

DHN 101 - HUMAN NUTRITION AND WELLNESS

College of Ag, Food and Environment

Credit(s): 3

Food composition, digestion, absorption and metabolism as related to selection of nutrients essential for human life, growth, reproduction, lactation, wellness and physical activity. Not open to NFS majors except hospitality management students.

Approved for Distance Learning.

DHN 210 - DISCOVERING BALANCE: A PERSONAL JOURNEY TOWARDS HEALTH AND NUTRITION

College of Ag, Food and Environment

Credit(s): 3

Discovering Balance is a course that examines the dimensions of health and wellness, with a specific focus on nutrition and finding balance between all aspects of wellbeing. An emphasis is placed on factors that influence health, particularly individual behaviors surrounding nutrition, mindfulness, and connection. Students will participate in self-assessments that provide information about their dietary habits and other health behaviors, using that knowledge to plan for ways to gain personal improvement in each area of the wellness wheel. In addition, students will learn strategies that improve lifetime nutrition, health and well-being.

DHN 212 - INTRODUCTORY NUTRITION

College of Ag, Food and Environment

Credit(s): 3

An elementary study of the principles of nutrition and the application of these principles to providing adequate nutrition to humans. The chemical and physiological approach to nutrition is emphasized.

Prereq: CHE 105 or CHE 103 or CHE 108; plus, past or concurrent BIO 103 or BIO 148 or BIO 152 or BIO 208.

Approved for Distance Learning.

DHN 241 - FOOD SERVICE SANITATION

College of Ag, Food and Environment

Credit(s): 1

This course covers the principles of food microbiology, important food borne diseases, standards that are enforced by regulatory agencies, and applied measures for the prevention of food borne diseases and other microbiological problems. It leads to certification from the National Restaurant Association.

Approved for Distance Learning.

DHN 300 - DIETETICS AND HUMAN NUTRITION STUDY TOUR: SUBTITLE REQUIRED

College of Ag, Food and Environment

Credit(s): 1 - 3 (Variable)

A course requiring domestic or foreign travel to include investigation of interests related to dietetics and human nutrition. Professional visits are planned according to particular itineraries. Application and payment dates are determined each semester by the instructor. Students are responsible for travel and lodging expenses. These are determined in advance and will be shared prior to course registration. This course may be repeated one time if tour destinations are different.

Prereq: Priority is given to majors and upperclassmen. All students are subject to instructor approval.

Repeatable up to 6 credit hours.

DHN 301 - DIETETICS PRACTICE

College of Ag, Food and Environment

Credit(s): 1

This course provides a study of dietetics practice including professional ethics, standards of practice, scope of practice, credential attainment and maintenance, competencies required for entry level practice, and responsibilities as a professional. Lectures and assignments will provide exploration of dietetics practice in medical nutrition therapy, food service management, delivery of nutrition services, and dietetics in general.

Prereq: DHN 212; Limited to Dietetics Majors only.

DHN 302 - PRINCIPLES OF FOOD PREPARATION

College of Ag, Food and Environment

Credit(s): 3

The physical and chemical principles involved in the preparation of foods and the application of these principles to control for quality outcomes. Laboratory experiences link theory to practice to ensure that the standards of safety and overall quality factors are applied to maximize nutrient retention while maintaining the acceptability and nutritional qualities of foods produced for individuals and groups. Lecture, one hour; Laboratory, four hours.

Prereq: DHN 241; Limited to DHN and Family Consumer Science (FCS) department majors and with permission of instructor.

DHN 311 - NUTRITIONAL BIOCHEMISTRY

College of Ag, Food and Environment

Credit(s): 3

An introductory study of the biochemical basis of nutrition—the physiochemical properties of nutrients and other essential biochemicals and their role in physiological and metabolic processes.

Prereq: CHE 230 or CHE 236 must be completed prior to DHN 311; PGY 206 must be taken concurrently or prior to DHN 311. Limited to Dietetics, Human Nutrition, and Food Science Majors only; other majors by Consent of Instructor.

DHN 312 - LIFE CYCLE AND COMMUNITY NUTRITION I

College of Ag, Food and Environment

Credit(s): 3

A study of the physiological changes occurring in the human life cycle with associated nutrient needs. The course focuses on assessment and determination of nutrition issues and nutrition education for individuals from in-utero to toddlerhood. Nutrition education programs on a community level will be addressed at each stage of the life cycle.

Prereq: DHN 212; Limited to Dietetics and Human Nutrition Majors only.

