

# COURSES

## PDF NUTRITION

### **NUTR121 Human Nutrition 3 Credits**

Prerequisite: None. Offer/ # \$eginning cour/e in the princip)e/ of hu\* #n nutrition including #/fudy of e#ch of the \* #jor nutrient# and how they re)#fe f# good he#)fh #nd # we)) \$)#nced diefi Include/ four )\$or#f#ry experience/.

### **NUTR205 Sports Nutrition: Exercise and Performance 3 Credits**

Prerequisite: NUTR 454 Introduce/ the \$#/ic e)#\* en# of/por# nutrition. Pre/en# the/cientific \$#/i/ of the ro)e/ p)#yed \$y c#r\$ohydr#fe, f#fi protein, w#fer, #nd key vit#\* in/ #nd \* iner#Y #/ they re)#fe f# phy/ic#) exerci/e. Pre/en# infor\* #fion on diefi during ft#ining, fi\* ing #nd co\* po#fion of pre- #nd po#fico\* peffion \* e#Y, the u/e of /uppe)\* en# ergogenic #id/. Provide/ pr#cfic#) evidence \$#/ed infor\* #fion for the #fh)e#e #nd individu#Y of #)) #ge/ wi/hing f# e\* ph#/ize the ro)e of diefi #nd exerci/e in pro\* ofing # he#)fhy, #c#ive )ife/fy)e.

### **NUTR223 Principles of Nutrition 3 Credits**

Prerequisite: BIOL 490 #nd 490L with # gr#de of C or \$eff#r or CHEM 454 with # gr#de of C or \$eff#r \$fudie/ nutrientifunction/ #nd \$#/i/ for nutrientirequire\* en# #fi(the ce))#r )eve). Three hour/ )ecture.