

# NUTRITION AND DIETETICS (DIET)

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## DIET 1000 - Contemporary Issues in Food and Nutrition

2 Credits (Repeatable for credit)

This Ignite Seminar explores the dynamic and evolving field of nutrition with a focus on current trends, debates, and challenges in nutrition science. Key topics include food trends such as plant-based diets, alternative protein sources, and sustainable eating, as well controversies regarding food labeling, nutritional policies, and global food security. Debate topics will draw from pressing issues in society (e.g. Should the U.S. government institute an "obesity tax" on high-energy, low-nutrient foods with revenues going to offset obesity-related healthcare expenses? Should the government allow genetically modified foods (GMOs) in our food supply, with or without labels? Should there be restrictions on how food companies market ultra-processed foods to children?) Ultimately, this course aims to equip students with the knowledge and the tools to make informed decisions about food and health, all while fostering a deeper understanding of the science behind contemporary nutrition issues.

**Attributes:** UUC:Ignite Seminar

## DIET 2080 - Foundations in Nutrition

3 Credits

What we eat profoundly shapes how we feel, think, and live. This introductory course explores the fundamental principles of human nutrition, emphasizing the role of food in supporting physical health, mental well-being, and disease prevention. Students will learn how nutrients function in the body, investigate the science behind dietary patterns, and critically examine the cultural, social, political, and environmental factors that influence what we eat. Open to students from all disciplines, the course connects nutrition to real-world challenges and empowers students to make informed food choices for themselves, their communities, and their future professions.

**Attributes:** Nutrition, Health, Well Fndation, UUC:Natural & Applied Science

## DIET 2100 - Nutrition Across the Lifespan

3 Credits

Explore how nutritional needs evolve from conception through older adulthood. This course examines the dynamic relationship between nutrition and human development, highlighting the physiological, psychological, and social factors that influence dietary needs at each stage of life. From pregnancy and infancy to adolescence, adulthood, and aging, students will learn how nutrition supports growth, health, and quality of life across the lifespan. Ideal for students in health, education, and social sciences, this course provides practical and evidence-based insight into how nutrition shapes human potential at every age.

**Prerequisite(s):** DIET 2080

**Attributes:** Nutrition, Health, Well Fndation

## DIET 2510 - The Art and Science of Cooking

0 or 3 Credits

This course blends foundational culinary techniques with a focus on nutrition, sustainability, and global food traditions. Through hands-on practice, students will develop essential kitchen skills such as knife work, cooking methods, and ingredient handling while exploring how food choices impact health, the environment, and cultural identity. Emphasis is placed on seasonal and sustainable ingredients, diverse cooking styles, and the science behind food preparation. Designed for students from all disciplines, this course encourages thoughtful, flavorful, and responsible cooking for both personal and professional settings.

**Attributes:** Nutrition, Health, Well Elective, UUC:Creative Expression

## DIET 2511 - Food, Culture, and Society

3 Credits

Food is a basic human need. Beyond biological functions, food also has rich cultural significance. Taste, preference, rituals, traditions, gender, social class, and nationality all influence food choices and behaviors. In addition, economic and environmental factors, globalization, localization, and social movements affect our access and attitudes toward food. In this course, we will examine how food behaviors and beliefs are shaped by culture in its many forms. Students will be challenged to reflect on their own food culture and identify factors that unite—rather than divide—food cultures throughout the world.

**Attributes:** Nutrition, Health, Well Elective

## DIET 2750 - World Cuisines

3 Credits

Explore the intersection of culture, nutrition, and culinary arts through the foods of the world. In this hands-on lab course, students will prepare traditional dishes using authentic ingredients and techniques while developing foundational skills such as knife work, cooking methods, and flavor balancing. Emphasis is placed on understanding the cultural significance of food practices, promoting respect for diverse culinary traditions, and examining how regional cuisines reflect nutritional needs, values, and environments. This course encourages thoughtful, inclusive cooking and equips students with the tools to engage with global foodways in a culturally sensitive and health-conscious way.

