

DIETETIC TECHNOLOGY (DIT)

Course Descriptions

DIT 115. Principles of Nutrition (MOTR LIFS 100N). 3 Credit Hours.

Principles of Nutrition is an introduction to the science of nutrition. Topics include the science of digestion and absorption, utilization of nutrients, metabolism and influencing factors, functions and sources of food macro- and micro-nutrients, and phytochemicals, food and nutrition intake implications on exercise ability, physical and mental well-being, and environmental sustainability.

Prerequisites: Reading Proficiency