DHN 313 - LIFE CYCLE AND COMMUNITY NUTRITION II

College of Ag, Food and Environment

Credit(s): 3

A study of the physiological changes occurring in the life cycle with associated nutrient needs. The course focuses on assessment and determination of nutrition issues and nutrition education for individuals from childhood to old age. Nutrition education programs on a community level will be addressed at each stage of the life cycle. Program planning, evaluation and grant writing will also be covered and applied in this course.

Prereq: DHN 312; limited to Dietetics and Human Nutrition majors only.

DHN 315 - NUTRITION ISSUES IN PHYSICAL ACTIVITY

College of Ag, Food and Environment

Credit(s): 3

This course explores the special nutritional needs of a person

engaged in regular physical activity. Emphasis will be placed on selecting a diet to achieve optimal performance and overall wellness. Athletic performance enhancing supplements will be examined to determine the efficacy and safety of such products.

Prereq: DHN 212 and restricted to dietetics or Human Nutrition majors.

DHN 318 - HUNGER, FOOD BEHAVIOR, AND THE ENVIRONMENT

College of Ag, Food and Environment

Credit(s): 3

This course brings together the role of the biological processes that influence hunger with the physiological responses to cues in the social and neighborhood environment that influence what we eat. The connection between what we eat and lifelong health consequences of dietary patterns can be seen at the individual, familial, and community level. Topics in this course will include hunger and satiety, taste preferences and food aversions, food policy, sustainability, the role of the food environment, and nutrition policy.

Prereq: DHN 101, DHN 212, or consent of instructor.
Approved for Distance Learning.

DHN 319 - SEMINAR IN HUNGER STUDIES

College of Ag, Food and Environment

Credit(s): 1

This course provides a multi-disciplinary approach to hunger studies. Students will develop a written paper and professional seminar on a current hunger-related issue.

Prereq: DHN 318 or consent of instructor, DHN 318 can be taken concurrently.
Approved for Distance Learning.

DHN 320 - EXPERIENTIAL LEARNING IN HUNGER STUDIES

College of Ag, Food and Environment

Credit(s): 2

Students will engage in experiential learning in a pre-approved volunteer, internship, study abroad, or paid work experience related to the world fight against hunger and social injustice.

Prereq: DHN 318 or consent of instructor. DHN 318 can be taken concurrently.

Approved for Distance Learning. Repeatable up to 6 credit hours.

DHN 340 - INSTITUTIONAL PURCHASING

College of Ag, Food and Environment

Credit(s): 3

Fundamental principles and purchasing techniques for the selection of food and nonfood items in a food service system.

Prereq: ECO 201 or 202; Limited to Dietetics and Hospitality Management and Tourism Majors only.

DHN 342 - QUANTITY FOOD PRODUCTION

College of Ag, Food and Environment

Credit(s): 4

An introduction to the production and service of food in quantity, to include the application of production techniques and controls, menu planning and service. Lecture, two hours; laboratory, 4.5 hours per week.

Prereq: DHN 302 or HMT 308; DHN 241; Limited to Dietetics and Hospitality, Management and Tourism Majors.

DHN 346 - MANAGEMENT FOR FOOD INDUSTRIES

College of Ag, Food and Environment

Credit(s): 3

This course examines the evolving field of human resources in the food and hospitality industry. Students will examine the changing roles and responsibilities of the manager. Topics will include fundamental principles and purchasing techniques in the food service system as well as planning, selection, placement, training, disciplining employees, labor relations and compensation.

Prereq: ECO 201; Dietetics majors only.

DHN 374 - RESEARCH AND WRITING IN DIETETICS

College of Ag, Food and Environment

Credit(s): 3

Study of research, ethics, and methodology for designing, managing, and synthesizing evidence based research in dietetics. Students develop critical thinking, writing, and oral communication skills through scientific literature searches, interpretation of data, and development of a news brief, newsletter article, and literature review with accompanying oral presentations. This course is a Graduation Composition and Communication Requirement (GCCR) course in certain programs, and hence is not likely to be eligible for automatic transfer credit to UK.

Prereq: DHN 212 and STA 210; limited to Dietetics majors only.

DHN 403 - COMMUNITY NUTRITION AND WELLNESS

College of Ag, Food and Environment

Credit(s): 3

Study of nutrition education programs on a community level. Experience is provided for presenting nutrition in health clinics, health camps, schools, state institutions, family resource centers, and corporate wellness programs. Attention is paid to special populations, including pregnant women, children, adults, the elderly, and persons with disabilities.

Prereq: DHN 312.

DHN 408G - SEMINAR IN DIETETICS AND HUMAN NUTRITION

College of Ag, Food and Environment

Credit(s): 1

Investigation of recent research in dietetics and human nutrition. May be repeated to a maximum of three credits. Nutritional Sciences graduate students may not enroll for graduate credit.

