

# NUTRITION AND FOOD STUDIES (NUTR)

## 200 Level Courses

**NUTR 295: *Introduction to Nutrition*.** 3 credits.

Introduces students to nutrition as a scientific discipline, providing a working knowledge of basic nutrition including the sources and functions of the nutrients, the components of a healthy diet, and the relationship between diet and overall health. Students will learn about the processes of digestion, absorption, and metabolism of nutrients, and several 'hot topics' in the field of nutrition. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Mason Core:** Mason Core (All), Natural Science Overview (<http://catalog.gmu.edu/mason-core/>)

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

## 300 Level Courses

**NUTR 312: *Experimental Foods*.** 3 credits.

Introduces the composition and structure of food through exploration of chemical, physical, nutritional, sensory and safety aspects, with emphasis on how these aspects relate to food preparation methods. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Corequisite:** NUTR 313.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 313: *Experimental Foods Lab*.** 1 credit.

Explores the chemical, physical, nutritional, sensory, and safety aspects of food through hands-on food preparation labs. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Corequisite:** NUTR 312.

**Schedule Type:** Laboratory

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 315: *Fundamentals of Cooking*.** 3 credits.

Exposes students to the fundamental concepts of food and its preparation. Students will learn and experience culinary basics, including knife skills, mother sauces, basic cooking techniques, function of ingredients, food safety, and chemical and physical transformation of food during cooking and storage. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 318: *Global Nutrition and Food Security*.** 3 credits.

An overview of the major concepts and perspectives of food security at the local, regional, and global levels. Explore and apply the definitions, means of measurement, and policy implications of food security from a multidisciplinary approach. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Prerequisite:** NUTR 295.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 326: *Food Systems*.** 3 credits.

Taking a systems approach, this course provides an overview of the food system from production through consumption and waste. Students will consider the complexity of issues confronting the creation of just and sustainable food systems and access to healthy food for all. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Mason Core:** Mason Core (All) (<http://catalog.gmu.edu/mason-core/>)

**Specialized Designation:** Writing Intensive in Major

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 330: *Food Composition*.** 3 credits.

Explores the nutritional, functional, structural, and undesirable components in food, with a primary focus on the selection and use of food composition tables to obtain this data. Factors impacting food composition will be discussed, including agricultural, manufacturing, and biotechnologies. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Prerequisite:** NUTR 295, NUTR 312, NUTR 313, CHEM 313

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 383: *Taste and Place*.** 3 credits.

Examines how dietary patterns have developed and evolved in specific geographic locations. Students will analyze the role of geography, history, politics, culture and taste as essential elements in distinctive local, regional, and national foodways. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

## 400 Level Courses

**NUTR 408: *Food Security*.** 3 credits.

Examines the human health aspects of food security at the local, regional, and global levels. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Prerequisite:** NUTR 295.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 410: *Introduction to Food Safety and Defense*.** 3 credits.

Examines the critical roles that food safety and food defense have on the food supply in the US and globally. Students will explore common foodborne illnesses, their causes and their means of control from both a scientific and policy perspective. Students also will gain an understanding of basic food safety practices in both commercial food production and in home food preparation. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 414: *Food, Culture, Nutrition and the Mediterranean Diet*.** 6 credits.

Combines an understanding of foodways, culture, and sustainability with the Mediterranean diet pattern and its role in public health through classroom and experimental learning. History, traditions and contemporary issues will be explored to understand the place of Mediterranean foodways. Excursions to several cities in a Mediterranean region will explore distinctive regional specialties including tours of a wineries, farms, food factories and producers as well as cooking classes with local gourmet chefs and visits to food markets. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 420: *Strategies for Nutrition Education*.** 3 credits.

Examines methods and techniques for educating individuals about nutrition. Addresses nutrition education issues from variety of populations with respect to culture, age, religion, and specific disease states. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Prerequisite:** NUTR 295 or permission of instructor.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 421: *Community Nutrition*.** 3 credits.

