

Nutrition Courses

NUTR 510 - Community Nutrition: Theories and Applications

Hours: 3

This course expands on the important issues in community nutrition practice and presents the core information needed by students who are interested in solving nutrition and health problems. This course will provide a sweeping review of the community nutritionist's role and abilities, the status of community nutrition, and tools for addressing community health issues through nutritional interventions.

NUTR 514 - Public Health Nutrition

Hours: 3

This course will provide an introduction to Public Health Nutrition and the role of the Public Health Nutrition professional. Emphasis will be on definition, identification and prevention of nutrition related disease, as well as improving health of a population by improving nutrition. Malnutrition will be discussed on a societal, economic, and environmental level. It will include the basics of nutritional biochemistry as it relates to malnutrition of a community and targeted intervention. Finally, it will review existing programs and policies, including strengths, weaknesses and areas for modification or new interventions.

NUTR 515 - Nutrition Education and Counseling: Theories and Applications

Hours: 3

This course reviews provides foundational knowledge of counseling and education principles. There will be many opportunities to apply nutritional knowledge and skills through case studies and engaging discussions.

NUTR 520 - Foodservice Management: Theories and Applications

Hours: 3

This course expands on the well-proven Foodservice Systems Model. This approach is optimized to help students master the many elements of foodservice management, including inputs, outputs, and processes. We discuss how each component and role fits together. We also explore leadership theories and their applications in foodservice systems.

NUTR 521 - Nutrition Policy

Hours: 3

This course offers a broad introduction to food policies in the United States. Food policy encompasses laws, regulations, decisions and actions by governments and other institutions that influence food production, distribution and consumption. Real-world controversies and debates motivate the course's attention to economic principles, research tools, policy analysis, and contemporary data sources.

NUTR 531 - Advanced Nutrition and Metabolism

Hours: 3

This course includes a comprehensive review of human nutritional biochemistry. Emphasis is placed on the biochemical and physiological fundamentals of nutrition. This course applies biochemistry to nutrient use from consumption through digestion, absorption, distribution, and cellular metabolism. This course explores how nutrition is a science that integrates life process from the molecular to the cellular level and through the multisystem operation of the human organism.

NUTR 550 - Medical Nutrition Therapy: Theories and Applications

Hours: 3

This course will expand upon the pathophysiology of selected chronic disease states and their associated medical problems. Specific attention will be directed to medical nutrition needs of patients in the treatment of each disease state. Opportunity to integrate principles of medical nutrition therapy into clinical practice.

NUTR 589 - Independent Study

Hours: 1-3

This course develops the skills, knowledge, and abilities of students pursuing research in the field of nutrition and dietetics. Students will be led various process related to scientific research under the guidance of faculty. Prerequisite: Consent of department head.

NUTR 590 - Introduction to Dietetics Practice

Hours: 3

This course will focus on professional issues, including ethics, legislative issues, and advocating and marketing the profession. Personal professional development will be addressed through self-reflection, development of a resume and a letter of intent, and personal statement.

NUTR 591 - Dietetic Internship

Hours: 3-6

The TAMUC Dietetic Internship Program is a comprehensive, hands-on training designed to prepare aspiring Registered Dietitians for a successful career in clinical, community, and foodservice settings. This program provides structured and dynamic learning experiences, integrating theory with practical application, to develop competent and confident nutrition professionals. Prerequisites: Instructor approval required.

NUTR 597 - Special Topics in Nutrition

Hours: 3

The course is a study of human nutrition as an applied science and covers nutrition physiology: metabolism, energy production, biochemical aspects, role of nutrients, weight control mechanisms, fitness and consumerism. Specific topics may vary by semester. This course is currently investigating the latest research regarding nutrition through the life cycle.