NUTRITIONAL SCIENCES (NUTR)

NUTR 101 Introduction to the Nutrition Profession
1 cr. Undergraduate.
Introduction to the field of nutritional sciences and related professions.
Prerequisites: none.
Last Taught: Fall 2020, Fall 2019, Fall 2018, Fall 2017.
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 2021, Fall 2020, Spring 2020, Fall 2019.
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 2020, Spring 2020, Fall 2019, Spring 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
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: Summer 2021, Spring 2021, Fall 2020, Summer 2020.
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 2021, Fall 2020, Summer 2020, Fall 2019.
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: admits to Nutr major or Nutr minor.
Course Rules: Counts as a repeat of BMS 290 w/same topic.
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 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: admits to Nutr major or Nutr minor.
Last Taught: Fall 2020, Fall 2019, Fall 2018, Fall 2017.
Current Offerings: https://catalog.uwm.edu/course-search/

NUTR 355 Modifying Nutrition and Eating Behavior
3 cr. Undergraduate.
Introduction to the basic components of nutritional assessment, behavior change theories and techniques, and educational processes for individuals and groups.
Prerequisites: admits to Nutr major or Nutr minor; grade of C or better in NUTR 245(P) or (C).
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:** admits to Nutr major or Nutr minor; Chem 103(P) or Chem 501(P) or (C).

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

**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:** admits to Nutr major or Nutr minor; Chem 103(P) or Chem 501(P) or (C).

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

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

### NUTR 435 Nutrition and Disease

3 cr. Undergraduate.

Explores nutritional, physiological, and biochemical aspects of disease processes, and examines the role of food and nutrition in disease prevention, management, and treatment.

**Prerequisites:** admits to Nutr major or Nutr minor; grade of C or better in Nutr 350(P) & Nutr 355(P) or (C)

**Last Taught:** Spring 2021, Spring 2020, Spring 2019, Fall 2017.

**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.

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

### NUTR 447 Nutrition Internship/Project

4 cr. Undergraduate.

Supervised internship experience or advanced project(s) typically during the last semester of the undergraduate major.

**Prerequisites:** sr st & admits to Nutr major; grade of C or better in Nutr 355(P) & Nutr 435(P) or (C); cons internship coord.

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

**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); admits 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:** jr st; grade of C or better in Nutr 235(P) or BMS 232(P), Nutr 240(P), & Bio Sci 203(P); or cons instr.

**Course Rules:** Counts as repeat of BMS(Kin) 290 w/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:** jr st; grade of C or better in Nutr 235(P) or BMS 232(P), Nutr 240(P), & Bio Sci 203(P); or cons instr.

**Course Rules:** Counts as repeat of BMS(Kin) 290 w/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.

**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.

**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. 
**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. 
**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 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 2021. 
**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 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 2021. 
**Current Offerings:** https://catalog.uwm.edu/course-search/