**Attributes:** Nutrition, Health, Well Elective, UUC:Creative Expression

## DIET 3190 - Garde Manger

3 Credits

Introduction in garde manger work including sandwiches, salads, sausage production, vegetable carving, canapés, aspic, chaud froid, and buffet presentation. (Offered every Fall)

**Prerequisite(s):** DIET 2510

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

## DIET 3250 - Baking and Pastry

3 Credits

Delve into the art and science of baking with a comprehensive introduction to both classic and contemporary techniques. This course covers essential skills in creating breads, cookies, cakes, mousses, ice creams, and confections, with a focus on mastering basic recipes and understanding the principles that make each pastry and baked good successful. Students will explore ingredient interactions, texture development, presentation, and flavor balancing while developing the precision and creativity required in the pastry kitchen. Ideal for those pursuing a career in the culinary arts or those passionate about perfecting their baking skills, this course provides a solid foundation for more advanced pastry work.

**Prerequisite(s):** DIET 2510

**Attributes:** Nutrition, Health, Well Elective

**DIET 3600 - Food Science**

3 Credits

Unlock the science behind the food we eat. This course dives into the fascinating world of food chemistry, microbiology, and engineering, exploring how ingredients transform during cooking, preservation, and processing. Through lecture and hands-on lab components, students will apply scientific principles to understand the physical, chemical, and biological processes that influence flavor, texture, nutrition, and food safety. Topics include food spoilage, fermentation, emulsification, and food preservation techniques. This course not only sharpens your understanding of food at the molecular level but also prepares you to innovate in the food industry, from product development to sustainable food solutions.

**Prerequisite(s):** DIET 2510 with a grade of C or higher

**Attributes:** Nutrition, Health, Well Elective, UUC:Natural & Applied Science

**DIET 3700 - Culinary Operations and Logistics**

3 Credits

Master the skills needed to manage large-scale food operations in this application-based course focused on food procurement, preparation, and service. Students will gain practical experience in planning and executing food production for high-volume settings, such as catering, institutional kitchens, and restaurants. Through a lab component, students will learn essential techniques for efficiently sourcing ingredients, managing inventory, and maintaining food safety standards. Additionally, students will earn certification as a ServSafe Manager, equipping them with the knowledge to ensure hygiene, safety, and compliance in any foodservice environment. This course blends theory and practice to prepare you for leadership roles in the fast-paced food industry.

**Prerequisite(s):** DIET 2510

**DIET 3850 - Nutritional Biochemistry and Metabolism**

3 Credits (Repeatable up to 6 credits)

This course provides an in-depth examination of human nutrition, focusing on the biochemical and physiological aspects of nutrient metabolism from the cellular level to the whole organism. Topics include the detailed metabolism of carbohydrates, lipids, and proteins, as well as the digestion, absorption, transport, function, and excretion of nutrients. The course will also cover nutrient deficiencies, toxicities, and the regulatory mechanisms that govern nutrient homeostasis. Students will analyze the interrelationships between nutrients and their roles in maintaining health, supporting growth, and preventing metabolic disorders. This course is designed for students pursuing advanced study in nutrition, health, or related fields, offering a foundation for further research and application in both research and practice.

**Prerequisite(s):** (DIET 2080, BIOL 1240, BIOL 1245, and CHEM 2410); (CHEM 3600 or BIOL 3020); (PPY 2540 or HSCI 3300)

**Attributes:** Nutrition, Health, Well Elective, UUC:Oral & Visual Comm

**DIET 3890 - Professional Development for Healthcare Careers**

1 Credit (Repeatable for credit)

This course provides students with the tools and strategies necessary to successfully navigate the application process for dietetic internships, graduate programs, or the next steps in their professional careers. Students will explore the essential components of creating a competitive, professional-quality application, including crafting a standout resume, writing compelling personal statements, securing strong letters of recommendation, and preparing for interviews. In addition to practical application preparation, the course will offer guidance on professional development, including effective communication, networking, and career planning. By the end of the course, students will be well-prepared to submit polished applications that highlight their skills, experience, and commitment to advancing their careers.

**Prerequisite(s):** DIET 3850; CORE 1900; CORE 1500; CORE 1200<sup>\*</sup>; CORE 2500<sup>\*</sup>; CORE 1000

<sup>\*</sup> Concurrent enrollment allowed.

