

# Nutrition and Dietetics (NTD)

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## Courses

### **NTD 1101 Introduction to Dietetics: 1 semester hour.**

History of the profession, academic pathway, outline of internship expectations, career opportunities, and professional ethics. S

### **NTD 1139 Consumer Nutrition: 3 semester hours.**

Introduction to nutrition, relationships among food choices, levels of nutrition, health of the individual and family. Experiences in dietary analysis, label and advertising critiques, and discussions of current trends. Designed for non-science majors. D

### **NTD 1199 Experimental Course: 1-6 semester hours.**

The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.

### **NTD 2205 Foods and Meal Management: 3 semester hours.**

Discussion of the fundamental processes centering on the physical and chemical properties of foods, their selection and preparation, with emphasis on how foods fit into menu planning for nutritious meals. Food safety, food resource management, food regulations and label reading are also covered. COREQ: NTD 2205L. S

### **NTD 2205L Foods and Meal Management Lab: 1 semester hour.**

Application of food principles discussed in lecture to include food preparation, food chemistry experiments, recipe sampling and comparison. All food preparation is done using appropriate food safety practices. S

### **NTD 2239 Nutrition: 3 semester hours.**

Descriptive survey of nutrients required by the human body and the health consequences of nutrition practices. Study of the science of nutrition, food sources and proper dietary selection needed to fulfill human needs. Partially satisfies Objective 5 of the General Education Requirements. F, S, Su

### **NTD 2299 Experimental Course: 1-6 semester hours.**

The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.

### **NTD 3312 Quantity Foods: 3 semester hours.**

Principles and procedures for preparation of quantity food. Experiences in food production facilities with coordination of management principles through cost control, supervision, and food production. PREREQ: NTD 2205 and NTD 2205L. COREQ: NTD 3312L. F

### **NTD 3312L Quantity Foods Laboratory: 1 semester hour.**

Practical application of food production methods in various facilities. COREQ: NTD 3312. F

### **NTD 3340 Nutrition for Health Professionals: 3 semester hours.**

Nutrition through the lifecycle, function of nutrients in the body, medical nutrition therapy in the treatment and prevention of diseases. Application of the science of nutrition in the healthcare arena. PREREQ: BIOL 2227 or BIOL 2228 or BIOL 3301 or BIOL 3302 or HO 1111 with a minimum grade of C-. F, S

### **NTD 3360 Nutrition Through the Lifecycle: 3 semester hours.**

Nutrition in pregnancy, lactation, infancy, childhood, adolescence, adulthood and senior adulthood. Physiological changes during the lifecycle and changing nutrient needs. PREREQ: NTD 2239. F

### **NTD 3399 Experimental Course: 1-6 semester hours.**

The content of this course is not described in the catalog. Title and number of credits are announced in the Class Schedule. Experimental courses may be offered no more than three times with the same title and content. May be repeated.

### **NTD 4400 Nutrition Assessment and Instruction: 3 semester hours.**

Assessment of nutrition status of individuals through anthropometric, clinical, and dietary assessment and discussion of theories of behavioral modification, models and techniques, communication skills in nutrition instruction. S

### **NTD 4401 Medical Nutrition Therapy I: 3 semester hours.**

Application of nutrition principles and the nutrition care process in the prevention and treatment of obesity, diabetes mellitus, cardiovascular disease, nutrition support, and diseases of the respiratory tract, gallbladder, and pancreas. PREREQ: Acceptance into Didactic Program in Dietetics, NTD 3360, NTD 4400. F

### **NTD 4402 Medical Nutrition Therapy II: 3 semester hours.**

Application of nutrition principles and the nutrition care process in the treatment of renal, liver, gastrointestinal, neoplastic, and neurological diseases, critical care and pediatric nutrition needs. PREREQ: NTD 4401. COREQ: NTD 4402L. S

### **NTD 4402L Medical Nutrition Therapy II Lab: 1 semester hour.**

Application of the nutrition care process, nutrition assessment principles, and nutrition instruction. PREREQ: NTD 4401. COREQ: NTD 4402. S

