

# Nutrition

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## Administration:

Head of the Department: Ross Arena  
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## Program Codes:

20FS1506MS

The Department of Kinesiology and Nutrition offers programs leading to degrees at both the master's and doctoral levels.

- MS in Nutrition (<http://catalog.uic.edu/gcat/colleges-schools/applied-health-sciences/nutr/ms>)
- MS in Kinesiology (<http://catalog.uic.edu/gcat/colleges-schools/applied-health-sciences/kn/ms>)
- PhD in Kinesiology and Nutrition (<http://catalog.uic.edu/gcat/colleges-schools/applied-health-sciences/knr/phd>)

Kinesiology and nutrition are multidisciplinary fields that draw upon and integrate subject matter from a variety of disciplines. The master's degree program in Nutrition as a terminal degree (i.e., not leading to a PhD) is most appropriate for students who wish to apply and critically evaluate their knowledge through practice in healthcare or industry settings and can be combined, for example, with focused course work in other fields such as public health, toxicology, business, or education. Doctoral studies are also available and are designed to lead to academic research and teaching careers or to research careers in government or industry.

## Admission and Degree Requirements

- MS in Nutrition (<http://catalog.uic.edu/gcat/colleges-schools/applied-health-sciences/nutr/ms>)

## Courses

### HN 405. Food as Medicine: Cooking for Healing and Wellness. 1 hour.

A new disease state or medical diet will be covered each week and students will learn how to plan menus and prepare foods that are appropriate for each diet. Course Information: Prerequisite(s): HN 110.

### HN 407. Writing Process in Nutrition. 2 hours.

Approaches writing as an instrument of thought and a tool of persuasion. Students will learn to effectively communicate nutrition information through writing. Course Information: May be repeated for credit. Prerequisite(s): ENGL 160 and ENGL 161; and junior standing or above; and approval of the department. Recommended Background: HN 196 and HN 110.

### HN 420. Clinical Nutrition II. 2 hours.

Principles of nutrition, biochemistry, physiology, pathology, education, and psychology related to management of selected diseases (renal disease, AIDS and cancer, and pediatrics). Course Information: Prerequisite(s): HN 320; or consent of the instructor.

### HN 422. Clinical Nutrition III. 2 hours.

Principles of nutrition, biochemistry, physiology, and pathology related to the management of critically ill patients. Course Information: Prerequisite(s): HN 309 and HN 420; or consent of the instructor.

### HN 440. The Research Process. 3 hours.

Covers methods for reading and critiquing current scientific literature, overview of study designs used to address different types of research questions, basic overview of study design, data analysis and interpretation of results. Course Information: Prerequisite(s): HN 320.

### HN 455. Supervised Practice II. 1-11 hours.

An advanced supervised practicum in a professional setting to prepare for entry-level dietetics practice. Course Information: Satisfactory/Unsatisfactory grading only. May be repeated to a maximum of 15 hours. Prerequisite(s): Grade of C or better in HN 420 and senior standing or above; and approval of the department.

### HN 480. Field Study. 2 hours.

Provides practical experience to develop/strengthen the student's knowledge and skills in an area of nutrition practice. Course Information: Prerequisite(s): HN 410; or consent of the instructor. Class Schedule Information: To be properly registered, students must enroll in one Clinical Practice and one Conference.

### HN 503. Advanced Pathophysiology of Chronic Diseases. 3 hours.

Focuses on an in-depth evaluation of the most important mechanisms of pathogenesis, with an emphasis on chronic conditions with a nutritional component. Course Information: Prerequisite(s): KN 251 and KN 252. Recommended background: HN 318.

### HN 505. Advanced Topics in Diabetes Management. 3 hours.

Designed to use current research in diabetes to learn how to effectively provide nutrition education and counseling to people with diabetes in different stages of life or with other chronic diseases. Course Information: Prerequisite(s): Grade of C or better in HN 320; and approval of the department.

### HN 510. Nutrition - Physiological Aspects. 3 hours.

A thorough discussion of the absorption, transport, and metabolism of macronutrients, plus factors affecting these processes. Treats in an integrated fashion how various organs participate. Course Information: Prerequisite(s): HN 410 and PHYB 341 or the equivalent, or consent of the instructor.

### HN 516. Advanced Vitamins and Minerals. 3 hours.

A critical analysis of current research in the areas of vitamin and mineral requirements in human nutrition; nutrient interactions; and interrelationships of vitamins and minerals within various disease states. Course Information: Prerequisite(s): HN 309; and HN 440; or consent of the instructor.

**HN 525. Sports Nutrition and Athlete Consulting. 4 hours.**

Designed to teach both arms of nutritional counseling - current research on sports nutrition principles and athlete counseling/motivational interviewing techniques. Students will consult with athletes to apply the information learned. Course Information: Field work required.

Prerequisite(s): Grade of C or better in HN 306 and Grade of C or better in KN 436; and consent of the instructor. Recommended background: Grade of C or better in KN 437. Restricted to students in the Master's in Nutrition program in dietetic track and registered and licensed dietitians. Class Schedule Information: To be properly registered, students must enroll in one Lecture-Discussion and one Clinical Practice.

**HN 530. Research Methods in Human Nutrition. 3 hours.**

Research designs in human nutrition; conceptual issues in clinical and population studies; problems in collection and analysis of dietary, behavioral, and self-reported data. Course Information: Prerequisite(s): AHS 510; or consent of the instructor.

**HN 532. Evaluation of Nutritional Status. 3 hours.**

Community and clinical considerations in nutrition status surveillance and monitoring systems; characterization in the collection, standards and reference population development. Course Information: Prerequisite(s): HN 410; or consent of the instructor.

**HN 535. Nutrition and Human Performance. 2 hours.**

Nutrition which impacts on human performance; impaired performance due to nutritional problems; aspects relevant to the professional athlete. Course Information: Same as KN 535. Prerequisite(s): HN 410; and PHYB 341 or KN 352; or consent of the instructor.

**HN 541. Research on Clinical Nutrition Problems. 2 hours.**

Development and conduct of research on clinical nutrition problems, patient outcomes, or nutrition or food service delivery systems within a hospital or ambulatory care setting. Course Information: Prerequisite(s): Consent of the instructor.

**HN 550. Quantitative Methods in Nutritional and Epidemiological Studies. 3 hours.**

Address methodological issues of nutritional/epidemiologic studies; discuss concepts, principles, study designs, statistical methods, & specific issues such as measurement error/remedies, energy adjustment; practice data management/analysis. Course Information: Extensive computer use required. Prerequisite(s): HN 200 and BSTT 400 and 410 and EPID 400; or consent of the instructor.

**HN 555. Obesity. 3 hours.**

Examines the multifactorial aspects of obesity, maintenance of healthy weight, and the relationship of weight status and chronic disease risk. Popular diet and exercise trends to treat obesity will also be discussed. Course Information: Prerequisite(s): Grade of C or better in HN 309 and Grade of C or better in HN 440. Restricted to students in the MS in Nutrition program in dietetic track or already registered and licensed dietitians.

**HN 560. Advanced Topics in Public Health Nutrition: Development and Evaluation of Community-Based Nutrition. 3 hours.**

Focuses on understanding the role and application of both theory and empirical data in the development and evaluation of community-based nutrition interventions. Course Information: Field work required. Prerequisite(s): HN 413 or consent of the instructor.

**HN 570. Advances in Clinical Nutrition I. 2 hours.**

Selected topics in clinical nutrition, emphasizing current theory, research and practice in such areas as cardiovascular disease, obesity, diabetes and iatrogenic malnutrition. Course Information: Prerequisite(s): HN 422; or consent of the instructor.

**HN 580. Advanced Field Practicum. 2 hours.**

Advanced practical experience in a specialized area of human nutrition and dietetics. The practicum may be carried out in a clinical setting, business, industry or government agency. Course Information: Prerequisite(s): HN 410; or consent of the instructor.

**HN 581. Dietetics/Nutrition Instructional Practicum. 2 hours.**

Teaching practicum in clinical dietetics and/or nutrition. Course Information: Prerequisite(s): HN 201 and HN 410 and HN 570 or the equivalent, or consent of the instructor.

**HN 594. Special Topics in Human Nutrition. 1-4 hours.**

Advanced course dealing with selected topics. Topics vary from year to year and may include drug/nutrient interaction, protein metabolism, nutrition and behavior, nutrition and exercise. Course Information: May be repeated. Prerequisite(s): HN 410; or consent of the instructor.

**HN 595. Seminar in Human Nutrition. 1 hour.**

Topics of current interest in human nutrition. Includes discussions of current journal articles and important new developments in the specific disciplines. Course Information: Satisfactory/Unsatisfactory grading only. May be repeated with approval. Approval to repeat course granted by the department. Prerequisite(s): HN 410; or consent of the instructor.

**HN 596. Independent Study in Human Nutrition. 1-4 hours.**

Study in selected areas of human nutrition is carried out under the direction of a faculty member. Modes of investigation are determined by the nature of the problem selected. Course Information: May be repeated. Students may register in more than one section per term. Prerequisite(s): Admission to the human nutrition graduate program and consent of the instructor.

**HN 597. Project Research. 1-4 hours.**

For graduate students who wish to pursue a project other than thesis research. Course Information: Satisfactory/Unsatisfactory grading only. May be repeated to a maximum of 4 hours. Students may register in more than one section per term. Prerequisite(s): Consent of the instructor.

**HN 598. Research in Human Nutrition. 0-16 hours.**

Independent research in one area of human nutrition. Course Information: Satisfactory/Unsatisfactory grading only. May be repeated. Prerequisite(s): Consent of the instructor.

**HN 599. Ph.D. Thesis Research. 0-16 hours.**

Independent dissertation research by the student, under the guidance of the advisor. Course Information: Satisfactory/Unsatisfactory grading only. May be repeated. Prerequisite(s): Consent of the faculty adviser.