

# NUTRITION (NUTR)

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## **NUTR-155**

### **Introduction to Nutrition**

**3 UNITS**

3.0 hours lecture

Introduction to the basic principles of nutrition and its relationship to good health. Evaluation of current nutritional information (and misinformation) with emphasis on critical thinking to determine optimal dietary choices. Study of the major dietary goals and guidelines. Examination of weight maintenance techniques, eating disorders, food labeling, food safety, and special needs at various stages in the life cycle. (CSU/UC) (AA/AS-D, CSU-E)

## **NUTR-158**

### **Nutrition for Fitness and Sports**

**3 UNITS**

3.0 hours lecture

Investigates the effects of nutrition and various dietary regimens on athletic performance, physical fitness and general health. Compares the physiological effects of optimal nutrition vs. inadequate nutrition for the general population as well as athletes. Cultural, sociological and psychological influences will be examined. Discussion of "fads" and dietary supplements is included. (CSU) (AA/AS-D, CSU-E)

## **NUTR-255**

### **Science of Nutrition**

**3 UNITS**

Prerequisite: "C" grade or higher or "Pass" in BIO 130, 131 and CHEM 120 or equivalent

3.0 hours lecture

Establishes the relationship between foods and science through the study and integration of chemistry, biology and nutrition science. The metabolism and functions and sources of nutrients will be covered in detail to correlate the role they have in promotion of health and disease prevention. The challenges that occur during the human life cycle and how nutrient needs change will be studied. Includes evaluation from a scientific perspective of current concepts, controversies, and dietary recommendations. Nutritional issues as they relate to weight maintenance, eating disorders, food labeling, food safety and special needs at various stages in the life cycle will be thoroughly examined. (C-ID NUTR 110) (CSU/UC) (CSU-E)