Focuses on nutrition and health problems of specific community settings, and examines practices of nutrition services in various communities. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Prerequisite:** NUTR 295 or permission of instructor.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 422: *Nutrition throughout the Life Cycle*.** 3 credits.

Focuses on nutrient needs and food habits throughout life cycle. Emphasizes nutrient needs prior, during, and after pregnancy, and nutritional requirements of infants, children, adolescents, adults, and elderly. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Prerequisite:** NUTR 295 or permission of instructor.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 423: *Nutrition and Chronic Illnesses*.** 3 credits.

Examines nutrient needs related to specific chronic illnesses, including cardiovascular disease, cancer, obesity, and diabetes. Focuses on principles of nutritional therapy and prevention. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Prerequisite:** NUTR 295 or permission of instructor.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 430: *Introduction to Wine and Beer*.** 3 credits.

Takes a multidisciplinary approach to understanding alcohol across time and space. Students will learn about alcohol production as well as the social and cultural dimensions of alcohol in a variety of cultures. Topics that might be covered in class include prohibition and neoprohibition, the health effects of alcohol, craft versus industrial production, among others. Students must be 21 to enroll. Notes: Fees apply. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 435: *Urban Agriculture*.** 3 credits.

Introduces students to the opportunities, limits, and barriers of growing food in cities. Utilizing case studies from the area and around the globe, students will study the social, historical, political, environmental, and practical aspects urban agriculture. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 440: *Nutrition Policy*.** 3 credits.

Explores US and international food and nutrition policies and programs. It is intended for undergraduate students who are interested in an in-depth analysis of policy related approaches to improving nutritional status within populations in the US and around the world. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Prerequisite:** NUTR 295

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 442: *Advanced Nutrition I*.** 3 credits.

Explores the biological roles of the macronutrients through application of advanced nutritional concepts relating to digestion, absorption and metabolism of carbohydrates, proteins and lipids. Practical implications in the diet are emphasized. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Prerequisite:** NUTR 295 and a biochemistry class

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 444: *Advanced Nutrition II*.** 3 credits.

Examines the biological roles of the micronutrients through application of advanced nutritional concepts relating to digestion, absorption, transport and metabolism of vitamins and minerals. Practical implications in the diet are emphasized. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Prerequisite:** NUTR 442

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 451: *Nutrition Assessment*.** 3 credits.

Introduces students to methods and tools used in assessing individuals' nutritional status. Methods of interpretation of nutrition-related information will be examined. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Prerequisite:** NUTR 295 or equivalent course.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 466: *Nutrition and Weight Management: Obesity, Anorexia, and Bulimia*.** 3 credits.

Focuses on the physiological, emotional, genetic, and societal and cultural factors that influence the relationship between eating and weight regulation. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Recommended Prerequisite:** NUTR 295, GCH 332 or permission of instructor.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 494: *Special Topics in Nutrition and Food Studies*.** 3 credits.

In-depth study of contemporary areas of nutrition and food studies. Topics vary each semester. Students may take to apply up to 6 credits of NUTR 494 to their degree program. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May be repeated within the degree for a maximum 6 credits.

**Specialized Designation:** Topic Varies

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 495: *Nutrition and Food Studies Capstone*.** 3 credits.

Students will integrate and apply skills and knowledge learned across the curriculum to conduct research on current food and nutrition-related issues, in order to develop new food and nutrition knowledge. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). Limited to three attempts.

**Registration Restrictions:**

**Required Prerequisites:** (NUTR 420<sup>C</sup> or 420<sup>XS</sup>) and (NUTR 421<sup>C</sup> or 421<sup>XS</sup>) and (NUTR 444<sup>C</sup>).

<sup>C</sup> Requires minimum grade of C.

<sup>XS</sup> Requires minimum grade of XS.

**Schedule Type:** Seminar

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 499:** *Independent Study in Nutrition and Food Studies.* 1-6 credits. Readings or research on a pertinent topic in nutrition and food studies. Must be arranged with instructor before registering. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May be repeated within the degree for a maximum 6 credits.

