

# NUTRITION & WELLNESS

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*Didactic Program in Dietetics Verification Statement*, testifying to the fact that they have successfully completed the requirements for a BS degree in Dietetics. Students must successfully pass a comprehensive review exam in their senior year before they are eligible to receive a DPD verification form. Dietetics graduates are eligible to apply for an accredited Dietetic Internship program.

**BS: H a** (67)

BHSC450, FDNT230, 421, 422, 448, 460, 497, 498, HLED120, 210, 380, 445, 480, PEAC214, PETH465, PSYC319, SOCI415

BIOL111, 112, CHEM131, 132, MKTG310, PSYC210, 471, SOCI119

BIOL165, 166 Foundations of Biology	5,5 credits
for BIOL111,112 Anatomy & Physiology I, II	4,3 credits
CHEM231, 232 Organic Chemistry I, II	3,3 credits
CHEM241,242 Organic Chemistry I, II Lab	1,1 credits
BCHM421 Biochemistry	4 credits
BIOL465 Histology	3 credits
PHYS141, 142 General Physics I, II	4,4 credits

**BS: N S** (62)

BCHM421; BIOL165, 166; CHEM131, 132, 231, 232, 241, 242; FDNT230, 310, 448, 460, 485, 495; ZOOL465; 6 credits chosen from FDNT124, 421, 422, 431, 469, 476; and 8 elective credits selected from chemistry, biology, nutrition, and physics in consultation with the program advisor.

The BS in Nutrition Science is recommended for pre-medical students wishing to have a nutrition and health promotion emphasis as they prepare for medical school. However, this BS does not prepare students for dietetics registration eligibility.

**M H a** (20)

FDNT230, 240, HLED120, 210, 445, PEAC214, plus 8 credits selected from HLED, FDNT or other health-related courses approved by the program director.

**M N a W** (20)

Must include FDNT124, 230, 310, 448, 460, HLED120 plus 6 credits selected from the Department of Nutrition and Wellness approved by the director of the Dietetics program.

**M F E a** (22)

BIOL111, 112, 113, FTES305, 355, 465, FDNT230, FTES210, 214

**F & E C**

**C** (C, )  
See inside front cover for symbol code.

**T e P fe f D e, c** (-)  
A discussion of the dietetics profession and the role of the dietitian within the health-care team. Ethical concerns in the practice of dietetics. *Spring*

**F d S c e c e** \$ ( )  
Chemical and physical properties of foods that affect food handling, preparation, and preservation. Lab procedures apply the principles studied to the preparation of foods. Weekly: two lectures and a 3-hour lab. *Fall*

**N** \$ ( )  
A study of the basic principles of nutrition science, the biochemical functions of various nutrients, the changes in physiological needs with age, and the relationship between nutrition and health. Students needing life science general education credit must also register for the lab, FDNT240. Three lectures per week. *Fall, Spring*

**N** ( )  
AU/GU course—see content above.

**N Lab a** \$ (-)  
Discovering principles of nutrition science in the laboratory. A weekly 3-hour lab. Required for those students needing life science general education credit. *Fall, Spring*

**N e L f e C c e** ( )  
Study of the nutritional needs of the healthy person throughout the life cycle. The influence of socioeconomic, cultural, and psychological factors on food and nutritional behavior. Prerequisites: FDNT230. *Fall*

**F d S e c e M a g e e , I** ( )  
Introduction to the systems approach and application of the functions of management to foodservice systems. Principles of menu de22(s)5tD]TJO/Tinal -5(T(food )-22(and )poduction food ce de2liior and oce(es )-2inal -5(T(food sanita)-22(food cafet.

**N S e c e M a g e e , I** ( )

(-)

**Nutrition and Aging**

Physiological changes in aging. Food-selection patterns, nutritional needs, nutritional disorders, and chronic diseases.

Prerequisite: FDNT230. *Fall*

**COLLEGE OF ARTS AND SCIENCES**

(DG) and/or incomplete (I) courses with advisor approval only.  
Registration for this title indicates full-time status.

**Peer Advisor**

Advisor approval required. Registration for this title indicates full-time status.

**Research**

**Research Seminar**

Individual reports and discussion of recent research data. Repeatable to 4 credits. Consent of instructor required.

**Independent Study**

Individual study and/or research. Consent of instructor required. Repeatable to 6 credits.

**Reading Project**

**Master Thesis**

Repeatable to 6 credits.

**Health**

**Physical Fitness**

A balanced up-to-date coverage of all critical areas of wellness including physical fitness, nutrition, weight management, stress, cardiovascular disease, cancer, addictions, and injury prevention. Practical tools will be given to help adopt healthier lifestyles.

