

FOOD AND NUTRITION (FN)

FN 205 Concepts in Human Nutrition (3 credits)

Nutrition principles with their application to nutrition in life cycle; nutrition problems and controversies such as weight control and nutrition for athletes; individual computerized study of student's dietary intake.

Typically Offered: Fall.

FN 270 Scientific Principles of Food Preparation (3 credits)

Exploration of the scientific principles, basic concepts, and techniques of food preparation; food safety principles; sensory evaluation of food.

Typically Offered: Spring.

FN 271 Scientific Principles of Food Preparation Lab (2 credits)

Exploration of food preparation and application of underlying scientific principles through laboratory experiments. Applied sensory evaluation of food products; recipe modification and testing for special dietary considerations. Typically Offered: Spring.

Prereqs or Coreqs: FN 270

FN 305 Nutrition in the Life Cycle (3 credits)

Maternal nutrition and fetal development; lactation; nutritional needs and dietary patterns from conception to end of life. Recommended preparation: high school biology and chemistry. Typically Offered: Fall.

Prereqs: FN 205

FN 370 Meal Management (3 credits)

Principles of meal management for individual and family meals including menu planning, purchasing, preparation, and service. Includes cultural, social, economic, and environmental aspects of food selection and menu planning and the role of food in promotion of a healthy lifestyle. Typically Offered: Fall.

FN 376 Food Preservation (1 credit)

Online course explores foodborne illness, food safety and food science behind high quality, shelf-stable home preserved foods; topics include water bath canning, pressure canning, pickling, freezing, and drying.

Typically Offered: Summer.

FN 404 (s) Special Topics (1-16 credits, max arranged)

FN 415 Advanced Nutrition (3 credits)

Joint-listed with FN 515

Principles of nutrition; physiology of digestion, absorption and metabolism of nutrients. Additional projects/assignments required for graduate credit. Typically Offered: Spring.

Prereqs: FN 205, BIOL 300, BIOL 227 and BIOL 228

FN 425 Advanced Vitamins & Minerals (3 credits)

Joint-listed with FN 525

A dive into understanding micronutrient sources, physiological functions, and metabolism in relation to human nutrition and health. At the end of the semester, you will have gained the following knowledge: 1.

Have an advanced understanding of micronutrient sources, functions, and metabolism 2. Be able to educate non-science audiences on micronutrient sources and their importance to health 3. Perform basic laboratory skills for the analysis of micronutrients in biosamples 4. Write scientifically (e. g. , peer reviewed papers or grants) on micronutrients and micronutrient assays Additional coursework required for graduate credit Typically Offered: Fall.

Prereqs: FN 415 or AVS 305 or AVS 411 or equivalent metabolism course

FN 450 Global Nutrition (3 credits)

General Education: International

Joint-listed with FN 550

The history of food, hunger, and the global nature of food systems. Food & culture, environmental impact of food decisions, agricultural production, world populations relative to food supply, hunger, biotechnology, safety of our food supply, sustainability, effects of urbanization, and problems of under- and over-nutrition will be examined. Additional work required for graduate credit. Typically Offered: Spring.

FN 451 Eating Disorders (2 credits)

Joint-listed with FN 551

Examination of anorexia nervosa, bulimia nervosa, compulsive eating, obesity, and weight preoccupation; discussion of cultural and nutritional factors, family issues, and psychological consequences, as well as preventative and therapeutic interventions. Additional projects/ assignments required for graduate credit. Family and Consumer Sciences major or Permission. Typically Offered: Spring.

FN 459 Sport Nutrition (3 credits)

Cross-listed with ESHS 459

Joint-listed with ESHS 559

This course will explore the fundamentals of nutrition and how nutrition plays a role in sports performance. This course will also cover the macronutrient requirements for sport and the role carbohydrates, fats and proteins play in fueling the body at rest and during exercise. Additionally, special topics about vitamins, minerals, and dietary supplements as well as certain nutritional concerns of various types of athletes will be discussed. Additional projects/assignments required for graduate credit.

Prereqs: Permission

FN 464 Nutrition Counseling (3 credits)

Application and integration of behavior change theoretical approaches and strategies in nutrition and dietetics. Development of communication skills. This course requires role-playing and real-playing. Students are assessed on the knowledge and skills they have acquired. Typically Offered: Fall.

Prereqs: FN 205

FN 465 Clinical Dietetics (3 credits)

Review and application of the Nutrition Care Process; introduction of nutrition therapies for disease. Typically Offered: Spring.

Prereqs: FN 415

FN 466 Nutrition Assessment Laboratory (1 credit)

Application of nutrition assessment. Three hours of lab per week. Typically Offered: Spring.

Prereqs: FN 415

FN 470 Quantity Food Production and Equipment (3 credits)

Principles and practices of food production in large volume; foodservice systems and management; use and selection of institutional foodservice equipment. Three hours of lecture per week. Typically Offered: Fall.

Prereqs: FN 271 and FN 370

FN 471 Quantity Food Production and Equipment Lab (2 credits)

Quantity food production lab and supervised practice experience including equipment training, recipe development and testing, theme meal production, and foodservice facility rotations. Typically Offered: Fall.

Prereqs: FN 271 and FN 370

Coreqs: FN 470

FN 484 Vegetarian Food and Nutrition (3 credits)

Vegetarian food and nutrition principles with their application to health benefits and life cycles stages. Typically Offered: Varies.

Prereqs: FN 205

FN 491 Community Nutrition (3 credits)

Identification of current public health nutrition problems; influence of socioeconomic, cultural and psychological factors on food and nutrition behavior; available community programs; program development and marketing; and the implications of public policy legislation; teaching/ counseling methods for the nutrition education of small groups and individual clients/patients. Typically Offered: Fall.

