 484 Community Nutrition Supervised Practice I**

2 cr.

Guided by a preceptor, students are introduced to organizations delivering nutrition care in community settings; introductory skills for dissemination of nutrition information are practiced.

**Prerequisites:** Nutr 345(C) & 355(C); admis Coord Prog in Dietetics.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 497 Study Abroad:**

1-12 cr. Undergraduate.

Designed to enroll students in UWM sponsored program before course work level, content, and credits are determined and/or in specially prepared program course work.

**Prerequisites:** acceptance for Study Abroad Prog.

**Course Rules:** Retakeable w/chg in topic.

**Last Taught:** Summer 2019.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 555 Public Health Nutrition and Food Politics**

3 cr. Undergraduate/Graduate.

This course highlights the role of food and nutrition in public health programs and services.

**Prerequisites:** junior standing and a grade of C or better in NUTR 245(P); PH 101(R) and NUTR 350(R); or graduate standing and PH 705(R).

**Course Rules:** Counts as repeat of BMS(KIN) 290 with the same topic.

**Last Taught:** Fall 2018, Fall 2017.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 555G Public Health Nutrition and Food Politics**

3 cr. Undergraduate/Graduate.

This course highlights the role of food and nutrition in public health programs and services.

**Prerequisites:** junior standing and a grade of C or better in NUTR 245(P); PH 101(R) and NUTR 350(R); or graduate standing and PH 705(R).

**Course Rules:** Counts as repeat of BMS(KIN) 290 with the same topic.

**Last Taught:** Fall 2018, Fall 2017.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 556 Multilevel Approaches to Changing Physical Activity and Eating Behaviors**

3 cr. Undergraduate/Graduate.

An introduction to key theoretical and conceptual frameworks for understanding health-related behavior and evidence-based practical approaches for promoting behavior change.

**Prerequisites:** a grade of C or better in KIN 350(P); or graduate standing; or consent of instructor.

**Course Rules:** Counts as repeat of KIN 590 with the same topic. KIN 556 and NUTR 556 are jointly offered and count as repeats of one another.

**Last Taught:** Spring 2023.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 556G Multilevel Approaches to Changing Physical Activity and Eating Behaviors**

3 cr. Undergraduate/Graduate.

An introduction to key theoretical and conceptual frameworks for understanding health-related behavior and evidence-based practical approaches for promoting behavior change.

**Prerequisites:** a grade of C or better in KIN 350(P); or graduate standing; or consent of instructor.

**Course Rules:** Counts as repeat of KIN 590 with the same topic. KIN 556 and NUTR 556 are jointly offered and count as repeats of one another.

**Last Taught:** Spring 2023.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 574 Obesity and Weight Management**

3 cr. Undergraduate/Graduate.

Examination of the epidemiology of obesity, genetic and environmental contributors, body weight regulation, health and psychosocial consequences, and approaches to assessment, prevention, and treatment.

**Prerequisites:** junior standing and a grade of C or better in BMS 232(P) or NUTR 235(P).

**Course Rules:** Counts as repeat of KIN 590 with same topic. KIN 574 and NUTR 574 are jointly offered; they count as repeats of one another.

**Last Taught:** Spring 2023, Spring 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 574G Obesity and Weight Management**

3 cr. Undergraduate/Graduate.

Examination of the epidemiology of obesity, genetic and environmental contributors, body weight regulation, health and psychosocial consequences, and approaches to assessment, prevention, and treatment.

**Prerequisites:** junior standing and a grade of C or better in BMS 232(P) or NUTR 235(P).

**Course Rules:** Counts as repeat of KIN 590 with same topic. KIN 574 and NUTR 574 are jointly offered; they count as repeats of one another.

**Last Taught:** Spring 2023, Spring 2022.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 580 Sports Nutrition**

3 cr. Undergraduate/Graduate.

The integration and application of nutrition and exercise science principles to maximize health, fitness, and sport performance.

**Prerequisites:** junior standing and a grade of C or better in NUTR 235(P) or BMS 232(P).

**Course Rules:** Counts as a repeat of NUTR 550, or BMS 590 or KIN 590 with similar topic. NUTR 580 and KIN 580 are jointly offered; they count as repeats of one another.