Prereq: DHN 510 or consent of instructor.
Repeatable up to 3 credit hours.

DHN 474 - RESEARCH IN NUTRITION: THEORY

College of Ag, Food and Environment

Credit(s): 3

A required course which allows the student to explore research opportunities in the health field, identify potential funding sources, review institutional review board requirements, and develop and grant proposal based on their own interests in nutrition. This course is a Graduation Composition and Communication Requirement (GCCR) course in certain programs, and hence is not likely to be eligible for automatic transfer credit to UK.

Prereq: Human Nutrition majors only. Senior standing. DHN 311 (may be taken concurrently with consent of instructor).

DHN 475 - RESEARCH IN NUTRITION: APPLICATION

College of Ag, Food and Environment

Credit(s): 3

A required course which allows the student to design a research study, write a grant, prepare a comprehensive literature review, design a survey, conduct statistical analyses on collected data, and prepare a professional article and poster to present at University and regional events. This course is a Graduation Composition and

Communication Requirement (GCCCR) course in certain programs, and hence is not likely to be eligible for automatic transfer credit to UK.

Prereq: Human Nutrition majors only. Grade of C or better in DHN 474. Graduation Writing Requirement Course - Credit is awarded to students meeting the GWR prerequisites.

DHN 480 - DIETETICS PRE-PROFESSIONAL PRACTICE

College of Ag, Food and Environment

Credit(s): 1

This course provides the opportunity for students to gain pre-professional experiences that are designed to allow students to apply knowledge and skills in assessing, planning, implementing and evaluating nutrition care delivery systems. Student experiences will include opportunities to link theory and practice while developing the skills and attitudes essential to practice in the dietetics profession. Placement in experiential settings must have the approval of the instructor before the student will be allowed to start at the site. A DHN 480 Learning Contract developed by the student and approved by the mentor and instructor will guide the individualized experience. A minimum of 60 supervised practice hours will constitute one semester credit hour.

Prereq: Consent of instructor and senior status in the Dietetics Didactic Program.

Repeatable up to 6 credit hours.

DHN 510 - ADVANCED NUTRITION

College of Ag, Food and Environment

Credit(s): 3

Application of biochemistry, physiology and nutrition to the understanding of the utilization and function of nutrients in the body as related to the structure, function and metabolic needs of cells/organ systems.

Prereq: DHN 311 or BCH 401G or equivalent; PGY 206; Dietetic and Human Nutrition Majors or admission to graduate program.

DHN 512 - MEDICAL NUTRITION THERAPY I

College of Ag, Food and Environment

Credit(s): 4

This course explores changes in nutrient metabolism related to biochemical and physiological alterations in disease conditions and application of the Nutrition Care Process. Content includes case study evaluations, medical nutrition therapies for disease conditions, and current research in the field.

Prereq: DHN 311 and DHN 312; plus, past or concurrent DHN 510. Enrollment is restricted to dietetics majors only.

DHN 514 - DIETETICS: COUNSELING AND COMMUNICATION THEORIES AND APPLICATIONS

College of Ag, Food and Environment

Credit(s): 3

Counseling and communication theories are combined to study specific applications which include disease prevention, disease management and refinement of communication skills to enhance effectiveness as a practicing RD. Students will enhance their capacity to motivate others to practice healthy food behaviors. Active learners will develop a conceptual framework for future professional practice in dietetics as ethical counselors and facilitators of behavior change.

Prereq: DHN 313, DHN 510, DHN 512; must be taken concurrently with DHN 517. Limited to Dietetics majors only.

DHN 515 - MEDICAL NUTRITION THERAPY

College of Ag, Food and Environment

Credit(s): 5

This capstone course explores changes in nutrient metabolism related to biomedical, physiological, and pathophysiological alterations in disease

conditions, application of the Nutritional Care Process and Model and development of medical nutrition therapy intervention. Content includes case study evaluations, nutritional therapies for disease conditions, including enteral and total parenteral nutrition, and current research in the field.

Prereq: DHN 311, DHN 312, DHN 403 and DHN 510 and concurrent with DHN 514. Enrollment is limited to Dietetics majors.

DHN 516 - MATERNAL AND CHILD NUTRITION

College of Ag, Food and Environment

Credit(s): 3

Food selection for optimal nutrition during pregnancy and lactation and for infant and child development through preadolescence. Cultural, social, and psychological aspects of food selection and dietary patterns, as they relate to mental and physical development.

Prereq: DHN 312 or consent of instructor.

DHN 517 - MEDICAL NUTRITION THERAPY II

College of Ag, Food and Environment

Credit(s): 3

This course continues study of medical nutrition therapy topics, including trauma and enteral and parenteral nutrition. Content includes more advanced case study evaluations, medical nutrition therapies, and current research in the field.