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**Attributes:** UUC:Self in the World

**DIET 4000 - Nutrition Capstone**

3 Credits

The Nutrition Capstone is a culminating experiential learning opportunity for students on the Nutrition and Dietetics Scholars track. Students will work with a faculty mentor for an intensive experience in 1) nutrition science research, 2) culinary arts, or 3) service learning. The nature of the capstone work will be a collaboration between the student and assigned faculty mentor.

**DIET 4020 - Beverage Theory and Service: Wine, Spirits, Beer, Coffee & Tea**

0 or 3 Credits

This course is designed to enhance students' understanding of the requirements needed to run a successful, profitable business. Students will be exposed to all facets of catering including menu planning, budgeting, staffing, ordering, preparing and ultimately executing the event. Also included are the principles of how to set up, operate, and manage a bar. Students will learn about wines, spirits, and beers and how they are served. Additional material covers layout and design, equipment, marketing, and staffing. Legal issues relevant to alcohol service is a particular focus. Lecture and Lab. (Offered every Fall)

**DIET 4030 - Sustainable Food Systems**

3 Credits

Examine how the food we grow, eat, and waste shapes the health of people, communities, and the planet. This course explores the foundations of sustainable food systems through the lens of environmental impact, social equity, and economic viability. Students will investigate topics such as food production and distribution, climate change, food justice, biodiversity, and local versus global food networks. Through case studies, hands-on experiences, and critical discussions, students will gain the tools to evaluate food choices and advocate for more ethical, resilient, and sustainable food practices in a rapidly changing world.

**Attributes:** Nutrition, Health, Well Elective, Public Health Major Elective, UUC:Dignity, Ethics & Just Soc

**DIET 4060 - Maternal and Child Nutrition & Health**

3 Credits

This course explores maternal and child nutrition and health from a public health perspective, addressing both domestic and international issues that impact women and children. Students will examine key topics such as prenatal and postnatal nutrition, childhood development, breastfeeding, food security, and the socio-economic factors influencing maternal and child health outcomes. The course includes a service-learning component where students will seek and engage with a community agency that supports women and children, providing hands-on experience in addressing real-world challenges. For graduate students, an additional component involves leading a discussion based on evidence-based research related to maternal or child nutrition and health, with a focus on either domestic or international contexts. By the end of the course, students will gain a deeper understanding of the complex factors influencing maternal and child health and nutrition, while developing practical skills in community-based service and research leadership.

**Attributes:** Nutrition, Health, Well Elective, Public Health Major Elective

**DIET 4100 - Medical Nutrition Therapy I**

3 Credits

This is the first semester of a two-part course that introduces students to the principles and practices of nutrition care in the management of common acute and chronic diseases. The course covers the foundational concepts of assessing and addressing the nutritional needs of patients with various medical conditions, including diabetes, cardiovascular disease, and gastrointestinal disorders. Students will learn to evaluate nutritional status, develop individualized care plans, and apply evidence-based dietary interventions to improve patient outcomes. Emphasis will be placed on critical thinking, clinical decision-making, and understanding the interdisciplinary role of nutrition in healthcare. Through lectures, case studies, and practical exercises, students will develop the skills necessary to provide effective, patient-centered medical nutrition therapy.

**Prerequisite(s):** DIET 3850

**Corequisite(s):** DIET 4110,DIET 4870

**DIET 4110 - Clinical Practicum Lab I**

2 Credits (Repeatable for credit)

This is the first semester of a two-part course that provides students with practical, clinical experience in the application of nutrition therapy for the management of various disease states. Through a combination of problem-based learning, case studies, and direct patient interactions, students will have the opportunity to work under supervision of a Registered Dietitian Nutritionist in St. Louis teaching hospitals. This course allows students to apply theoretical knowledge from Medical Nutrition Therapy I to real-world scenarios, refine their skills in conducting nutrition assessments, developing care plans, and implementing evidence-based dietary interventions. Emphasis is placed on critical thinking, professional communication, and collaborative teamwork in a healthcare environment, preparing students for future dietetic internships and clinical practice.

