NSC Courses Approved for the Minor

NSC 170C1: Nutrition, Food and You
Principles of human nutrition; topics include digestion, absorption, metabolism, vitamins, minerals, lifecycle nutrition and food safety.

NSC 255: Food and Culture
Role of food in a variety of cultures, including how the surrounding environment influences the tastes and flavors of a region. This course will help students to understand commonalities as well as diversities in cuisines and cultures. Students will also develop an appreciation of regional crops and how they contribute to both cuisine and culture.

NSC 301: Nutrition and the Lifecycle
Role of nutrients in human development. Physiological basis for changes in nutrient requirements throughout the pregnancy, lactation, infancy, childhood, adolescence and aging.

NSC 310: Principles of Human Nutrition in Health and Disease
Explore connections between food and nutrition and health and disease. Application of basic nutritional principles in the selection of normal and therapeutic diets.

NSC 315: Sports Nutrition
Basic physiology as it applies to nutrition and sport, nutrient utilization and body composition. Application of nutrition for different sports in training & competition. Strategies for optimal performance in endurance, court & power sports. Practical applications & guest lectures.

NSC 351R: Fundamentals of Food Science
Focuses on scientific principles of food preparation, ingredient interactions, preservation, organic and genetically modified foods and the regulations governing foods and food supplements.

NSC 353: Food Science and Safety
Covers basic food science, with a strong food safety component (students can become ServSafe Certified) as well as menu planning and purchasing with a focus on various care facilities (child and adult) that may qualify for government subsidy.

NSC 375: Diet, Genes and Disease
An introduction to the understanding of how food affects genes that are related to diseases such as cancer and obesity, including an outlook to the future of modern science and medicine.

NSC 376: Bioactive Compounds and Food Additives
Bioactive food compounds (BAFC) are components in food that have biological activity in the body, yet have no disease associated with their absence. Food additives are usually meant to affect a food quality, but by proxy can also have biological effects on the body. These topics are covered in detail so that students are not limited to the basic 6 nutrients.

NSC 475: Nutrigenomics
Offered in the fall, this course is designed for science majors and offers an introduction into the
field of nutrigenomics as it relates to the prevention or intervention of disease by providing or restricting the proper nutrients and food compounds to maintain homeostasis in the body from the biochemical level to organ systems.