

SCI 131 : Introduction to Nutrition

Delivery Modality:	Distance (Online Didactic Instruction)
Semester Credits:	3 (Didactic Only)
Contact Hours:	45
Outside Preparation:	An average of three (3) hours per week for every didactic credit hour
Typically Offered:	Fall, Spring, and Summer (Subject to Enrollment)
Prerequisites:	None
Corequisites:	None
Requisites:	None

Description: This course will provide an understanding of basic nutrition science. Learners will become familiar with the principles of diet planning, government standards, and food labeling. They will also learn about the biological functions and food sources of each nutrient, energy balance, weight management, physical activity, the role of nutrition in chronic disease development, nutrition through the life cycle, and food safety issues.