

# NUTRITIONAL SCIENCES (NUSC)

## **NUSC 1030. Interdisciplinary Approach to Obesity Prevention. (3 Credits)**

(Also offered as AH 1030.) Explores the biology of obesity including genetic predispositions and behaviors that increase obesity risk (dietary, physical activity, social, psychological), the obesogenic environment, including how communities are physically built, as well as the economic relationship to obesity risk, and policy and ethical implications for obesity prevention. Multi-level obesity prevention approaches that involve the individual, family, organization, community, and policy. CA 3.

**Enrollment Requirements:** Open to freshmen and sophomores in the Honors Program.

**Grading Basis:** Honors Credit

**Content Areas:** CA3: Science & Technology

**Topics of Inquiry:** TOI6: Science & Empirical Inq

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%201030>)

## **NUSC 1161. Husky Reads: Introducing Food and Nutrition to Children through Reading. (2 Credits)**

(Also offered as EDLR 1161.) Supervised field work and experiential learning in nutritional literacy for preschoolers and young children, geared to individual, dual, and team activities. Readings and reflections.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%201161>)

## **NUSC 1165. Fundamentals of Nutrition. (3 Credits)**

An introduction to the principles and concepts of nutrition with emphasis on the nature and function of carbohydrates, fats, proteins, minerals and vitamins, and their application to the human organism. CA 3.

**Enrollment Requirements:** May not be taken out of sequence after passing NUSC 3171, 3172, 3180, 3233, 3234, 4236 or 4250.

**Content Areas:** CA3: Science & Technology

**Topics of Inquiry:** TOI6: Science & Empirical Inq

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%201165>)

## **NUSC 1166. Honors Colloquium in Nutrition. (1 Credit)**

Lectures, discussions, and laboratory exercises to complement topics from NUSC 1165.

**Enrollment Requirements:** Concurrent enrollment in NUSC 1165 is required. This course is primarily for, but not restricted to, honors students.

**Grading Basis:** Honors Credit

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%201166>)

## **NUSC 1167. Food, Culture and Society. (3 Credits)**

Social, cultural, and economic factors affecting food intake and nutritional status. Includes contemporary topics such as world food problems, hunger in the United States, dieting and eating disorders, health foods and vegetarianism. CA 4-INT.

**Content Areas:** CA4INT: Div & Multi Intl

**Topics of Inquiry:** TOI2: Cultural Dimen Human Exp

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%201167>)

## **NUSC 1195. Special Topics. (1-3 Credits)**

Credits, prerequisites and hours as determined by the Senate Curricula and Course Committee.

**Enrollment Requirements:** Prerequisites and recommended preparation vary.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%201195>)

## **NUSC 1645. The Science of Food. (3 Credits)**

(Also offered as ANSC 1645.) An introductory level course for students interested in the application of science to food. Nutritional and functional attributes of various food constituents are discussed. Issues concerning food processing and food safety are covered. CA 3.

**Content Areas:** CA3: Science & Technology

**Topics of Inquiry:** TOI6: Science & Empirical Inq

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%201645>)

## **NUSC 1693. International Studies in Nutritional Sciences. (1-15 Credits)**

Coursework undertaken within approved education abroad programs.

**Enrollment Requirements:** Open to sophomores or higher.

May be repeated for credit

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%201693>)

## **NUSC 2200. Nutrition and Human Development. (3 Credits)**

Nutritional needs and consequences of nutritional deficiencies throughout the life cycle: preconception, pregnancy, lactation, infancy, childhood, adolescence, adulthood, and aging. Maternal and child public health issues.

**Enrollment Requirements:** NUSC 1165. May not be taken out of sequence after passing NUSC 4294.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%202200>)

## **NUSC 3150. Medical Nutrition Therapy I. (3 Credits)**

(Also offered as DIET 3150.) Introduction to the nutrition care process, nutrition assessment, planning of special diets and applications of medical nutrition therapy to selected disease states and conditions.

**Enrollment Requirements:** MCB 2000; PNB 2264, 2265; NUSC 1165; open only to Dietetics majors and NUSC Didactic Program students: open to juniors or higher.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203150>)

## **NUSC 3171. Husky Nutrition. (3 Credits)**

Graded lecture and experiential learning in pre-schools where students conduct learning activities about reducing sweetened beverage consumption. Lecture, applied learning laboratory, supervised field work with community nutrition education and problem-solving. Readings, discussion and reflections.

