

**NUTR 015: Human Nutrition**

This course discusses the basic scientific principles as they apply to human nutrition in maintaining health and preventing disease. Course material concentrates on the nutrient requirements of the human body throughout life. The course examines the biochemical functions and interrelationships of nutrients as well as the current nutritional controversies. Students have the opportunity to gain practical experience in evaluating nutritional data by completing a self-study project. This course is designed for the student who has no science background.

Letter Grade, Pass/No Pass

Units: 3

Lecture Hours: 48 – 54, Lab Hours: 0

Prerequim

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