

## Nutrition

### Department of Exercise and Nutrition Sciences

Nutrition  
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#### Overview

*\*Not a baccalaureate degree program*

#### **NTR 108: Human Nutrition**

**Credits:** 3  
**Semester(s):** Fall, Spring, Summer  
**Type:** LEC

Explores basic concepts integral to the science of nutrition. Emphasizes metabolic and physiologic principles underlying digestion and absorption of nutrients, chemical structure and metabolic fate of nutrients, the biochemical role of nutrients in maintaining health, and the effects of over- and under-nutrition on disease pathogenesis.

#### **NTR 109: Nutrition in Practice**

**Credits:** 3  
**Semester(s):** Fall, Spring  
**Pre-requisites:** [NTR 108](#)  
**Type:** LEC

Builds upon the principles of nutrition learned in [NTR 108](#). Assumes a mastery of the concepts of nutrition-as they relate to chemistry, metabolism, and physiology-presented in [NTR 108](#). Emphasizes individual, clinical, social, and applied aspects of nutrition, including food labeling, diet analysis, supplements, and food allergies. Covers additional aspects of health and nutrition such as hypertension, osteoporosis, obesity, cancer and cardiovascular disease.

#### **NTR 110: Nutrition in Practice Lab**

**Credits:** 1  
**Semester(s):** Fall, Spring  
**Pre-requisites:** [NTR 108](#)  
**Type:** LAB

Lab course for [NTR 109](#). Students will investigate their own dietary practices using dietary assessment tools. Students will also visit, analyze and report on observations made in the community and industry based food systems, food purchasing facilities and cultural food markets.

#### **NTR 301: Dietary Assessment**

**Credits:** 1  
**Semester(s):** Fall  
**Type:** LAB

Prepares students to assess dietary intake of individuals, groups, and populations and how it relates to physical activity. Also prepares students to interpret data arising from dietary assessment.

#### **NTR 401: Nutrition and Health**

**Credits:** 3  
**Semester(s):** Fall  
**Type:** LEC

Discusses nutrition as an important element for maintaining optimal health. Emphasizes the importance of each nutrient based on its biochemical and physiological functions. Also covers nutritional needs at specific stages in the life cycle, and the implication of nutrition in major health problems in the United States, such as obesity, cardiovascular disease, hypertension, and cancer. Students learn to determine nutritional status through dietary analysis and to evaluate nutritional information.

#### **NTR 402: Nutrition in the Life Cycle**

**Credits:** 3  
**Semester(s):** Spring  
**Pre-requisites:** [NTR 108](#)  
**Type:** LEC

Explores the role of nutrition in human development, from prenatal period through older adulthood.

#### **NTR 499: Independent Study**

**Credits:** 1-3  
**Semester(s):** Fall, Spring  
**Type:** TUT

Offers the student a unique educational experience not covered by existing formal courses. This may include library research, laboratory projects, learning new techniques, or participating in ongoing projects.

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