**Schedule Type:** Independent Study

**Grading:**

This course is graded on the Undergraduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

## 500 Level Courses

**NUTR 513:** *Advanced Community Nutrition.* 3 credits.

Examines the concept of community, the role of nutrition in health promotion and perspectives for resolving community nutrition problems. Focuses on community needs assessment, national, state and local community nutrition programs, food and nutrition policy, and planning and management of community programs will be covered. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus or Senior Plus.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 514:** *Food, Culture, Nutrition and the Mediterranean Diet.* 6 credits.

Combines an understanding of foodways, culture, and sustainability with the Mediterranean diet pattern and its role in public health through classroom and experimental learning. History, traditions and contemporary issues will be explored to understand the place of Mediterranean foodways. Excursions to several cities in a Mediterranean region will explore distinctive regional specialties including tours of a wineries, farms, food factories and producers as well as cooking classes with local gourmet chefs and visits to food markets. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 515:** *Fundamentals of Cooking.* 3 credits.

Introduces students to the fundamental concepts of food and its preparation. The biological components, the chemical transformation, and sensorial properties of food are explored throughout the course. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

schools/public-health/nutrition-food-studies/). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 522:** *Nutrition Across the Lifespan.* 3 credits.

Focuses on nutrient needs and food habits throughout the lifecycle. Emphasized are the nutrient needs prior, during, and after pregnancy and the nutritional requirements of infants, children, adolescents, adults and older adults. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Recommended Prerequisite:** NUTR 295.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 530:** *Introduction to Wine and Beer.* 3 credits.

Takes a multidisciplinary approach to understanding alcohol across time and space. Students will learn about alcohol production as well as the social and cultural dimensions of alcohol in a variety of cultures. Topics that might be covered in class include prohibition and neoprohibition, the health effects of alcohol, craft versus industrial production, among others. Students must be 21 to enroll. Notes: Fees apply. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 535: *Urban Agriculture*.** 3 credits.

Introduces students to the opportunities, limits, and barriers of growing food in cities. Utilizing case studies from the area and around the globe, students will study the social, historical, political, environmental, and practical aspects urban agriculture. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Graduate, Junior Plus, Non-Degree, Senior Plus or Senior.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 537: *Food Service Management*.** 3 credits.

A study of the functional systems (procurement, production, sanitation, distribution and service) of the transformation element in the foodservice system model. Integrate the process and tools used in effective management, theories of management, and administrative leadership. Topics covered in this course include Total Quality Management, mechanics of cost control, planning of physical facility in relation to its needs and equipment, quality assurance in food production, and use of technology in food service institutions. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 553: *Nutrients*.** 3 credits.

Develops an understanding of the biological roles of the nutrients through application of advanced nutritional concepts relating to digestion, absorption and metabolism of macro- and micronutrients. Emphasizes the practical implications in the diet and particular attention is placed on the etiology and prevention of nutrient-related diseases. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 566: *Nutrition and Weight Management*.** 3 credits.

Focuses on the physiological, emotional, genetic, and societal/cultural factors that influence the relationship between eating and weight regulation. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Recommended Prerequisite:** GCH 295 or other introductory nutrition course.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Seminar

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 570: *Food Science for Nutritionists*.** 3 credits.

Explores selected topics in food science and technology as relevant to the field of nutrition. Coverage includes various food processing and preservation methods, ingredient functionality, nutrient analysis, sensory analysis, food safety considerations, toxicology, and biotechnology. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Recommended Prerequisite:** NUTR 295 or equivalent.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 583: *Food and Culture*.** 3 credits.

Examines food and eating behaviors, diet, and nutrition from cross-cultural perspective. Focuses on how and why people choose what to eat, range and significance of cross-cultural variability in diet, how diets have changed, and health and social implications of those changes. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**



Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Seminar

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 587:** *Profession of Dietetics*. 0-2 credits.

Discusses dietetics as a profession, with an emphasis on skill development, professionalism and continuing professional education. Teaches the Scope of Practice, Standards of Professional Performance, and Code of Ethics governing the dietetics profession through participation in local, state, and national professional academy activities. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May be repeated within the degree for a maximum 3 credits.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Special scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 594:** *Special Topics in Nutrition and Food Studies*. 3 credits.

