



NUTRITION PROGRAM COURSE DESCRIPTIONS

NTR 1301: Introduction to Nutrition

Develop a strong foundation in nutrition and wellness by exploring how food choices impact lifelong health. In this course, you'll examine the role of macronutrients and micronutrients, learn to apply dietary guidelines and nutrition assessments, and gain practical skills in meal planning, metabolism, hydration, and weight management. Through a blend of scientific knowledge and real-world application, you'll be equipped to make informed decisions that promote healthier individuals and communities.

NTR 2301: Food Science

Discover the science behind the foods we eat and how preparation methods influence quality, safety, and nutrition. In this course, you'll explore food composition, cooking techniques, preservation methods, and sensory evaluation while gaining a deeper understanding of how science shapes the foods we prepare and consume. Through practical, real-world applications, you'll build the knowledge needed to make informed decisions about food, health, and nutrition.

NTR 2302: Food Economics

Explore how food systems, safety, and resource management impact the health and well-being of individuals and communities. In this course, you'll learn the principles of food safety, procurement, production, and cost management while examining the economic and global factors that shape food access and availability. Through practical applications, you'll develop the knowledge to support safe, efficient, and sustainable food systems in a variety of professional settings.

NTR 3301: Lifecycle Nutrition I

Examine the essential role nutrition plays in healthy growth and development from preconception through adolescence. In this course, you'll explore the changing nutritional needs of mothers, infants, children, and teens while learning how nutrition influences physical development, lifelong health, and overall well-being. Through evidence-based practices and real-world applications, you'll gain the knowledge to support healthy habits across every stage of early life.



The **Nutrition** minor is offered online through a consortium of accredited colleges and universities (the Lower Cost Models Consortium or LCMC). All courses within the program are delivered by faculty employed by partner institutions in the consortium, with technology and administrative support provided by **Rize Education**.

Oversight of courses offered through the consortium are reviewed and approved by **HPU**. Students register through **HPU** and receive academic credit from **HPU**.



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NTR 3302: Lifecycle Nutrition II

Explore how nutrition supports health and wellness throughout adulthood and aging. In this course, you'll examine the changing nutritional needs of adults across every stage of life, including the impact of lifestyle, chronic disease, medications, and weight management. Through practical, evidence-based learning, you'll gain the knowledge to promote healthy aging and improve quality of life for individuals and communities.

NTR 4301: Medical Nutrition Therapy

Develop the skills to assess nutritional needs, create effective nutrition care plans, and support lasting behavior change. In this course, you'll learn how to evaluate health and dietary information, apply evidence-based nutrition interventions, and recommend therapeutic diets for a variety of health conditions. Through practical assessment, counseling, and outcome evaluation, you'll be prepared to promote healthier lives through informed, compassionate nutrition care.

NTR 1070: The Integration of Faith and Health

This seminar asks how a distinctly Christian worldview can shape every aspect of individual health. The course culminates in a personal “health ethics rule-of-life” and a presentation that reframes health application in light of biblical principles. This course may be repeated as many times as needed. Students shall complete this course once per year during a regular semester for any calendar year in which the student takes an LCMC-Rize course.



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