**Last Taught:** Summer 2023, Spring 2023.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 580G Sports Nutrition**

3 cr. Undergraduate/Graduate.

The integration and application of nutrition and exercise science principles to maximize health, fitness, and sport performance.

**Prerequisites:** junior standing and a grade of C or better in NUTR 235(P) or BMS 232(P).

**Course Rules:** Counts as a repeat of NUTR 550, or BMS 590 or KIN 590 with similar topic. NUTR 580 and KIN 580 are jointly offered; they count as repeats of one another.

**Last Taught:** Summer 2023, Spring 2023.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 701 Nutrition Counseling**

3 cr. Graduate.

Students will learn and practice evidence-based, client-centered techniques used in individual and group counseling, within the scope of practice for dietetic professionals. Select aspects of nutritional assessment are integrated into the course.

**Prerequisites:** graduate standing enrolled in the MPH Nutrition & Dietetics track.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 702 Advanced Nutrition Education**

3 cr. Graduate.

A practical course for future nutrition educators on how to design, deliver, and evaluate educational interventions and programs for diverse audiences that are grounded in scientific evidence and theory.

**Prerequisites:** graduate standing enrolled in the MPH Nutrition & Dietetics track; PH 706(P).

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 703 Culinary Medicine for Nutrition & Dietetic Professionals**

3 cr. Graduate.

Through demonstrations and hands-on practice of fundamental culinary skills, students will learn how to integrate nutrition and culinary knowledge and skills to facilitate health, well-being, and prevention and treatment of disease in individuals and groups.

**Prerequisites:** graduate standing enrolled in the MPH Nutrition & Dietetics track; NUTR 701(P).

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 704 Current and Emergent Issues in Nutrition & Dietetics**

1 cr. Graduate.

Examines current and emergent issues in nutrition and dietetics. Students will utilize peer-reviewed research, evidence-based analyses, and national and international nutrition guidelines and recommendations while exploring timely nutrition-related topics and trends.

**Prerequisites:** graduate standing, enrolled in the MPH in Nutrition and Dietetics track, and NUTR 430(P); or consent of instructor.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 721 Medical Nutrition Therapy I**

4 cr. Graduate.

First course in the medical nutrition therapy series which explores disease pathology, nutrition assessment, and nutrition intervention for various disease states with an emphasis on chronic disease.

**Prerequisites:** graduate standing, enrolled in the MPH in Nutrition and Dietetics track, and NUTR 430(P).

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 722 Medical Nutrition Therapy II**

4 cr. Graduate.

Second course in the medical nutrition therapy series which continues to explore disease pathology, nutrition assessment, and nutrition intervention for various disease states with an emphasis on critical illness.

**Prerequisites:** graduate standing, enrolled in the MPH in Nutrition and Dietetics track, and NUTR 721(P).

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 795 Food Systems Management & Field Experience**

5 cr. Graduate.

Introduces students to foodservice operations, quantity food production, design of foodservice facilities, and management of foodservice operations. In the second half of the course, students will participate in a supervised food systems management field experience.

**Prerequisites:** graduate standing enrolled in the MPH Nutrition & Dietetics track; NUTR 703(P).

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 796 Medical Nutrition Therapy Field Experience**

5 cr. Graduate.

Students will engage in supervised experiential learning opportunities in medical nutrition therapy within clinical practice settings, including the application of the nutrition care process to increasingly complex medical conditions.

**Prerequisites:** graduate standing enrolled in the MPH Nutrition & Dietetics track; NUTR 722(P).

**Current Offerings:** <https://catalog.uwm.edu/course-search/>

**NUTR 800 Professional Preparation in Nutrition & Dietetics**

2 cr. Graduate.

Students in the last semester of their program will explore topics and develop skills important to professional life including ethics, developing a professional development portfolio, licensure/certification, and preparing for the RDN exam and job market.

**Prerequisites:** graduate standing enrolled in the MPH in Nutrition and Dietetics track.

**Course Rules:** Must be taken in the final semester of the program.

**Current Offerings:** <https://catalog.uwm.edu/course-search/>