**Enrollment Requirements:** NUSC 1165; instructor consent.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203171>)

## **NUSC 3180. Experience in Community Nutrition. (1-6 Credits)**

Supervised field work with community nutrition education or problem-solving. Readings and reports. No more than 6 credits of experience or independent study may apply toward the major.

**Enrollment Requirements:** NUSC 1165 and 3230; open to juniors or higher.

May be repeated for credit

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203180>)

**NUSC 3230. Community Nutrition. (3 Credits)**

(Also offered as DIET 3230.) Role of community structure, agencies, and resources in community health relating to nutrition.

**Enrollment Requirements:** NUSC 2200; open to Dietetic majors, NUSC majors, and AHS majors; open to juniors or higher, others by consent. Not open to students who have passed NUSC 3267. May not be taken out of sequence after passing 3180.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203230>)

**NUSC 3233. Food Composition and Preparation. (3 Credits)**

Study of the composition of food and the physical and chemical changes that occur during preparation and/or processing that affect taste, palatability, shelf-life, and nutrient content.

**Enrollment Requirements:** NUSC 1165; Recommended preparation: CHEM 2241 or 2443. May not be taken out of sequence after passing NUSC 3271 or 3273.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203233>)

**NUSC 3234. Food Composition and Preparation Laboratory. (1 Credit)**

Laboratory techniques related to composition of foods, and the physical and chemical changes that occur during preparation.

**Enrollment Requirements:** NUSC 1165; concurrent enrollment in NUSC 3233; CHEM 2241 or 2443; open to Nutritional Sciences and Dietetic majors, others with instructor consent. May not be taken out of sequence after passing NUSC 3271 or 3273.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203234>)

**NUSC 3245. Profession of Dietetics. (1 Credit)**

Overview of dietetic internships and application process. Resume writing, job placement, ethics and dietetics.

**Enrollment Requirements:** NUSC 1245; open only to Nutritional Sciences Didactic Program students; others with consent.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203245>)

**NUSC 3250. Medical Nutrition Therapy II. (3 Credits)**

(Also offered as DIET 3250.) Continuation of Medical Nutrition Therapy I. Further investigation of the interrelationships of physiology and biochemistry of disease and dietary intervention.

**Enrollment Requirements:** DIET 3150 or NUSC 3150; open only to Dietetics majors and NUSC Didactic Program students.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203250>)

**NUSC 3271. Food Services Systems Management Laboratory/Discussion. (2 Credits)**

Laboratory/discussion of quantity food preparation, recipe modification, cost analysis, recipe nutrient analysis and application of food sanitation.

**Enrollment Requirements:** NUSC 3233, 3234. Open only to NUSC students enrolled in NUSC 3272.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203271>)

**NUSC 3272. Food Service Systems Management I. (2 Credits)**

(Also offered as DIET 3272.) Quantity food procurement, preparation and distribution; recipe standardization and menu development; sanitation and safety; portion and quality control; systems approach and delivery systems.

**Enrollment Requirements:** Open only to junior or higher Dietetics and Nutritional Science majors, others with instructor consent.

Recommended preparation: NUSC 3233, 3234. Not open to students who have passed NUSC 3270.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203272>)

**NUSC 3291. Nutritional Sciences Internship. (1-3 Credits)**

Students taking this course will be assigned a final grade of S (satisfactory) or U (unsatisfactory).

**Enrollment Requirements:** NUSC 1165 and 2200. Open to juniors or higher; open to Nutritional Science majors with consent.

May be repeated for a total of 6 credits

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203291>)

**NUSC 3350. Nutrient and Food Analysis. (3 Credits)**

An overview of analytical techniques and instrumentations commonly used in the food industry to determine food quality. Laboratories involve hands-on trainings on analytical equipment to collect and analyze experimental data on various food samples.

**Enrollment Requirements:** CHEM 2241 and NUSC 1165. Not open for credit to students who have passed NUSC 5350.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203350>)

**NUSC 3693. International Studies in Nutritional Sciences. (1-6 Credits)**

Variable topics. Coursework undertaken within approved study abroad programs.