**Prerequisite(s):** DIET 3850

**Corequisite(s):** DIET 4100,DIET 4870

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4150 - Medical Nutrition Therapy II**

3 Credits

This is the second semester of a two-part course that introduces students to the principles and practices of nutrition care in the management of common acute and chronic diseases. The course covers the foundational concepts of assessing and addressing the nutritional needs of patients with various medical conditions like liver disease and renal disease. Students will learn to evaluate nutritional status, develop individualized care plans, and apply evidence-based dietary interventions to improve patient outcomes. Emphasis will be placed on critical thinking, clinical decision-making, and understanding the interdisciplinary role of nutrition in healthcare. Through lectures, case studies, and practical exercises, students will develop the skills necessary to provide effective, patient-centered medical nutrition therapy.

**Prerequisite(s):** DIET 4100

**Corequisite(s):** DIET 4160,DIET 4880

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4160 - Clinical Practicum Lab II**

3 Credits (Repeatable for credit)

This is the second semester of a two-part course that provides students with practical, clinical experience in the application of nutrition therapy for the management of various disease states. Through a combination of problem-based learning, case studies, and direct patient interactions, students will have the opportunity to work under supervision of a Registered Dietitian Nutritionist in St. Louis teaching hospitals. This course allows students to apply theoretical knowledge from Medical Nutrition Therapy II to real-world scenarios, refine their skills in conducting nutrition assessments, developing care plans, and implementing evidence-based dietary interventions. Emphasis is placed on critical thinking, professional communication, and collaborative teamwork in a healthcare environment, preparing students for future dietetic internships and clinical practice.

**Prerequisite(s):** DIET 4110

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4300 - Foundations in Community Nutrition**

3 Credits

Foundations in Community Nutrition focuses on the role of nutrition in promoting public health across various life stages. The course covers key governmental programs, policies, and administrative efforts that address individual and public health issues, including hunger, food safety, and nutrition education, at local, state, and national levels. Students will explore priority health issues related to the promotion of good nutrition and preventive healthcare, with an emphasis on designing, implementing, evaluating, and marketing a nutrition marketing effort. Additionally, the course covers the critical issues of food insecurity, sustainability, and the broader impact of nutrition on community well-being. By the end of the course, students will develop foundational skills for addressing nutrition-related challenges and contributing to the development of effective, evidence-based nutrition policies and interventions.

**Prerequisite(s):** DIET 2080

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**Attributes:** Nutrition, Health, Well Elective, Urban Poverty - Health Care

**DIET 4320 - Advanced Cooking and Pastry**

3 Credits

This advanced course in culinary and pastry arts expands upon the foundational techniques and knife skills introduced in DIET 2510: Principles of Food Preparation, with a strong emphasis on refined pastry methods. Students will explore artisanal bread making, laminated doughs, plated desserts, and chocolate and sugar work, while integrating seasonal ingredients and sustainable practices into every aspect of production. With increased autonomy, students will take leadership roles in menu design and kitchen operations, focusing on responsible sourcing, waste reduction, and creative expression. The course fosters both technical mastery and thoughtful innovation, preparing students to craft exceptional pastry with environmental and culinary integrity.

**Prerequisite(s):** DIET 3190**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4350 - Food Systems Management**

3 Credits

This course introduces a systems-based approach to decision-making in foodservice operations, emphasizing the interrelated components that drive efficient and effective management. Students will explore key concepts in kitchen design and layout, equipment selection and purchasing specifications, and compliance with Hazard Analysis and Critical Control Point (HACCP) regulations. Through case studies and applied projects, students will develop the skills needed to plan, evaluate, and manage foodservice facilities with a focus on safety, functionality, and operational flow.

**Prerequisite(s):** DIET 3700 with a grade of C or higher; MGT 3000; BLS 4510 with a grade of C or higher; (ECON 1900 or ACCT 2200)**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4360 - Food Systems Management II**

0 or 3 Credits

Lab included. Advanced preparation of students involved in foodservice management with emphasis placed upon management of financial and human resources. Operational budget preparation, strategic planning, marketing for customer satisfaction, and quality improvement projects will apply the concepts taught during this course. (Offered every Spring)

**Prerequisite(s):** DIET 4350**DIET 4400 - Nutrition Education**

3 Credits

In this highly experiential course, students will dive into the principles and practices of nutrition education, learning to effectively communicate key nutritional concepts to diverse groups. Focusing on public speaking, lesson planning, and interactive teaching strategies, students will gain the skills to inspire and educate others about the importance of nutrition. Through practical exercises, they will develop the confidence and expertise needed to design engaging, evidence-based nutrition programs that promote health and well-being.

