

NUTRITION (NUTR)

NUTR 011 HUMAN NUTRITION

3 unit

Transfer Credit: CSU; UC

C-ID: NUTR 110

Nutrition throughout the life cycle. Relationship of diet to health, physical activity and body functions. Nutritional value of foods, minerals and vitamins. Total of 54 hours lecture.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass*

NUTR 012 PRINCIPLES OF FOOD SCIENCE

3 unit

Transfer Credit: CSU

C-ID: NUTR 120

Application of food science principles with emphasis on ingredient function and interaction, food preparation techniques, sensory evaluation standards, food safety and sanitation, and nutrient composition of food. Total of 36 hours lecture and 72 hours laboratory.

Grade Mode: *Audit, Letter Grade*

NUTR 025 NUTRITION FOR SPORT, EXERCISE, AND HEALTH

3 unit

Transfer Credit: CSU; UC

Principles of nutrition are studied and applied to the athlete and active individuals. Includes macro and micro nutrient intakes, hydration, pre- and post-event food choices, supplements, body composition, and weight loss/gain. This course also examines the cultural, sociological, and psychological influences related to nutrition, fitness, and athletic achievement. Total of 54 hours lecture.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass*