

# Department of Nutritional Sciences

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The Department offers the major in Nutrition. The NTRI major offers three study options: Nutrition/Dietetics (NTDI), Nutrition Science (NSPM) and Nutrition/Wellness (NTWE).

## Nutrition

The field of nutrition is concerned with human physiology and biochemistry and their relationship to human health, diet, and well-being. The NTRI curriculum has three options which permit specialization according to students' specific interests. Course work in the major must be taken in sequence. On and off campus transfer students should anticipate that additional semesters of study may be required to complete the program.

## Nutrition Science Option

The Nutrition Science option prepares students for a variety of health professional schools, such as medical, dental, pharmacy, optometry, physical therapy, and physician's assistant, as well as for graduate study in the nutrition discipline.

## Pre-Pharmacy

The pre-pharmacy program in particular permits students to take only three years of undergraduate classes before starting the Pharm.D. program at the Harrison College of Pharmacy. During their junior year, students will begin the application process for pharmacy school. After successful completion of four semesters in the Harrison College of Pharmacy's Pharm.D. program, the College of Human Sciences will approve conferral of a student's Bachelor of Science in Nutrition/Nutrition Science.

## Pre-Anesthesiologist Assistant

The Auburn University/Edward Via College of Osteopathic Medicine-Bluefield Rocovich Early Admission Program (REAP) is a unique opportunity for Auburn University students interested in a career as an Anesthesiologist Assistant (CAA). The Rocovich EAP provides early admission to VCOM-Bluefield's Master of Health Science in Anesthesia (MHSA) Program for highly competitive Auburn students each year who have met the program requirements. Candidates selected for admission into the program are notified in the spring of their junior undergraduate year.

All interested Nutrition Science students should confer with the College of Human Sciences advisors for specific course requirements and other details about the program. After successful completion of the first year in MHSA, these students will be awarded their Bachelor of Science in Nutrition Science degree.

Students enrolled in the Nutrition Science option must earn a grade of "C" or better in all NTRI courses to graduate. Additionally, students must earn a grade of "C" or better in all pre-requisite courses to enroll in the subsequent NTRI course.

## Nutrition/Dietetics Option

The Nutrition/Dietetics option is designed to prepare students interested in completing the requirements to become credentialed as a Registered Dietitian (RD) and Registered Dietitian Nutritionist (RDN). This option prepares students for careers in clinical nutrition, community nutrition, public health, nutrition education and counseling, foodservice management, and food and nutrition in industry. Graduates who successfully complete the Didactic Program in Dietetics are qualified to apply for a post-baccalaureate supervised-practice program, which is a requirement for eligibility to take the National Registration Examination for Dietitians and earn the RD/RDN credential. The Auburn University's Didactic Program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics, 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, (312) 899-0040 ext. 5400. <https://www.eatright.org/>.

Academic Standards and Policies: Freshmen and on and off campus transfer students who desire to major in Nutrition/Dietetics will be admitted to Pre-dietetics (NTDX). To be eligible for consideration for admission to the didactic program in dietetics, applicants must successfully complete at least 45 semester hours of the pre-dietetics curriculum courses, including:

Code	Title	Hours
NTRI 2000/2007	Nutrition And Health	3

As well as 4 of the following 6 science courses:

Code	Title	Hours
CHEM 1030/1031	Fundamentals Chemistry I	3
CHEM 1040/1041	Fundamental Chemistry II	3
CHEM 2030	Survey Of Organic Chemistry	3
BIOL 1020/1021	Principles Of Biology	3
BIOL 2500/2501	Human Anatomy and Physiology I	3
BIOL 2510/2511	Human Anatomy and Physiology 2	3

Students must successfully complete the lower-division pre-dietetics prerequisite courses as outlined below with a minimum GPA of 2.8 on a 4.0 scale. No grade lower than a “C” will be accepted in any prerequisite course (BIOL 1020/BIOL 1021, BIOL 2500, BIOL 2510, CADS 2000 CHEM 1030/CHEM 1031, CHEM 1040/CHEM 1041, CHEM 2030, HDFS 2000, NTRI 2000 (or NTRI 2007), NTRI 2070, PSYC 2010). Criteria for admission include pre-dietetics cumulative GPA, science GPA, and student’s personal statements and career goals. Due to the limited number of seats, achievement of minimum standards does not ensure admission into the Didactic Program in Dietetics.