**Enrollment Requirements:** Open to sophomores or higher.

May be repeated for a total of 15 credits

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203693>)

**NUSC 3782. Experience in Food Service Systems Management. (1-6 Credits)**

Application of principles of food service management. Supervised placement. No more than six credits of experience or independent study may apply toward the major.

May be repeated for credit

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203782>)

**NUSC 3823. Experience in Medical Nutrition Therapy. (1-3 Credits)**

Mentored experiences in Medical Nutrition Therapy that include traditional (e.g., hospitals, long term care centers) and contemporary (e.g., wellness clinics, sports nutrition practice) placement with registered dietitians/nutritionists. No more than six credits of experience or independent study may apply toward the major.

**Enrollment Requirements:** NUSC 3150.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%203823>)

**NUSC 4100. Dietetic Career Readiness. (1 Credit)**

Preparing the dietetic internship application. Exploring dietetic careers, resume and personal statement writing and evaluating strengths and weaknesses.

**Enrollment Requirements:** NUSC 3245. Instructor consent required.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%204100>)

**NUSC 4236. Nutritional Biochemistry and Metabolism. (4 Credits)**

Metabolism and functions of carbohydrates, proteins, fats, minerals, and vitamins.

**Enrollment Requirements:** NUSC 1165; MCB 2000 or 3010.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%204236>)

**NUSC 4237W. Writing in Nutritional Sciences. (1 Credit)**

A writing-intensive class that emphasizes both style and content consistent with the discipline of Nutritional Science.

**Enrollment Requirements:** ENGL 1007 or 1010 or 1011 or 2011; NUSC 4236, which must be taken concurrently.

**Skill Codes:** COMP: Writing Competency

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%204237W>)

**NUSC 4250. Nutrition for Exercise and Sport. (3 Credits)**

Basic nutrition principles. Physical activity, exercise, sport performance and consequences of nutritional ergogenic aids.

**Enrollment Requirements:** NUSC 1165; PNB 2250 or 2265.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%204250>)

**NUSC 4260. Dietary Supplements and Functional Foods. (3 Credits)**

Efficacy, safety, and regulations of dietary supplements and health-promoting foods.

**Enrollment Requirements:** NUSC 1165; CHEM 2241 or 2443 or concurrent registration.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%204260>)

**NUSC 4270. Immunological Mechanisms of Disease. (3 Credits)**

Assessment of immune function in the pathophysiology of various diseases including allergy, autoimmune diseases, cancer, infectious diseases, and metabolic syndrome with an emphasis on the roles of diet and host microbiota in shaping immune development and function. Patient case studies will be used to facilitate learning outcomes.

**Enrollment Requirements:** NUSC 1165 or BIOL 1107; CHEM 2241 or 2443. Not open for credit to students who have passed NUSC 5270.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%204270>)

**NUSC 4272. Food Service Systems Management II. (2 Credits)**

(Also offered as DIET 4272.) Institutional menu development; cost and budgeting; equipment layout and design; personnel management; marketing and merchandising; purchasing and inventory control.

**Enrollment Requirements:** DIET 3272 or NUSC 3272.

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%204272>)

**NUSC 4294. Seminar. (1 Credit)**

Review, evaluation, and oral and written presentation of contemporary nutrition issues.

**Enrollment Requirements:** NUSC 2200.

May be repeated for credit

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%204294>)

**NUSC 4295. Special Topics. (1-6 Credits)**

Topics and credits to be published prior to the registration period preceding the semester offerings.

May be repeated for credit

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%204295>)

**NUSC 4297W. Senior Thesis in Nutrition. (3 Credits)**

Consent of honor advisor and department head required.

**Enrollment Requirements:** ENGL 1007 or 1010 or 1011 or 2011; open only by consent of honors advisor and department head;

**Grading Basis:** Honors Credit

**Skill Codes:** COMP: Writing Competency

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%204297W>)

**NUSC 4299. Independent Study. (1-3 Credits)**

Individual study and research with faculty. Written report. No more than six credits of experience or independent study may apply toward the major.

May be repeated for credit

View Classes (<https://catalog.uconn.edu/course-search/?details&code=NUSC%204299>)