Prereq: DHN 512 and concurrent with DHN 514 and enrollment is limited to dietetics majors.

DHN 518 - EVALUATION OF DIETETIC ISSUES AND LEADERSHIP

College of Ag, Food and Environment

Credit(s): 2

Course provides opportunities for the development of competencies, attitudes and values expected of the entry level professional. Lectures, presentation of individual case studies and research projects are conducted. Opportunities are provided for transfer of theory to practice, interpretation of research, discussion of professional literature and application of leadership and communication skills in addressing issues of professional dietetic practice. This web enhanced didactic course is taught via distance learning coupled with on campus sections.

Prereq: Admission to the Coordinated Program or Dietetic Internship.
Approved for Distance Learning.

DHN 580 - INTRODUCTION TO EVIDENCE-BASED PRACTICE IN DIETETICS

College of Ag, Food and Environment

Credit(s): 3

This course focuses on the fundamentals used in evidence-based practice for nutrition research in multiple settings. Students explore research opportunities while developing critical thinking skills through readings, writings, and discussions. Course topics include research ethics, study design, problem statement development, qualitative/quantitative methods, patient/population, intervention(s), comparison, and outcomes proposal for subsequent evidence-based practice project courses (DHN 581 and 680).

Prereq: DHN 374 and admission to the Accelerated Coordinated Program in Dietetics.
Approved for Distance Learning.

DHN 581 - APPLIED EVIDENCE-BASED PRACTICE IN DIETETICS

College of Ag, Food and Environment

Credit(s): 3

Students will participate in evidence-based practice project activities including completion of a mock Institutional Review Board (IRB)

application and finalizing the evidence-based practice project problem statement, patient/population, intervention, comparison, and outcome. As well, students will review and apply quantitative and qualitative research design methods. This course will utilize content covered in DHN 580 and will prepare a student for success in their final evidence-based practice project in DHN 680.

Prereq: DHN 580 and admission to the Accelerated Coordinated Program in Dietetics.

DHN 591 - SPECIAL PROBLEMS IN DIETETICS AND HUMAN NUTRITION

College of Ag, Food and Environment

Credit(s): 1 - 3 (Variable)

Intensive work on an independent project related to dietetics and human nutrition. Senior or graduate standing. May be repeated for a maximum of six credits.

Prereq: Consent of instructor.
Repeatable up to 6 credit hours.

DHN 593 - INTRODUCTION TO CULINARY MEDICINE

College of Ag, Food and Environment

Credit(s): 3

This course will introduce students to the field of culinary medicine, which involves using both evidence-based nutrition and medicine knowledge and culinary skills to assist healthcare providers and nutrition professionals in supporting patients and their families in achieving and maintaining optimal health and wellness through diet. Students will learn key food preparation and food science principles and how those can be translated to modifying recipes for optimal health and provided as appropriate evidence-based educational resources for use in patient care. Students will apply this knowledge to prepare healthy, flavorful and delicious snacks and meals that are appropriate for individuals with chronic health conditions such as food allergies, Celiac

disease, gastrointestinal disorders, heart disease, diabetes, hypertension, cancer, and obesity.

Prereq: Admission to Graduate Certificate in Applied Nutrition and Culinary Medicine; Admission to MS degree programs in Nutrition and Food Systems or Science and Translation Outreach; Upper-level undergraduate students who have completed DHN 302; or, Consent of Instructor.

Approved for Distance Learning.

DHN 597 - OBESITY AND FOOD INSECURITY PARADIGM: FROM CELL TO SOCIETY

College of Ag, Food and Environment

Credit(s): 3

This course will explore the pathophysiology of obesity, including genetic determinants, prenatal and early life influences, and epigenetics. Students will examine the influence of environmental, socio-economic, public policy, dietary, and physical activity factors as they relate to overweight and obesity in the United States. Interventions to treat obesity, including pharmaceutical, surgical, lifestyle, and environmental options, will be discussed.

Prereq: DHN 101 or DHN 212 or consent of instructor.

Approved for Distance Learning.

DHN 598 - GLOBAL FOODS, DIET AND CULTURE

College of Ag, Food and Environment

Credit(s): 3

This course provides a study of global factors influencing food habits, dietary patterns, and health. Students will examine the effects of cultural identity amongst people living across the United States as it relates to food choices, behaviors, and nutritional status. The nutritional value of global foods, strategies towards disease prevention, and interventions through nutrition to improve health outcomes will be discussed.

Prereq: DHN 101 or DHN 212 or a comparable introductory nutrition course.

Approved for Distance Learning.