Prereqs: FN 205

FN 492 Nutrition Education (3 credits)

General Education: Senior Experience

General Education: Senior Experience. Principles and theories of learning, curriculum development, evaluation methods, and applied food and nutrition education. Typically Offered: Spring.

Prereqs: FN 205 and Food and Nutrition major; or Permission

FN 498 (s) Internship (1-16 credits)**FN 499 (s) Directed Study (1-16 credits, max arranged)****FN 500 Master's Research and Thesis (1-16 credits)**

Credit arranged

FN 502 (s) Directed Study (1-16 credits)

Credit arranged

FN 504 (s) Special Topics (1-16 credits)

Credit arranged

FN 509 Nutrition and Dietetics Professional Skills (1 credit)

1 credit. Prepares dietetic students to assume professional responsibilities to provide safe, ethical, and effective nutrition services and to use effective communication, collaboration, and advocacy skills. Typically Offered: Fall.

Prereqs: Enrollment in M. S Dietetics Program

FN 510 Gastrointestinal Physiology and Immunology (3 credits)

This course starts with review of basic anatomy and physiology of the gastrointestinal (GI) tract. The course then takes a deeper dive into cellular components, perfusion, enteric nervous system, and the resident immune system within the GI tract in relation to nutrient digestion and absorption in health and disease. Current supplementary research articles will be evaluated to encourage students to think critically about the application of these concepts in research and practice. Recommended preparation: A human anatomy and physiology course and/or a concepts in human nutrition course. Typically Offered: Fall.

FN 515 Advanced Nutrition (3 credits)

Joint-listed with FN 415

Principles of nutrition; physiology of digestion, absorption and metabolism of nutrients. Additional projects/assignments required for graduate credit. Typically Offered: Spring.

FN 525 Advanced Vitamins & Minerals (3 credits)

Joint-listed with FN 425

A dive into understanding micronutrient sources, physiological functions, and metabolism in relation to human nutrition and health. At the end of the semester, you will have gained the following knowledge: 1. Have an advanced understanding of micronutrient sources, functions, and metabolism 2. Be able to educate non-science audiences on micronutrient sources and their importance to health 3. Perform basic laboratory skills for the analysis of micronutrients in biosamples 4. Write scientifically (e. g. , peer reviewed papers or grants) on micronutrients and micronutrient assays Additional coursework required for graduate credit Typically Offered: Fall.

FN 550 Global Nutrition (3 credits)

General Education: International

Joint-listed with FN 450

The history of food, hunger, and the global nature of food systems. Food & culture, environmental impact of food decisions, agricultural production, world populations relative to food supply, hunger, biotechnology, safety of our food supply, sustainability, effects of urbanization, and problems of under- and over-nutrition will be examined. Additional work required for graduate credit. Typically Offered: Spring.

FN 551 Eating Disorders (2 credits)

Joint-listed with FN 451

Examination of anorexia nervosa, bulimia nervosa, compulsive eating, obesity, and weight preoccupation; discussion of cultural and nutritional factors, family issues, and psychological consequences, as well as preventative and therapeutic interventions. Additional projects/ assignments required for graduate credit. Family and Consumer Sciences major or Permission. Typically Offered: Spring.

FN 559 Sport Nutrition (3 credits)

Joint-listed with FN 459, PEP 459

This course will explore the fundamentals of nutrition and how nutrition plays a role in sports performance. This course will also cover the macronutrient requirements for sport and the role carbohydrates, fats and proteins play in fueling the body at rest and during exercise. Additionally, special topics about vitamins, minerals, and dietary supplements as well as certain nutritional concerns of various types of athletes will be discussed. Additional projects/assignments required for graduate credit. Typically Offered: Fall.

FN 565 Nutrition Therapy and Disease (3 credits)

Course content includes evidence-based practice in nutritional management of diseases. Elements of pathology and biochemistry of the nutrition related problems are integrated into course topics. Students will apply the entire nutrition care process through a variety of clinical cases and simulations. Typically Offered: Fall.

Prereqs: FN 465

FN 566 Applied Clinical Dietetics (7 credits)

Applied Clinical Dietetics takes place in hospitals in Idaho or Washington. Students spend 320 hours of supervised experiential learning implementing the nutrition care process with a diverse patient population. Typically Offered: Spring.

Prereqs: FN 565 and Enrollment in the M. S. Dietetics program.

FN 570 Management and Leadership in Dietetics (3 credits)

Institutional organization, management, and leadership concepts for dietetics practice. Course includes applied management experiences in foodservice facilities and dietetics leadership projects. Typically Offered: Fall.

FN 571 Applied Food and Nutrition Management (7 credits)

Applied food and nutrition management takes place in hospital foodservice facilities and child nutrition program settings in Idaho, Washington, and Oregon. Students spend 320 hours in organizational settings where they apply skills and meet competencies in food service management and leadership. Typically Offered: Spring.

Prereqs: FN 570 and Enrollment in the MS Dietetics Program

FN 591 Applied Community Nutrition (5 credits)

Applied community nutrition takes place in a facility in Idaho or Washington. Students will be assigned to a facility that they will report to two days per week throughout a 16-week semester or every day during a 6-week summer session. Students will spend 240 hours of supervised experiential learning and educating the community on topics related to health. Recommended preparation: FN 491. Typically Offered: Fall.

Prereqs: Enrolled in the M. S. Dietetics program

FN 599 Non-thesis Master's Research (1-16 credits)

Credit arranged. Research not directly related to a thesis or dissertation.

Prereqs: Permission

FN 600 Doctoral Research and Dissertation (1-45 credits)

Credit arranged