In-depth study of contemporary areas of nutrition and food studies. Topics vary each semester. Students may take up to 6 credits of NUTR 594 within their degree program. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May be repeated within the degree for a maximum 6 credits.

**Specialized Designation:** Topic Varies

**Recommended Prerequisite:** Graduate level course.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

## 600 Level Courses

**NUTR 608:** *Perspectives on Food Security*. 3 credits.

Overview of the major concepts and perspectives of food security. Explores and applies the definitions, means of measurement, and policy implications of food security from a multidisciplinary approach. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 610:** *Food Safety and Defense*. 3 credits.

Focuses on the possible sources of unintentional and intentional contamination of the food supply and on the roles and guiding policies of the various levels of government and the food industry, as well as individual responsibility in managing risk to ensure a safe food supply. Notes: Fees may apply. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 611:** *Food and Nutrition Security Policy*. 3 credits.

In-depth analysis of food security and nutrition policies and programs aimed at reducing hunger and malnutrition among individuals and populations. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 620: Nutrition Education.** 3 credits.

Examines research, theories and methods to support nutrition-related behavior change among individuals and population groups. It addresses the role of psychological, social and environmental factors on nutrition-related behavior change among various populations. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 622: Nutrition Counseling and Communication.** 3 credits.

Provides a brief introduction to the behavior change theories and focuses on preparing future nutrition and dietetics professionals to apply these theories to counseling settings with individuals and groups. Counseling techniques are based upon the nutrition care process (NCP), evidence-based practices, client-centered approaches, health literacy, cultural competence, and counseling ethics are taught. Students gain an enhanced ability to prepare and frame nutrition messages for the public via mass media channels are learned. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

**Required Prerequisite:** NUTR 620<sup>B</sup>.

<sup>B</sup> Requires minimum grade of B-.

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 626: Food Systems.** 3 credits.

Surveys issues surrounding food production, distribution, and consumption of food, including the relationships between system components. Students gain an understanding of local to global food systems and will explore implications surrounding sustainability and regulatory frameworks. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 630: Global Nutrition.** 3 credits.

Directed at students from a variety of disciplines, this course examines what malnutrition is and how it occurs by looking at several situations from around the world. It looks at the impact of nutrition on a society and community and examines the benefits of a well-nourished population. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Seminar

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 642: Macronutrients.** 3 credits.

Expands understanding of the biological roles of the macronutrients through application of advanced nutritional concepts relating to digestion, absorption and metabolism of carbohydrates, proteins, and lipids. Practical implications in the diet are emphasized, and particular attention is placed on the etiology and prevention of macronutrient-related diseases, including atherosclerosis, diabetes, and metabolic syndrome. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Recommended Prerequisite:** NUTR 295 and undergraduate biochemistry course.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 644: *Micronutrients*.** 3 credits.

Expands understanding of the biological roles of the micronutrients through application of advanced nutritional concepts relating to digestion, absorption, transport, and metabolism of vitamins and minerals. Practical implications in the diet are emphasized, with particular attention on the etiology and prevention of micronutrient-related diseases, including nutritional anemia and osteoporosis. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Recommended Prerequisite:** NUTR 295 and Undergraduate biochemistry equivalent.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 651: *Nutrition Assessment*.** 3 credits.

Introduces students to methods and tools used in assessing and monitoring nutritional status among individuals and population groups. Methods of interpretation of nutrition-related information will be examined. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Recommended Prerequisite:** NUTR 295 or an introductory nutrition course.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Seminar

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 653: *Nutritional Epidemiology*.** 3 credits.

Develops foundational understanding of the relationship of diet and nutrition with health outcomes in populations. Introduces the key concepts, study designs, and methodologies used to investigate associations of nutritional factors with health outcomes. Students will develop critical skills in evaluating and interpreting nutritional epidemiological research. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 662: *Medical Nutrition Therapy I*.** 3 credits.

