

NUTRITION

NUTRITION COURSES

NTRN 1 - Introduction to Nutrition Science

3 units

Scientific concepts of nutrition related to the function of nutrients, sources and recommended intakes. Nutritional assessment and the role of nutrition in the maintenance of health. 54 hours lecture. ADGE: 8. Transfer: CSU, UC*; C-ID# NUTR 110. * *NTRN 1 and 5 combined: maximum UC credit, 1 course.*

Recommended Course Preparation: Eligibility for college-level composition as determined by college assessment or other appropriate method.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

NTRN 5 - Sports Nutrition

3 units

Students will study the role of nutrition in sports, performance and physical fitness. Optimal food, nutrient, and activity choices to maximize athletic performance for all athlete types. 54 hours lecture. Transfer: CSU, UC*. * *NTRN 1 and 5 combined: maximum UC credit, 1 course.*

- Credit - Degree Applicable
- Grading Option: Letter Grade

NTRN 10 - Perspectives in Cultural Nutrition

3 units

This course explores the bio-cultural influences on nutrition and their relevance to international and domestic public health research and programs while encouraging self-examination and cultural humility. Topics include cultural perspectives on infant feeding, comparisons of Eastern and Western traditions of nutrition, global food issues, dietary habits, socioeconomic influences on food culture, and the social impacts of under and over-nutrition. 54 hours lecture. ADGE: 4; Transfer: CSU, UC.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass