

# FOOD SCIENCE AND NUTRITION (FSCN)

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## **FSCN 1367. Basic Nutrition. 3 Hours.**

Basic principles of nutrition for personal health and wellness. Current concepts in diet adequacy and nutritional needs of individuals is stressed. The influence on healthy diet practices and their relationship to health promotion and disease prevention is the focus. Diet quality and the impact of food choices are explored. Course Equivalents: FACS 1367 .

## **FSCN 1441. Food Preparation And Selection. 4 Hours. [TCCN: AGRI 1329]**

Scientific principles in the preparation of selected basic food products are applied. Consideration is given to the composition and properties of food, methods of preparation and processing to retain nutrients, standards for desirable products, simple meal service, and food economics. Practical application is made through laboratory experiences. (3-2). Course Equivalents: FACS 1441 .

## **FSCN 2362. Nutrition. 3 Hours. [TCCN: HECO 1322]**

Study is made of the fundamental concepts of nutrition. The various nutrients, their sources, metabolism, physiology and interrelationships are emphasized. Healthy eating guidelines for health promotion and disease prevention and requirements for different stages of growth and development for individuals and populations are studied. (3-0). Meets requirement for pre-nursing curriculum. Course Equivalents: FACS 2362

**Prerequisite:** 3 hours completed in BIOL or CHEM and 3 hours completed in MATH.

## **FSCN 3329. Nutrition through the Lifespan. 3 Hours.**

Students in this course focus on nutrient needs throughout the lifespan and the physiological basis for these needs. Instruction focuses on the interrelationships of diet, nutrition, body composition, emotional development, behavior, and aging. Factors related to the development of food behaviors at various life stages and current research trends focused on lifespan nutrition issues are explored. Offered fall semesters. Course Equivalents: FACS 3329

**Prerequisite:** FSCN 2362 with a C or better and 45 credit hours.

## **FSCN 3330. Professionalism in Dietetics. 3 Hours.**

Students gain knowledge of professional practice expectations for the nutrition and dietetics practitioner level of practice. Topics will address the governance of nutrition and dietetics practice, such as the Scope of Practice for the Registered Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics. Other topics address state licensure and certification in the practice of nutrition and dietetics, individual National Provider Identifier (NPI), and coding and billing of nutrition and dietetics services to obtain reimbursement for services from public or private payers, fee-for-service, and value-based systems.

**Prerequisite:** FSCN 2362.

## **FSCN 3339. Community Nutrition. 3 Hours.**

This course examines the role of nutrition in health promotion and disease prevention in community groups. Tools for developing community nutrition interventions are emphasized. Students will implement a community intervention using behavior theories, needs assessment, developing goals, objectives and program evaluations. Government food and nutrition programs and health care delivery system are also examined. Students will study the legislative, sociological, and scientific aspects of public and community health. Offered spring semesters. Course Equivalents: FACS 3339

**Prerequisite:** FSCN 2362 with a C or better and 45 credit hours.

## **FSCN 3367. Food Science. 3 Hours.**

This course provides fundamentals of physical and chemical structures and properties of food materials and foods during harvesting, preparation, processing, preservation and storage. (1-4). Offered spring semesters. , FSCN 1441 and FSCN 2362. Course Equivalents: FACS 3367

**Prerequisite:** CHEM 4 hrs.

## **FSCN 3370. Nutritional Pathways. 3 Hours.**

This advanced course establishes knowledge and understanding of nutritional concepts in the biochemical context. Biochemical, physical and metabolic functions of the nutrients; pathways of nutrients from ingestion, assimilation and metabolism; digestive and metabolic interactions between drugs and nutrients are discussed. (3-0). Offered fall semesters. Course Equivalents: FACS 3370

**Prerequisite:** CHEM 1412, Junior Standing, and FSCN majors only.

## **FSCN 3380. Advanced Nutrition. 3 Hours.**

Course focus is on concepts of normal nutrition in relation to the chemistry and physiology of the human body; analysis of methods used in assessing human nutrition status; evaluation of current nutritional problems. Offered spring semesters. Course Equivalents: FACS 3380, FACS 4378