Program Application: Pre-dietetic students must formally apply to the DPD, upon completion of the admission requirement course work. Once grades are posted for the semester, students will complete the application located on the Nutrition Dietetics website and follow application instructions to submit.

Students enrolled in the Pre-Dietetics and Nutrition/Dietetics options must earn a grade of “C” or better in all NTRI courses to graduate. Additionally, students must earn a grade of “C” or better in all pre-requisite courses to enroll in the subsequent NTRI course.

Students admitted to Pre-dietetics are required to apply to be admitted into the Nutrition/Dietetics option, which is also the accredited Didactic Program in Dietetics (DPD). Students must successfully complete at least 45 semester hours of the pre-dietetics curriculum courses (NTRI 2000 (or NTRI 2007), and at least 4 of the 6 required science courses, including CHEM 1030/CHEM 1031, CHEM 1040/CHEM 1041, CHEM 2030, BIOL 1020/BIOL 1021, BIOL 2500/BIOL 2501, BIOL 2510/BIOL 2511) with a grade of “C” or better and a minimum GPA of 2.8 on a 4.0 scale.

## Nutrition/Wellness Option

The Nutrition/Wellness option prepares students for careers in health-related settings. Graduates find positions in non-profit health organizations, hospital-based and corporate-based programs, and federal, state and local health agencies.

Students enrolled in the Nutrition/Wellness must earn a grade of “C” or better in all NTRI courses to graduate. Additionally, students must earn a grade of “C” or better in all pre-requisite courses to enroll in the subsequent NTRI course.

## Majors

- Nutrition: Accelerated BS/MB — ABM Program (<http://bulletin.auburn.edu/undergraduate/abm/nutri/>)
- Nutrition — Nutrition/Dietetics Option ([http://bulletin.auburn.edu/undergraduate/collegeofhumansciences/departamentofnutritionalsciences/nutritiondieteticsoption\\_major/](http://bulletin.auburn.edu/undergraduate/collegeofhumansciences/departamentofnutritionalsciences/nutritiondieteticsoption_major/))
- Nutrition — Nutrition Science Option (pre-professional) ([http://bulletin.auburn.edu/undergraduate/collegeofhumansciences/departamentofnutritionalsciences/nutritionscienceoption\\_major/](http://bulletin.auburn.edu/undergraduate/collegeofhumansciences/departamentofnutritionalsciences/nutritionscienceoption_major/))
  - Nutrition — Nutrition Science Option (pre-anesthesiology) ([http://bulletin.auburn.edu/undergraduate/collegeofhumansciences/departamentofnutritionalsciences/nutritionscienceoptionHSAN\\_major/](http://bulletin.auburn.edu/undergraduate/collegeofhumansciences/departamentofnutritionalsciences/nutritionscienceoptionHSAN_major/))
  - Nutrition — Nutrition Science Option (pre-pharmacy) ([http://bulletin.auburn.edu/undergraduate/collegeofhumansciences/departamentofnutritionalsciences/nutritionscienceoptionHSOP\\_major/](http://bulletin.auburn.edu/undergraduate/collegeofhumansciences/departamentofnutritionalsciences/nutritionscienceoptionHSOP_major/))
- Nutrition — Nutrition Wellness Option ([http://bulletin.auburn.edu/undergraduate/collegeofhumansciences/departamentofnutritionalsciences/wellnessoption\\_major/](http://bulletin.auburn.edu/undergraduate/collegeofhumansciences/departamentofnutritionalsciences/wellnessoption_major/))

## Courses

**NTRI 1010 INTRODUCTION TO THE PRE-HEALTH PROFESSIONS (1) LEC.** 1. This course is designed to expose College of Human Sciences Pre-Health students to the different components of the pre-professional application process. This course will uncover the opportunities offered to students to enhance his/her ability to gain experiences that demonstrate core competencies of health professions. This course provides opportunities to explore and develop these competencies required for professional programs through discussion, activities, reading, writing, and collaboration.