### **NTD 4407 Principles of Community Nutrition: 3 semester hours.**

Introduction to nutritional programming and education in community and public health settings. Emphasis on principles of needs assessments, program planning, implementation and evaluation. Discussion of national nutrition status, food insecurity and identification of those at highest risk. PREREQ: NTD 3360, or NTD 2239 and permission of instructor. F

### **NTD 4408 Applications in Community Nutrition: 3 semester hours.**

Application of nutritional programming and education in community and public health settings. Emphasis on conducting needs assessments, program planning, implementation and evaluation, nutrition presentations and nutrition counseling skills development. PREREQ: NTD 4407. S

### **NTD 4410 Management in Dietetics: 3 semester hours.**

Principles and concepts of management practice and use of resources in dietetic operations. PREREQ: NTD 3312; MGT 3312 and ACCT 3303 suggested. S

### **NTD 4425 Food as Medicine in Disease Management: 2 semester hours.**

A discussion of nutrition in the prevention and treatment of lifestyle-related health conditions. Evidence-based interventions are described for use by members of interdisciplinary health care teams. COREQ: NTD 4425L F

### **NTD 4425L Food as Medicine in Disease Management Lab: 1 semester hour.**

A discussion of nutrition in the prevention and treatment of lifestyle-related health conditions. Evidence-based interventions are described for use by members of interdisciplinary health care teams. COREQ: NTD 4425 F

### **NTD 4439 Sports Nutrition: 3 semester hours.**

Nutrition recommendations for competitive and recreational athletic performance. Rationale for nutrition practices through an examination of individual nutrient metabolism. Controversies and misinformation addressed. PREREQ: NTD 2239. D

***NTD 4461 Nutritional Biochemistry I: 3 semester hours.***

Advanced study of nutrition science, including protein, carbohydrate, lipid, vitamin, and mineral metabolism. Introduction to research methodology and professional literature. PREREQ: NTD 2239, CHEM 1101, CHEM 1102, and CHEM 1103 or higher levels of chemistry including inorganic, organic, and biochemistry. F

***NTD 4470 Dietetics Senior Seminar: 2 semester hours.***

Current issues in food and nutrition. Discussion of research and application to practice. PREREQ: Senior in Dietetics. F

***NTD 4481 Special Problems in Nutrition and Dietetics: 1-2 semester hours.***

Students select problems on the basis of special needs, interests, or abilities and work on them independently in the laboratory, library, or community, with regular conferences with the advisor. PREREQ: Permission of instructor. D

***NTD 4485 Nutritional Biochemistry II: 3 semester hours.***

Human metabolism in health and disease. Emphasizes interrelationships among hormones, carbohydrates, proteins, lipids, vitamins and minerals within tissues and organs. PREREQ: NTD 4461 or permission of instructor. S

***NTD 4486 Dietetic Internship Seminar I: 6 semester hours.***

Advanced studies in given areas of community nutrition, clinical nutrition and food systems management. Students investigate and present current research problems. Oral and written reports required. Graded S/U. COREQ: NTD 4488. F

***NTD 4487 Dietetic Internship Seminar II: 6 semester hours.***

Advanced studies in given areas of community nutrition, clinical nutrition and food systems management. Students investigate and present current research problems. Oral and written reports required. Graded S/U. PREREQ: NTD 4486 and NTD 4488. COREQ: NTD 4489. S

***NTD 4488 Internship in Dietetics I: 11 semester hours.***

Supervised field experience at regional health care facilities, food service establishments, and community programs. Graded S/U. PREREQ: Admission into Dietetic Internship program. COREQ: NTD 4486. F

***NTD 4489 Internship in Dietetics II: 11 semester hours.***

Continuation of NTD 4488 with supervised field experience at regional health care facilities and food service establishments and community programs. Emphasis on entry level skills in clinical, community, and administrative dietetics. Graded S/U. PREREQ: NTD 4486 and NTD 4488. COREQ: NTD 4487. S

***NTD 4495 Dental Nutrition: 1 semester hour.***

This course reviews the role of nutrition in attaining and maintaining optimum oral health. The course explores how the essential nutrients influence oral health, nutrition in special populations, and nutrition and disease processes that can influence oral health. This course is only available to students in the Idaho Dental Education Program in the Department of Dental Science. S

***NTD 4499 Experimental Course: 1-6 semester hours.***

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