**Prerequisite:** FSCN 2362 with a C or better and FSCN 3370.

## **FSCN 3445. Quantity Food Purchasing, Preparation, & Service. 4 Hours.**

Course provides experience in menu planning, food preparation, service, and use of institutional equipment in quantity food service. Principles and methods of buying, preparing, and serving food for various types of quantity food facilities are considered. Factors affecting food quality, food costs, and quantity food production as related to the time factor are emphasized. Lab experience is arranged with SHSU Dining Services. Students must complete a minimum of 24 lab hours by participating in the lab activities and observing personnel, equipment, layout, food safety, food production and service procedures. (2-2). Course Equivalents: FACS 3445

**Prerequisite:** FSCN 1441 or FSMG 2441, 45 hours completed.

**FSCN 4360. Clinical Dietetics I. 3 Hours.**

Study of medical nutrition therapy. Course includes current diet manipulations for disease conditions including the provision of enteral and parenteral nutrition. Nutritional adequacy for disease conditions and the impact of sociological, economic, psychological factors on nutritional status is addressed. Case studies and work with clients to gain hands-on knowledge is required. Offered fall semesters. FSCN majors only. Course Equivalents: FACS 4360

**Prerequisite:** FSCN 3380 and FSCN 4371, FSCN majors only.

**FSCN 4361. Clinical Dietetics II. 3 Hours.**

Continuation of the study of the applications of medical nutrition therapy from FACS 4360. It includes current diet therapy for a variety of disease conditions including the provision of enteral and parenteral nutrition. Nutritional adequacy for disease conditions and the impact of sociological, economic, psychological factors on nutritional status is addressed. It includes class discussions, case studies and work with clients to gain hands-on knowledge. Students utilize the scientific literature to understand evidence-based practice. Offered spring semesters. FSN majors only. Course Equivalents: FACS 4361

**Prerequisite:** FSCN 4360.

**FSCN 4370. Advanced Food Service Organization and Management. 3 Hours.**

Course is focused on principles of organization and management as they relate to food service systems; development of managerial and motivational skills; communications; decision making; management by objectives. (3-0). Offered spring semesters. Course Equivalents: FACS 4370

**Prerequisite:** FSCN 3445.

**FSCN 4371. Nutrition Assessment. 3 Hours.**

A study of nutrition assessment methods for determining nutrition diagnoses and care. Skills development in obtaining nutrition histories, diet analysis, motivational interviewing, body composition and performing nutrition-focused physical examinations. Students will learn to develop nutrition prescriptions and counseling plans as well as documentation of nutrition care. Experiential learning is utilized. Offered spring semesters. Course Equivalents: FACS 4371

**Prerequisite:** FSCN 3370 or concurrent enrollment, FSCN majors only.

**FSCN 4372. Nutrition Counseling and Education. 3 Hours.**

Students gain skills in nutrition counseling, education, and communication to improve food and nutrient intake for health, wellness, and medical nutrition therapy in diverse individuals and groups across the lifespan. Opportunities for student demonstration will reinforce methods to facilitate behavior change and/or behavior modification.

**Prerequisite:** FSCN 3329.

**FSCN 4373. Cultural Food Practices. 3 Hours.**

Cultural food practices from around the world will be studied. Students will learn various nutrition education strategies used to make effective dietary changes in keeping with cultural norms. An exploration and appreciation of how cultural factors affect our food patterns will assist in developing cultural competency. Offered fall semesters. Course Equivalents: FACS 4373

**Prerequisite:** FSCN 2362, FSCN 3339, and FSCN 3380.

**FSCN 4374. Research in Nutrition Science. 3 Hours.**

Students gain required knowledge and skills in research methodology in nutrition science, interpretation of research literature, and integration of research principles into evidence-based practice guidelines for medical nutrition therapy. Students learn to integrate scientific information and translate nutrition research into practice while developing effective and professional oral and written communication and documentation. Students gain knowledge to locate, interpret, evaluate, and use professional literature to make ethical, evidence-based practice decisions; select and use appropriate information technologies to locate and apply evidence-based guidelines and protocols; and apply critical thinking skills.

**Prerequisite:** CHEM 2123 and CHEM 2323, Junior Standing.