**NTRI 2000 NUTRITION AND HEALTH (3)** LEC. 3. Principles of human nutrition and food choices related to the health of individuals. Credit will not be given for both NTRI 2000 and NTRI 2007.

**NTRI 2007 HONORS NUTRITION AND HEALTH (3)** LEC. 3. Pr. Honors College. Principles of human nutrition and food choices related to the health of individuals. Topics similar to NTRI 2000 but covered in greater depth with classroom discussion of controversial topics. Credit will not be given for both NTRI 2000 and NTRI 2007.

**NTRI 2010 BASIC SPORTS NUTRITION (3)** LEC. 3. Pr. (BIOL 1020 or BIOL 1027) or (NTRI 2000 or NTRI 2007). An introductory course on the relationship between nutrition and sports performance. Topic areas to be covered include energy, carbohydrates, protein/ amino acids, fluids, vitamins, minerals, body weight and supplement use as they directly relate to sports performance. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 2070 CAREERS IN NUTRITION, DIETETICS AND WELLNESS (1)** LEC. 1. Pr. (NTRI 2000 or NTRI 2007). Professional roles and responsibilities in nutrition, dietetics, and wellness with emphasis on careers professional development and conduct. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 3560 EXPERIMENTAL STUDY OF FOODS (4)** LEC. 3. LAB. 3. Pr. (NTRI 2000 or NTRI 2007) and (BIOL 1020 or BIOL 1027) and CHEM 1030 or departmental approval. Experimental approach to the chemistry to food including composition, preparation, recipe modification, food quality, sanitation, processing, and food laws. A C or better is required in all pre-requisite courses to enroll in the course .

**NTRI 3750 NUTRITION EDUCATION (2)** LEC. 2. Pr. (PSYC 2010 or PSYC 2017) and (NTRI 2000 or NTRI 2007). How to design, deliver, and evaluate the types of educational interventions and programs conducted by most of nutrition educators in a variety of settings such as work, community programs, clinic, food banks, family programs, and/or schools. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 3940 COMMUNITY SERVICE (3-9)** LEC. 1. LAB. 6. Departmental approval. Application of NTRI-related knowledge to real-life situations through participation in directed community service experiences. A) nutrition; B) hospitality; C) general NTRI. Course may be repeated for a maximum of 9 credit hours.

**NTRI 4090 PROFESSIONAL ISSUES IN DIETETICS AND NUTRITION (1)** LEC. 1. SU. Pr. NTRI 2070. NTDI or departmental approval. Senior standing. Professional issues and trends affecting dietetics and nutrition practice; planning for professional advancement; includes externship. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 4560 FOOD SYSTEMS OPERATIONS (2)** LEC. 2. Pr. NTRI 2000 or Departmental approval. Principles for managing resources required in planning, purchasing, preparing and serving high quality food in food service operations. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 4561 FOOD SYSTEMS OPERATIONS LAB (2)** LAB. 4. Pr. NTRI 2000 or departmental approval. Coreq. NTRI 4560. Laboratory experience in food service operations. Food safety certification is included. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 4580 FOOD AND CULTURE (2)** LEC. 2. Departmental approval. Cultural and social factors affecting food habits and nutritional status of populations throughout the world.