**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4500 - Nutrition Counseling**

0 or 3 Credits

(Offered every Fall)

**Prerequisite(s):** DIET 2100**Corequisite(s):** DIET 4100**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4700 - Farm to Table Ecology**

3 Credits

This urban farm-based course provides students with both a philosophical and practical foundation in the farm to table ethos, sustainable food systems, and organic gardening and farming. Students will spend the majority of the course time in the Saint Louis University Urban Teaching Garden and its relationship to Fresh Gatherings Café. The course will center on native plants and animals to the Missouri/Illinois region.

**DIET 4870 - Research Seminar I**

1 Credit

This is the first semester of a two-part course centered on nutrition science research. Students will critically assess and analyze current research in the fields of nutrition and dietetics, with a focus on examining complex studies and their application to clinical practice. The course emphasizes the evaluation of research design, methodology, and advanced statistical techniques, equipping students with the tools to interpret and critique scholarly papers. Through article interpretation, research synthesis, and study design exercises, students will deepen their understanding of how research informs clinical decision-making and evidence-based practice in the nutrition field.

**Prerequisite(s):** DIET 3850**Corequisite(s):** DIET 4100, DIET 4110**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4880 - Research Seminar II**

1 Credit (Repeatable for credit)

This is the second semester of a two-part course centered on nutrition science research. Students will critically assess and analyze current research in the fields of nutrition and dietetics, with a focus on examining complex studies and their application to clinical practice. The course emphasizes the evaluation of research design, methodology, and advanced statistical techniques, equipping students with the tools to interpret and critique scholarly papers. Through article interpretation, research synthesis, and study design exercises, students will deepen their understanding of how research informs clinical decision-making and evidence-based practice in the nutrition field.

**Prerequisite(s):** DIET 4870**Corequisite(s):** DIET 4150**Restrictions:**

Enrollment is limited to students with a major in Nutrition Dietetics.

**DIET 4890 - Culinary Philosophy & Practice**

3 Credits

This fully immersive course weaves together culinary technique, academic insight, and creative expression, empowering students to lead and collaborate in executing professional culinary events. Working in teams, students will conceive, plan, and execute events of varied scope—from intimate chef's tables to large-scale pop-ups—honing both front-of-house coordination and back-of-house execution. Emphasis is placed on leadership skills, effective communication, and role delegation, as well as on cultivating culinary artistry through menu development, plating composition, and flavor innovation. By navigating real-world challenges in dynamic kitchen environments, students will emerge as confident leaders and imaginative culinarians.

**Prerequisite(s):** DIET 4250

**DIET 5030 - Sustainable Food Systems**

3 Credits

This course provides students with a clear perspective on the principles, history, and practices of sustainable food systems in local and global communities.

**Attributes:** Health & Rehab Sciences, MPH-Behavior Sci & Health Equi

**DIET 5040 - Edible Wild Foods**

3 Credits

This graduate culinary experience delves into the world of foraged foods as a pinnacle of true “local” and “seasonal” cuisine, exploring their roles in nutrition, medicine, and cultural heritage. Through field excursions and laboratory sessions, students will master the identification of wild edible plants and investigate their ecological contexts, ethnobotanical histories, and bioactive compounds. Emphasis is placed on critically evaluating nutritional profiles, therapeutic potentials, and sustainable harvest practices.

**Attributes:** Restricted to Majors

**DIET 5060 - Maternal and Child Nutrition and Health**

3 Credits

This course will look at maternal and child health and nutrition through a public health lens. It will focus on both domestic and international health and nutrition issues as they relate to women and children. It will include service learning, for both undergraduate and graduate students, with a community agency that serves women and children. Additionally, graduate students in this course will also develop and lead a discussion on a related evidence-based research effort dealing with domestic or international maternal or child nutrition and health.

