

# NUTRITION (NUTR)

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**NUTR 221N - Basic Human Nutrition. 3 Credits.**

Offered autumn and spring. The principles of science as applied to current concepts and controversies in the field of human nutrition.  
Gen Ed Attributes: Natural Science Course (N)

**NUTR 411 - Nutrition For Sports & Exercise. 3 Credits.**

Offered autumn and spring. Prereq., KIN 320 and junior standing.  
Nutritional parameters of athletic performance including intervention planning, energy production, the energy nutrients, vitamins and minerals, principles of balanced diets, timing and composition of intakes, hydration, weight management strategies, and nutritional needs for special situations.