**NTRI 4620 PUBLIC HEALTH NUTRITION (3)** LEC. 3. Pr. NTRI 4820 and NTRI 4830. Population-focused approaches that facilitate healthy diets through policy development and environmental changes. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 4820 MACRONUTRIENTS (3)** LEC. 3. Pr. (NTRI 2000 or NTRI 2007) and BCHE 3180 and P/C BIOL 2510 or departmental approval. Physiological and biochemical basis for energy-yielding nutrients; structure, function, dietary requirements, digestion, absorption, transport and metabolism of macronutrients. A C or better is required in all pre-requisite courses to enroll in the course

**NTRI 4830 VITAMINS AND MINERALS (3)** LEC. 3. Pr. (NTRI 2000 or NTRI 2007) and BCHE 3180 and P/C BIOL 2510. Metabolism, dietary needs, deficiency symptoms and food sources of vitamins and minerals in humans. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 4930 DIRECTED STUDIES (1-8)** AAB/IND. Departmental approval. Independent reading or research in a content area of special interest; supervised by a faculty member. Course may be repeated for a maximum of 8 credit hours.

**NTRI 4970 SPECIAL TOPICS (1-3)** LEC. Departmental approval. A) Nutrition, B) Hotel and Restaurant Management. A course offering unique or current issues not covered in a regularly scheduled course. Course may be repeated for a maximum of 6 credit hours.

**NTRI 4980 UNDERGRADUATE RESEARCH AND STUDY (1-9)** IND. Departmental approval. Directed research under faculty supervision. Course may be repeated for a maximum of 9 credit hours.

**NTRI 4997 HONORS THESIS (1-3)** IND. SU. Pr. Honors College. Departmental approval. Research in specialized topics. Course may be repeated for a maximum of 3 credit hours.

**NTRI 5020 MEDICAL NUTRITION I (4)** LEC. 3. LAB. 2. Pr. NTRI 4820 and NTRI 4830. NTDI or departmental approval Applications of nutrition assessment and medical nutrition therapy to the pathophysiological changes associated with endocrine and gastrointestinal disorders. May count either NTRI 5020 or NTRI 6020. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 5030 MEDICAL NUTRITION II (4)** LEC. 3. LAB. 2. Pr. NTRI 5020 or NTRI 6020. NTDI or departmental approval. Medical nutrition therapy for diseases of the cardiovascular, renal, and respiratory systems; oncology; critical care; and conditions of infancy/childhood. May count either NTRI 5030 or NTRI 6030. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 5100 NUTRITION IN DISEASE PREVENTION (2)** LEC. 2. Pr. P/C NTRI 4820 and P/C NTRI 4830. The functions, safety, and efficacy of selected nutrients and herbs in the prevention and/or treatment of selected diseases/conditions. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 5380 STUDY/TRAVEL IN NUTRITIONAL SCIENCES (1-6)** AAB/FLD. Pr. BIOL 1030. Departmental approval. Concentrated study in nutritional sciences in international locations. Course may be repeated for a maximum of 6 credit hours.

**NTRI 5560 NUTRITION AND FOOD SERVICE MANAGEMENT (3)** LEC. 3. Pr. P/C NTRI 4560 and P/C NTRI 4561. Organization, management and marketing of food and nutrition service systems in health care facilities. Credit will not be given for both NTRI 5560 and NTRI 6560. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 5760 NUTRITION COUNSELING (2)** LEC. 2. Pr. P/C NTRI 3750 and (P/C NTRI 5030 or P/C NTRI 6030) or departmental approval. Application of counseling techniques, with an emphasis on Motivational Interviewing, to facilitate behavior change. May count either NTRI 5760 or NTRI 6760. A C or better is required in all pre-requisite courses to enroll in the course NTDI

**NTRI 5820 NUTRITION IN THE LIFE CYCLE (3)** LEC. 3. Pr. NTRI 4830 and NTRI 4820. Departmental approval. Metabolic and clinical aspects of nutrition during key periods of the life cycle emphasizing pregnancy, infancy, adolescence and late adulthood. Credit will not be given for both NTRI 5820 and NTRI 6820. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 5830 NUTRITIONAL GENOMICS (3)** LEC. 3. Pr. NTRI 4820 and NTRI 4830. Principles of nutrient-gene interactions and how these interactions influence human health and disease. May count either NTRI 5830 or NTRI 6830. A C or better is required in all pre-requisite courses to enroll in the course.