**Attributes:** Health & Rehab Sciences, MPH-Behavior Sci & Health Equi, MPH-Maternal & Child Health, MPH-Public Health Practice

**DIET 5070 - Culinary Medicine**

3 Credits

This graduate-level Culinary Medicine course blends the artistry of cooking with evidence-based nutrition science, championing a “food-first” approach to wellness, disease prevention, and clinical management. Through hands-on cooking labs, students will hone culinary techniques while deepening their understanding of nutrient biochemistry, dietary patterns, and therapeutic food strategies. Emphasizing both general health-promoting diets and targeted medical nutrition therapies (e.g., cardiovascular, metabolic, gastrointestinal), the curriculum integrates sustainable sourcing, cultural foodways, and behavior-change principles. Graduates will be equipped to translate culinary and nutrition expertise into patient-centered guidance, empowering clients to adopt practical, flavorful, and culturally relevant dietary modifications for optimal health.

**Prerequisite(s):** DIET 4150

**DIET 5100 - Human Nutrition: Physiology and Metabolism I**

3 Credits

In this advanced graduate seminar, we will examine the role of nutrition in human metabolism and physiology, with a focus on how nutrition influences health and contributes to the development and progression of disease. Designed to integrate active, student-centered learning, the course emphasizes current research and explores the molecular, hormonal, and physiological mechanisms that govern nutrient metabolism, energy balance, and metabolic adaptation in both health and disease states. Through collaborative problem-solving and critical appraisal of emerging scientific evidence, students will develop the ability to translate research into evidence-based medical nutrition therapy interventions and public health recommendations. This is the first semester of a two-part course centered around endocrine disorders, cardiovascular diseases and gastrointestinal conditions.

**Prerequisite(s):** DIET 4100; DIET 4150

**Attributes:** Health & Rehab Sciences

**DIET 5130 - Human Nutrition: Physiology and Metabolism II**

3 Credits

In this advanced graduate seminar, we will examine the role of nutrition in human metabolism and physiology, with a focus on how nutrition influences health and contributes to the development and progression of disease. Designed to integrate active, student-centered learning, the course emphasizes current research and explores the molecular, hormonal, and physiological mechanisms that govern nutrient metabolism, energy balance, and metabolic adaptation in both health and disease states. Through collaborative problem-solving and critical appraisal of emerging scientific evidence, students will develop the ability to translate research into evidence-based medical nutrition therapy interventions and public health recommendations. This is the second semester of a two-part course centered around oncology, renal disease, nutrition support and other medical conditions.

**Prerequisite(s):** DIET 5100

**Attributes:** Health & Rehab Sciences

**DIET 5210 - Pediatric Nutrition**

3 Credits

This course provides a comprehensive exploration of nutritional requirements from fetal development through adolescence, integrating physiological and psychological growth principles with the pathophysiology of growth disorders. In the first half of the semester, students will examine nutrient demands for normal development, assess biomarkers of growth and maturation, and analyze factors influencing atypical growth trajectories. In the latter half, the focus shifts to evidence-based nutrition interventions for chronic pediatric conditions and specialized nutrition support for the critically ill child. Through case studies, review of current research, and interprofessional collaboration exercises, students will develop the skills to design and implement tailored nutrition plans that optimize health outcomes across the pediatric spectrum.

**Prerequisite(s):** DIET 5100

**Attributes:** Health & Rehab Sciences

**DIET 5300 - Community Nutrition**

3 Credits

This course examines the principles and practices of community nutrition, emphasizing the development, implementation, and evaluation of population-based interventions. Students will explore the social, cultural, and economic determinants of dietary patterns and health, learn to conduct community needs assessments, and design evidence-based programs to address nutrition-related issues in diverse settings. Topics include program planning models, grant writing, policy advocacy, and behavior-change strategies. Through field experiences and case studies, students will gain the skills to collaborate with stakeholders, leverage community resources, and measure the impact of nutrition initiatives aimed at improving public health.