An investigation of nutritional assessment and dietary modifications for chronic disease prevention and treatment, with special emphasis on metabolic and cardiovascular diseases. Provides an understanding of selected diseases' pathophysiology, regular diets, and therapeutic diets to prevent and treat diseases. Utilizes the Nutrition Care Process (NCP) Model to determine the nutritional status, nutritional risks, and appropriate medical nutrition therapy (MNT) for individuals with various chronic diseases. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

**Required Prerequisite:** NUTR 651<sup>B-</sup>.  
<sup>B-</sup> Requires minimum grade of B-.

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 667: *Medical Nutrition Therapy II*.** 3 credits.

Investigates nutritional assessment and dietary modifications for disease prevention and treatment, with special emphasis on complex conditions such as critical care and nutrition support. Provides an understanding of selected diseases' pathophysiology and therapeutic diets to prevent and treat diseases. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 670: *Nutrition Research Methods*.** 3 credits.

Acquaints students with the fundamentals of research study design and data collection methods. Focuses on quantitative, qualitative, mixed methods, and ethical issues in conducting nutrition-related research and evaluation of nutrition research studies that inform evidence-based practice. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.



Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 675:** *Nutrition Program Development, Interventions and Assessments.* 3 credits.

Provides students with the knowledge and skills for planning, developing and evaluation of community nutrition programs and interventions.

Conduct needs assessments, develop intervention strategies, evaluate program implementation and effectiveness as well as planning a budget through the lens of behavioral theories. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Recommended Prerequisite:** NUTR 670, NUTR 651 OR equivalent courses.

**Registration Restrictions:**

**Required Prerequisites:** (NUTR 620<sup>B-</sup> or 620<sup>XS</sup>).

<sup>B-</sup> Requires minimum grade of B-.

<sup>XS</sup> Requires minimum grade of XS.

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Lecture

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 687:** *Supervised Experiential Practice.* 1-3 credits.

Prepares for the registration examination for dietitians. Combines in-class didactic practice with supervised practice completed at various rotation sites. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May be repeated within the degree for a maximum 12 credits.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Internship

**Grading:**

This course is graded on the Graduate Special scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 690:** *Independent Study in Nutrition and Food Studies.* 1-6 credits.

Readings or research on a pertinent topic in nutrition and food studies. Must be arranged with instructor before registering. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public->

[health/nutrition-food-studies/](http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/)). May be repeated within the degree for a maximum 6 credits.

**Registration Restrictions:**

Enrollment limited to students with a class of Advanced to Candidacy, Graduate, Junior Plus, Non-Degree or Senior Plus.

Enrollment is limited to Graduate, Non-Degree or Undergraduate level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Independent Study

**Grading:**

This course is graded on the Graduate Regular scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

## 700 Level Courses

**NUTR 788:** *Pre-Practicum Seminar.* 0 credits.

Provides guidance and preparation for engaging in the capstone practicum. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Registration Restrictions:**

Enrollment is limited to Graduate or Non-Degree level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Seminar

**Grading:**

This course is graded on the Satisfactory/No Credit scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 790:** *Nutrition Practicum.* 3 credits.

An in-depth supervised experience in an approved nutrition-related organization. Includes a project related to a nutrition issue within the organization. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May not be repeated for credit.

**Recommended Prerequisite:** NUTR 788.

**Registration Restrictions:**

Enrollment is limited to Graduate or Non-Degree level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Internship

**Grading:**

This course is graded on the Graduate Special scale. (<http://catalog.gmu.edu/policies/academic/grading/>)

**NUTR 799:** *Thesis Research.* 1-6 credits.

Thesis research and writing. Offered by Nutrition and Food Studies (<http://catalog.gmu.edu/colleges-schools/public-health/nutrition-food-studies/>). May be repeated within the degree.

**Recommended Prerequisite:** Core courses in MS program.

**Registration Restrictions:**

Enrollment is limited to Graduate or Non-Degree level students.

Students in a Non-Degree Undergraduate degree may **not** enroll.

**Schedule Type:** Thesis

**Grading:**

This course is graded on the Satisfactory/No Credit scale. (<http://catalog.gmu.edu/policies/academic/grading/>)