**NTRI 5910 CLINICAL PRACTICUM IN DIETETICS (1)** PRA. 3. SU. NTDI or department approval. Application of the practice of dietetics in a clinical or community setting.

**NTRI 6020 MEDICAL NUTRITION I (4)** LEC. 3. LAB. 2. Pr. NTRI 4820. Applications of nutrition assessment and medical nutrition therapy to the pathophysiological changes associated with endocrine and gastrointestinal disorders. May count either NTRI 5020 or NTRI 6020. A "C" or better is required in all pre-requisite courses to enroll in the course.

**NTRI 6030 MEDICAL NUTRITION II (4)** LEC. 3. LAB. 2. Pr. NTRI 5020 or NTRI 6020 or departmental approval. Medical nutrition therapy for diseases of the cardiovascular, renal, and respiratory systems; oncology; critical care; and conditions of infancy/childhood. May count either NTRI 5030 or NTRI 6030. A "C" or better is required in all pre-requisite courses to enroll in the course. NTDI

**NTRI 6100 NUTRITION IN DISEASE PREVENTION (2)** LEC. 2. Pr. (NTRI 5820 or NTRI 6820) and (NTRI 5830 or NTRI 6830). The functions, safety, and efficacy of selected nutrients herbs in the prevention and/or treatment of selected diseases/conditions. A "C" or better is required in all pre-requisite courses to enroll in the course.

**NTRI 6380 STUDY/TRAVEL IN NUTRITION, DIETETICS AND HOSPITALITY MANAGEMENT (1-6)** AAB/FLD. Departmental approval. Concentrated study in nutrition, food science, or hotel and restaurant management in the US or international locations. Course may be repeated for a maximum of 6 credit hours.

**NTRI 6560 NUTRITION AND FOOD SERVICE MANAGEMENT (3)** LEC. 3. Pr. NTRI 4560 and NTRI 4561. Organization, management and marketing of food and nutrition service systems in health care facilities. Credit will not be given for both NTRI 6560 and NTRI 5560. A "C" or better is required in all pre-requisite courses to enroll in the course.

**NTRI 6760 NUTRITION COUNSELING (2)** LEC. 2. Pr. P/C NTRI 3750 and (P/C NTRI 5030 or P/C NTRI 6030). Coreq. NTRI 6030 and NTRI 5030. Application of counseling techniques, with an emphasis on Motivational Interviewing, to facilitate behavior change. May count either NTRI 5760 or NTRI 6760. A "C" or better is required in all pre-requisite courses to enroll in the course.

**NTRI 6820 NUTRITION IN THE LIFE CYCLE (3)** LEC. 3. Pr. NTRI 4820 and NTRI 4830. Departmental approval. Metabolic and clinical aspects of nutrition during key periods of the life cycle emphasizing pregnancy, infancy, adolescence and late adulthood. Credit will not be given for both NTRI 6820 and NTRI 5820. A "C" or better is required in all pre-requisite courses to enroll in the course.

**NTRI 6830 NUTRITIONAL GENOMICS (3)** LEC. 3. Pr. NTRI 4820. Principles of nutrient-gene interactions and how these interactions influence human health and disease. A "C" or better is required in all pre-requisite courses to enroll in the course.

**NTRI 7010 ADVANCED PRACTICUM IN DIETETICS (1-9)** DSL/LEC. SU. DPD verification statement. Enrollment in Masters in Nutrition Program or department approval. Supervised practical experience in clinical, food service, and community settings for development of entry-level skills for the registered dietitian. Course may be repeated for a maximum of 9 credit hours.