**Prerequisite(s):** DIET 4300**Attributes:** Health & Rehab Sciences**DIET 5350 - Health Innovations Incubator**

3 Credits

This course provides a framework for students to develop entrepreneurial competencies and launch innovative ventures in the health, food, and wellness sectors. The curriculum covers strategic market analysis, product development, branding, and financial planning—each tailored to mission-driven enterprises. Students will apply lean-startup methodologies and evidence-based practices to conceive, design, and pitch a pilot venture, working both independently and collaboratively. Through real-world case studies, guest lectures, and mentorship sessions, the program explores leadership theories and management strategies essential to success in today's purpose-driven markets. Upon completion, students will possess the strategic insight, business acumen, and professional communication skills required to create and lead sustainable, impact-focused ventures.

**DIET 5450 - Public Health Nutrition Practicum**

0-3 Credits (Repeatable for credit)

Field experience in patient/client nutritional management at various sites under professional supervision (20 hours per week). Research component required as part of the practicum. Practice experience carried concurrently with theory. (Offered every Fall, Spring and Summer)

**DIET 5480 - Nutrition Education and Counseling**

3 Credits

This graduate-level course equips students with the theoretical foundations and practical skills needed to design, implement, and evaluate evidence-based nutrition education programs. Beginning with a thorough examination of adult learning theories, behavior-change models, and instructional design principles, students will learn to develop targeted curricula and assessment tools for diverse populations and settings. Emphasis is placed on program planning frameworks, outcome measurement, and continuous quality improvement to ensure educational interventions achieve meaningful impact. In the counseling component, students will delve into core counseling theories—highlighting motivational interviewing, transtheoretical models, and client-centered communication—to foster effective, empathetic partnerships with clients. Through a series of simulated counseling sessions, peer and self-evaluations, and reflective practice seminars, participants will hone their ability to set collaborative goals, navigate ambivalence, and support sustainable dietary behavior change. By course end, graduates will be prepared to lead and evaluate both group-based and one-on-one nutrition education and counseling initiatives in clinical, community,

**Attributes:** Health & Rehab Sciences**DIET 5550 - Nutrition for Athletic Performance**

3 Credits

This course explores the interplay between nutrition and exercise physiology to optimize athletic performance and training adaptations. Students will examine the metabolic pathways underpinning energy production, macronutrient utilization, and micronutrient roles in muscle function and recovery. Through critical analysis of current research, the course covers strategic meal planning, nutrient periodization, and targeted supplementation—emphasizing not only what to eat, but when and how much—to support strength, endurance, and team-sport athletes. Practical workshops will guide students in developing personalized nutrition protocols, interpreting performance biomarkers, and integrating nutrition strategies into periodized training cycles. By the end of the course, participants will be equipped to design evidence-based, athlete-centered nutrition plans that enhance performance, promote recovery, and reduce injury risk in elite and recreational populations.

**Attributes:** Health & Rehab Sciences**DIET 5690 - Bioenergetics of Exercise**

3 Credits (Repeatable for credit)

This graduate-level seminar delivers an in-depth exploration of human exercise bioenergetics, examining both acute and chronic physiological and biochemical adaptations in skeletal muscle and the cardiovascular system. Through critical review of current research literature, students will master the principles governing ATP production, substrate utilization, and metabolic regulation during varied exercise modalities. Emphasis is placed on integrating theoretical concepts—such as energy system interplay, mitochondrial biogenesis, and redox balance—with practical implications for training adaptation, performance optimization, and clinical exercise prescription. The course discusses the acute and long-term adaptations to different exercise modalities such as endurance and resistance training. Participants will engage in data-driven discussions, analyze experimental methodologies, and apply evidence-based insights to advance the science and practice of sports nutrition and exercise physiology.

**Prerequisite(s):** (ANAT 1000 or HSCI 3300); HSCI 3310; HSCI 3400; HSCI 3410**Attributes:** Health & Rehab Sciences**DIET 5700 - Exercise Testing and Prescription**

3 Credits

This graduate-level course equips students with advanced skills in fitness assessment and exercise prescription, aligned with the American College of Sports Medicine (ACSM) Personal Trainer Certification standards. Through a combination of lectures and hands-on laboratory practicum, students will master evaluation techniques for cardiovascular endurance, muscular strength and endurance, body composition, and flexibility. Emphasis is placed on interpreting assessment data to design individualized, evidence-based programs for cardiovascular, resistance, and flexibility training. The curriculum also covers risk stratification, emergency response planning, and exercise considerations for special populations—including youth, pregnant clients, and older adults, along with those with metabolic diseases. By integrating case studies, practical simulations, and ACSM guidelines, graduates will emerge prepared to conduct safe, effective fitness assessments and to prescribe tailored exercise interventions across the lifespan.

