

Nutrition, Diet and Disease Across the Lifecycle

Friedman Core*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning	Friedman Seminar
NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients OR NUTR 370/371: Nutritional Biochemistry and Physiology: Macronutrients / Micronutrients	NUTR 206: Biostatistics 1 OR NUTR 207: Statistical Methods in Nutrition Science and Policy OR NUTB 250: Statistical Methods for Health Professionals I	NUTR 203 OR NUTR 215 OR NUTR 238 OR NUTB 206**	NUTR 236: Practicum in Bioresearch Techniques OR NUTR 397 Directed Study***	2 semesters of Friedman Seminar Course
2 courses, 9 credits	1 course, 3 credits	1 course, 3 credits	1 course, 3 credits	2 semesters, 1.5 credits each

Specialization Requirements

Required courses	Recommended courses	Related courses
NUTR 204: Principles of Epidemiology NUTR 301: Nutrition in the Lifecycle NUTR 312: Nutrition and Chronic Disease NUTR 272: Nutrition, Physical Activity and Health	NUTR 248: Precision Nutrition NUTR 247: Biology of Aging NUTR 309: Biostatistics 2 OR NUTR 307: Regression Analysis for Nutrition Science and Policy OR NUTB 350: Biostatistics for Health Professionals II NUTR 315: Applied Nutritional Biochemistry**** NUTB 316: Advanced Medical Nutrition Therapy	NUTR 346: Simulating Biophysical Processes NUTC 269: Nutrition, Health, and Disease I: Pregnancy to Adolescence NUTC 270: Nutrition, Health and Disease II: Adulthood NUTR 374: Advanced Clinical Nutrition Practice in Kidney Disease Biomedical Data Science (course number TBD)

Nutrition, Diet and Disease Across the Lifecycle (continued)

Skills and Knowledge Gained

Recognize the roles of micronutrients and macronutrients in the prevention or promotion of disease at each life stage; Identify gaps and controversies in the relationships between nutrients and disease at each life stage; Identify appropriate approaches and methods to advance nutrition knowledge and resolve gaps/controversies at each life stage; Develop programs that promote consumer health, wellness, and lifestyle management; Demonstrate knowledge of various disease states, lifecycle phases, and accompanying conditions and associated dietary implications; Accurately translates science into evidence-based practice.

*Please speak with your advisor or the Dean for Education if you would like to request an exemption or substitution.

** NUTR203: Fundamentals of Nutrition Policy and Programs; NUTR 215: Fundamentals of US Agriculture; NUTR 238: Economics of Food, Agriculture, and Nutrition ; NUTB 206: Global Nutrition Policy and Programs

***Options listed here are *suggested*, not required

**** Recommended for students taking NUTR 245/246 to fulfill their nutrition science requirement; not appropriate for students taking NUTR 370/371