

## **Nutrition Sciences and Dietetics**

The Division of Science at Haigazian University offers a program leading to a Bachelor of Science degree in Nutrition Sciences and Dietetics.

Good nutrition is essential for good health. A Bachelor's Degree in Nutrition focuses on the relationship of nutrition and human health. Students will learn how to use nutrition to enhance human health and to control human disease.

Nutrition Science investigates the metabolic and physiological responses of the body to diet. Nutrition draws from both the basic and applied sciences. It requires a strong understanding of nutrients as chemicals and how the body handles these nutrients. Thus the core coursework of the Bachelor Degree in Nutrition Science and Dietetics includes: Biochemistry, Biology, Anatomy and Physiology, Infectious Diseases, Nutrition Science, Food and Culture, Clinical Nutrition, Genetics, Computers, Ethics, Food Service Management, Nutrition Biochemistry, Nutrition Therapy, Nutrition Research and Clinical Nutrition.

Students taking a degree in Nutrition Science and Dietetics (NSD) will learn how to plan food and nutritional programs and supervise the preparation of meals. They will learn how to assess and counsel individuals and groups on nutrition to prevent and advance health. Students will also learn the effect of food on mental function, athletic function and resistance to infections.

The Dietetic part of the degree offers students the chance to participate in clinical trials and to become a registered dietitian.

A degree in Nutrition and Dietetics allows a student to choose from a wide variety of career options. The student may enter the dietetic or nutritional industry or after taking a dietetic internship in a hospital, he or she may continue on to become a registered dietitian or pursue an advanced degree in nutrition, medicine, or public health. Plus, the job opportunities in this field are expected to be good. Students holding a NSD degree can work as community nutritionists (in health related areas, schools, airlines, the military), research scientists (in laboratories, hospitals and food industries), as well as pharmaceutical sales representatives.

To be eligible for admission to the NSD program, candidates must have satisfactorily completed the Freshman Science Program in the Faculty of Arts and Sciences, or an equivalent program, with a grade of 70 or more in at least 12 credit hours. Lebanese students must hold the Lebanese Baccalaureate Part II (Life Sciences, Mathematical Sciences or Socio-Economy), or its equivalent, and should be considered by the Admissions Committee to be eligible for admission to the sophomore science class.

Graduates wishing to become licensed dieticians should complete an internship for a minimum of six months in a recognized medical center.

The Department also offers a minor in Nutrition Sciences and Dietetics, which requires 20 credits: BIO 201, MLS 210, NSD 225, NSD 280, NSD 201 or BIO 235 and one of the following course: NSD 203, NSD 230, or NSD 235. Students minoring in Nutrition Sciences and Dietetics should complete at least 12 credits of their minor at Haigazian University and maintain a minor average of at least 70. For more details regarding minors, kindly refer to the Minors section of the catalog.

## **N.S.D. Requirements**

### **General Education (31 cr.)**

Core requirements for all HU students are listed on page 58.

### **Core Courses (45 cr.)**

NSD 201 Basic Principles of Nutrition	3 Cr
NSD 202 Assessment of Nutritional Status	3 Cr
NSD 203 Community Nutrition	3 Cr
NSD 220 Food Chemistry	3 Cr
NSD 221 Food Analysis	3 Cr
NSD 225 Human Nutrition	3 Cr
NSD 230 Food and Beverage Management	3 Cr
NSD 231 Food Safety	3 Cr
NSD 250 Food Microbiology	4 Cr
NSD 260 Food Processing	3 Cr
NSD 270 Therapeutic Nutrition I	4 Cr
NSD 271 Therapeutic Nutrition II	4 Cr
NSD 280 Nutrition throughout the Life Cycle	3 Cr
NSD 290 Nutrition and Food Sciences Seminar	1 Cr
NSD 292 Special Topics in Nutrition and Food Sciences	2 Cr

### **Science and Business Requirements (24 cr.)**

BAD 231 Business Management	3 Cr
MLS 210 Human Physiology and Anatomy	4 Cr
MLS 225 Biostatistics	3 Cr
CHY 200 Basic Chemistry	3 Cr
CHY 205 Introductory Chemistry Laboratory	2 Cr
CHY 208 Brief Survey of Organic Chemistry	3 Cr
CHY 213 Organic Chemistry Laboratory	2 Cr
BIO 204 Introductory Biochemistry	4 Cr
BIO 201 General Biology I (taken as university requirement)	