**Prerequisite(s):** (ANAT 1000 or HSCI 3300); DIET 5690; HSCI 3310; HSCI 3400; HSCI 3410

**DIET 5750 - Gastronomy**

3 Credits

This graduate seminar examines the dynamic interplay between food and culture, exploring how culinary practices both reflect and shape social identities, rituals, and worldviews. Through a comparative study of diverse gastronomic traditions, students will analyze the sociocultural, historical, and environmental forces that give rise to distinct ingredients, techniques, and flavor profiles. Critical attention is paid to the concept of “terroir” beyond viticulture—investigating how geography, climate, and community forge a cuisine’s unique character. As globalization and cultural convergence accelerate, the course interrogates strategies for preserving culinary diversity and authenticity. Topics include the preservation of heritage ingredients, the resilience of regional cooking methods, and the negotiation of food taboos—religious, ethical, and social. Combining scholarly readings, ethnographic case studies, and experiential tastings, students will engage in interdisciplinary discourse on sustainability, cultural preservation, and the future of global gastronomy.

**Attributes:** Health & Rehab Sciences**DIET 5855 - Advanced Nutrition**

4 Credits (Repeatable up to 12 credits)

This course will provide the student with an understanding of 1) nutrition from the cellular level to the whole organism; 2) the metabolism of carbohydrates, lipids and proteins; and 3) the digestion, absorption, transport, function, metabolism, excretion, deficiency, and toxicity of nutrients.

**DIET 5870 - Seminar in Dietetics Research**

1 Credit (Repeatable up to 2 credits)

This seminar course guides students through the process of developing, conducting and disseminating in-depth research in the field of dietetics. Emphasis is placed on identifying a research question, conducting a comprehensive literature review, and understanding research design and methodology. Students will also become familiar with University and departmental research requirements, including ethical considerations and proposal development. The course prepares students to critically analyze scientific literature and effectively communicate research findings in both written and oral formats.

**Prerequisite(s):** DIET 5990\*; ORES 5100

\* Concurrent enrollment allowed.

**Attributes:** Health & Rehab Sci Research**DIET 5880 - Research in Nutrition and Dietetics I**

1 Credit

Conduct in-depth research, data collection, and statistical analysis, including completion of full IRB requirements. (Offered every Fall and Spring)

**Prerequisite(s):** DIET 5870**DIET 5900 - Culinary Practicum**

1-4 Credits (Repeatable for credit)

Practical entrepreneurial experience or research in culinary arts and nutrition under professional supervision with a focus on sustainability. (20 hours per week).

**DIET 5910 - Dietetic Internship**

2-4 Credits (Repeatable for credit)

Required of all students participating in the American Dietetic Association accredited internship.

**DIET 5960 - Nutrition Capstone**

1-4 Credits (Repeatable for credit)

This capstone course provides a culminating, supervised learning experience in the student’s area of concentration or within the broader scope of their MS or MS/DI training. Students apply advanced knowledge and skills through the development of a project proposal, completion of 40 hours of supervised off-campus fieldwork, and preparation of a comprehensive capstone portfolio. The course concludes with a formal oral defense of the project, demonstrating integration of academic and practical competencies.

**DIET 5980 - Graduate Independent Study in Dietetics**

1-3 Credits

**DIET 5990 - Thesis Research**

1-4 Credits (Repeatable for credit)

This course supports the development and execution of a thesis research project in the field of nutrition and dietetics. Students will design and implement a research study, including data collection, data analysis, and interpretation of findings. Emphasis is placed on applying ethical research practices, including the completion of Institutional Review Board (IRB) requirements if applicable. Students will work closely with faculty thesis chairs to refine research questions, select appropriate methodologies, and prepare for the final thesis defense and dissemination of results.