

DHN 101 – HUMAN NUTRITION AND WELLNESS

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.

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

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

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.

DHN 241 – FOOD SERVICE SANITATION

Credit(s): 3

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.

DHN 301 - DIETETICS PRACTICE

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

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

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

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

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 342 - QUANTITY FOOD PRODUCTION

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

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

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 408G - SEMINAR IN DIETETICS AND HUMAN NUTRITION

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 480 - DIETETICS PRE-PROFESSIONAL PRACTICE

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

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

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

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 517 - MEDICAL NUTRITION THERAPY II

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 580 - INTRODUCTION TO EVIDENCE-BASED PRACTICE IN DIETETICS

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

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 593 – CULINARY MEDICINE

Credits: 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.

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

Credits: 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

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.

DHN 603 – ADVANCED COMMUNITY PROGRAM DEVELOPMENT

Credits: 3

This course focuses on the theory, practice, and evaluation of community programs to improve quality of life. Key concepts include the socio-ecological model, direct education combined with policy, systems, and environmental approaches, program evaluation, and implementation of evidence-based interventions. Some concepts, like logic models and social marketing, may appear to be simple and straightforward, but are actually quite complex. The course will employ a variety of teaching strategies; we will use experience and reflection to enhance the learning process. Discussions, projects, electronic communication and resources, and visual media will allow learners to interact with the content, instructor, and each other. Assignments are designed to help students learn how to effectively plan, develop, and evaluate community programs and strategies to promote healthy eating, active living, and a sustainable environment.

Prereq: Admission to MS degree programs in Nutrition and Food Systems or Science and Translation Outreach OR enrollment in Graduate Certificate in Applied Nutrition and Culinary Medicine OR consent of instructor. Approved for Distance Learning.

DHN 605 - FOOD SYSTEMS AND SOCIETY

Credits: 3

Food Systems and Society tracks food from farm to table, including growing, harvesting, processing, packaging, transporting, marketing, consumption, and disposal. Policy and culture determine who eats what and who benefits and loses in any given food system. As a result food systems vary considerably across the world with each evolving to affect overall health. The course will assess sustainability of food systems and explore the ethical, economical, socioecological, and environmental factors that affect local, regional, national, and global food system development. Content includes case study evaluations and current research in the field.

Prereq: Admission to MS degree program in Nutrition and Food Systems or MS degree program in Science Translation and Outreach or Consent of Instructor. Approved for Distance Learning.

DHN 607 – FOOD RELATED BEHAVIORS

Credits: 3

This course focuses on the many factors that influence food-related behaviors at the individual level. For example, students will explore the development of eating behaviors from infancy into adulthood, as influenced by biological, psychological, social, cultural, environmental, and personal factors. The course will demonstrate the ways in which application of health behavior theories can guide individuals to adopt health-related diet changes.

Prereq: Admission to MS degree program in Nutrition and Food Systems or MS degree program in Science Translation and Outreach or Consent of Instructor. Approved for Distance Learning.

DHN 608 - CHRONIC DISEASE MANAGEMENT AND PROCESS

Credits: 3

This course focuses on the etiology and pathophysiology of nutrition-related chronic diseases and conditions including obesity, hypertension, dyslipidemia, heart disease, diabetes, and cancer. Emphasis is placed on the biochemical and physiological mechanisms involved by which nutrients impact the prevention, nutrition care process-diagnosis, assessment, implementation of care, monitoring and evaluation, and progression of chronic diseases and conditions.

Prereq: Graduate standing and minimum 3 credit hours of upper level advanced nutrition or DHN510. Approved for Distance Learning.

DHN 720 - DIETETICS SUPERVISED PRACTICE: MEDICAL NUTRITION THERAPY I

Credits: 4

This course provides the first part of a supervised practice in medical nutrition therapy for students pursuing a career in dietetics. Students will gain experience in the work of health care facilities, including acute care, long-term care and/or outpatient settings. The internship experience provides students the opportunity to conduct patient assessments, diet planning, nutrition care plan implementation, and nutritional assessment techniques. Students will use evidence-based guidelines and critical thinking skills to provide supervised care to patients while gaining a deeper understanding of the pathophysiology and treatment for various disease states.

Prereq: Admission to UK DHN Accelerated Coordinated Program. Approved for Distance Learning.

DHN 722 - DIETETICS SUPERVISED PRACTICE: FOOD SERVICE SYSTEMS MANAGEMENT I

Credits: 4

This course provides the first part of a supervised practice in food service systems management for students pursuing a career in dietetics. Students will gain relevant experiences and practical application in the work of food service facilities. The experiences include participation in management functions such as procurement, production, financial and human resources management, marketing, and training. Students will use evidence-based guidelines and critical thinking skills to provide managerial perspectives while gaining a deeper understanding of the food service industry.

Prereq: Admission to UK DHN Accelerated Coordinated Program. Approved for Distance Learning.

DHN 728 - DIETETICS SUPERVISED PRACTICE: COMMUNITY NUTRITION I

Credits: 2

This course provides the first part of a supervised practice in community nutrition for students pursuing a career in dietetics. They will gain experience by working in public and private organizations to provide food and nutrition services, apply public policy, develop relevant programs and deliver nutrition education to target audiences. As well, students will monitor nutrition care for target audience groups across the lifespan and develop food and nutrition intervention programs that are evidence-based and community-based to promote health and manage or prevent disease.

Prereq: Admission to UK DHN Accelerated Coordinated Program. Approved for Distance Learning.