**Physical Health**

The Biblical basis of health. A study of the historical development and basis of the health message in the SDA church. The role of health promotion in current society.

**Natural Therapies**

The study of simple natural therapeutic remedies, including massage, hydrotherapy, and herbal therapies

**Consumer Health**

An analysis of the various fads in society today, and the methods and techniques used by promoters of health care products and services. A study of ways in which consumers are vulnerable to certain health claims and scams, and the protection provided to the consumer by governmental agencies.

**Weight Planning**

Learning the steps of needs assessment of a community, planning a program, conducting a health promotion program while utilizing the resources of the community, and the program evaluation. Two lectures per week and a third hour each week.

**Independent Study/Reading/Project**

*Independent Study:* Directed study in an area of interest resulting in a formal term paper.

*Independent Readings:* Weekly meetings with the instructor for individual assignments and reports.

*Independent Research:* Design and execution of an experiment or causal-comparative research.

*Independent Project:* Practical or creative experience or project in consultation with instructor. Permission required from the instructor and department chair. Thirty hours of involvement required for each credit. Contract of proposed activity required. Repeatable to 4 credits in each area. *Fall, Spring*

**Fitness & Exercise**

**Disc Sports**

Development of basic skills for 'Disc Sports' like disc golf and ultimate frisbee. Students will learn the basic strokes, rules and techniques to allow them to be proficient in these life-time activities.

**Personal Fitness**

A study of basic-fitness concepts and principles in conjunction with a personalized exercise program for disease prevention and health maintenance. Short readings are required weekly.

**Weight Training and Bodybuilding**

Instruction in body development and coordination activities for men; weight lifting and individual calisthenics program; and body development and shaping for women.

**Concepts and Practices of Physical Fitness**

A foundational course surveying the current trends and practices in the area of physical fitness. Understanding and critically analyzing the concepts, principles, and guidelines for fitness exercise and related activities.

**Methods of Fitness Instruction**

A course providing knowledge and practical application for instructing safe and effective exercise programming for apparently healthy individuals. Teaching and evaluating of a variety of individual and group exercise sessions including several different types of physical activities.

**Exercise Physiology**

Study of the body's physiological response to exercise. Prerequisites: BIOL111, 112 or equivalent. Three lectures per week plus a 3-hour lab. Spring

**Beginning Basketball**

Instruction in the fundamental skills of shooting, passing, ball-handling, man-to-man defensive play, basic rules, offensive strategy, basic rules, and team play.

**A** - \$ (-)  
**Beginning Volleyball**  
Instruction in the basic skills of serving, setting, passing, and spiking, and the basic instruction on rules, and 2, 3, 4, and 6 person team play.

**A** \$ (-)  
**Beginning Softball**  
Instruction in the fundamental skills of throwing, catching, base running, batting, and fielding of ground and fly balls. Position play, game situation drills, scrimmages, and rules are covered. Student must supply own glove. *Spring*

**A** (-)  
**Beginning Soccer**  
Learning the fundamental skills of ball control, passing, blocking, and shooting goals. Indoor or outdoor games depending upon the season and weather.

**A** \$ (-)  
**Weight Control and Conditioning**  
Study of the factors involved in increasing, decreasing, or retaining body weight. Also the practice of exercises designed to control body weight.

**A** \$ (-)  
**Beginning Badminton**  
Analysis and practice of basic strokes, singles and doubles play, strategy, and rule interpretations.

**A** \$ (-)  
**Beginning Tennis**  
Instruction in the fundamental skills of ground strokes, serving, and team play. Basic strategy and rules. *Spring*

**A** \$ (-)  
**Scuba**  
An entry level course in scuba diving. Includes instruction in the

**A** **g Ac b a c** \$ (-)

**Beg** Learning and performance of the fundamental skills of tumbling and balancing.

**A** **I e ed a e G f** \$ (-)

**I** Analysis of golf swing and techniques of improving the short game. Emphasis on refining the golf swing. Students supply their own equipment. Additional lab fees required. *Spring*

**A** **I e ed a e Rac e ba** \$ (-)

**I** Perfection of fundamental skills and strategy.

**A** **G c** \$ ( )

**G** The student will be a part of a demonstration acrobatic team that will perform for various audiences both spiritual and secular in nature. Students 2(perform 034))TJ0/-Icgp/T1\_1 1an2(for )-22(v)10(artion )-22(acr)10(olf,-22(secular )tion )ease(suppl)20(y )J0/-IhAnalc-22(spirfitness tpar