

HUN: Human Nutrition Courses

Courses

HUN 2201 Fundamentals of Human Nutrition

College of Health, Department of Movement Sciences and Health

3 sh (may not be repeated for credit)

This course explores the fundamentals of nutrition with emphasizes on the biochemical and physiological mechanisms of digestion, absorption, metabolic pathways, energy requirements, and nutritional status. It provides students with an understanding of nutrients and their roles in the body while examining current issues in food science. In addition, emphasizes are placed on a promotion of growth and health by examining weight control, disease prevention, food safety, and planning a healthy diet.