**NTRI 7050 METHODS OF RESEARCH (2)** LEC. 2. Departmental approval. Research methods and designs applicable to disciplines represented in nutrition dietetics and hospitality management.

**NTRI 7280 LABORATORY METHODS IN FOOD SCIENCE AND NUTRITION (3)** LEC. 2. LAB. 3. Departmental approval. Modern laboratory techniques and instruments used in human nutrition and food science research.

**NTRI 7500 MINERALS (3)** LEC. 3. Departmental approval. Sources, digestion, absorption, transport, function and metabolism of major and trace minerals in the human body.

**NTRI 7510 VITAMINS (3)** LEC. 3. Departmental approval. Advanced study of metabolism, requirements, interactions and deficiencies of the fat and water soluble vitamins as related to humans.

**NTRI 7520 MACRONUTRIENTS: INTEGRATION AND METABOLISM (4)** LEC. 4. Advanced study of energy metabolism, digestion, absorption, transport and integrative metabolism of macronutrients.

**NTRI 7530 HUMAN NUTRIENT METABOLISM (4)** LEC. 4. Advanced study of nutrition and metabolism, as related to humans. Department approval. Credit will not be given for both NTRI 7530 or NTRI 7536 once developed, or BCHE 6180 and BCHE 6190, and/or BCHE 7200.

**NTRI 7620 SPORTS NUTRITION (3)** LEC. 3. In-depth analysis of the relationships between energy, carbohydrates, proteins, lipids, fluids, vitamins, minerals, body weight and composition, ergogenic aids and physical performance.

**NTRI 7850 RESEARCH SEMINAR FOR MASTER'S PROGRAM (1)** DSL/SEM. 1. Departmental approval. Current topics in nutrition, dietetics and hospitality management presented by M.S. graduate students.

**NTRI 7910 PRACTICUM IN NUTRITION AND DIETETICS (1-12)** PRA. SU. Departmental approval. Application of principles and theories of nutrition in a professional setting. No more than three hours may count toward a graduate degree. Course may be repeated for a maximum of 12 credit hours.

**NTRI 7930 ADVANCED INDEPENDENT STUDY (1-6)** DSL/IND. Departmental approval. Advanced reading or research approved and supervised by a faculty member. Course may be repeated for a maximum of 6 credit hours.

**NTRI 7960 SPECIAL PROBLEMS (1-5)** DSL/IND. Departmental approval. Critical analysis of classic and current research. Course may be repeated for a maximum of 10 credit hours.

**NTRI 7980 NONTHESIS RESEARCH (1-6)** DSL/RES. SU. Departmental approval. In-depth work in a particular project related to hotel and restaurant management. Course may be repeated for a maximum of 6 credit hours.

**NTRI 7990 RESEARCH AND THESIS (1-10)** MST. Departmental approval. Research in an area of specialization. Course may be repeated with change in topics.

**NTRI 8850 RESEARCH SEMINAR FOR DOCTORAL PROGRAM (1-2) SEM.** Departmental approval. Required for doctoral students in nutrition and hospitality management. Advanced topics in nutrition and food science presented by doctoral students. Course may be repeated for a maximum of 2 credit hours.

**NTRI 8910 SUPERVISED TEACHING (1) AAB/IND.** 1. Departmental approval. Practical experience teaching in the classroom. Course may be repeated for a maximum of 3 credit hours.

**NTRI 8970 ADVANCED TOPICS IN NUTRITION, DIETETICS AND HOSPITALITY MANAGEMENT (1-6) DSL/LEC.** Departmental approval. A) Nutrition, B) Hotel and Restaurant Management. Course may be repeated for a maximum of 6 credit hours.

**NTRI 8990 RESEARCH AND DISSERTATION (1-10) AAB/DSR.** Departmental approval. Research in an area of specialization. Course may be repeated with change in topics.