School	Arts and Sciences
Major	Bachelor of Science in Nutrition and Dietetics

Course Descriptions

Code	Title	Description
NUTR250	Basic Nutrition	This course introduces the fundamental principles of human nutrition and their relationship to health and disease. It examines the functions, food sources, and dietary requirements of macronutrients and micronutrients, as well as the processes of digestion, absorption, metabolism, and utilization of nutrients. The course introduces dietary reference standards, energy requirements, dietary guidelines, food labeling, and the characteristics of a nutritious diet. Students also explore energy balance, and the basics of weight management. Emphasis is placed on applying basic nutrition principles to evaluate food choices and dietary practices.
NUTR315	Human Nutrition and Metabolism	This course provides an overview of human nutrition, with emphasis on essential nutrients and their significance to human health. It presents current dietary goals and recommendations, including Dietary Reference Intakes (DRIs), and provides an overview of alcohol and nutrient digestion, absorption, metabolism, and interactions. The course also addresses the manifestations and management of nutrient deficiencies and toxicities.
NUTR351	Nutritional Assessment and Counseling	This course introduces students to the four domains of nutrition assessment—anthropometric, biochemical, clinical, and dietary— and to the foundations of nutrition counseling. Students will develop the knowledge and skills needed to apply appropriate nutrition assessment methods, interpret findings, and integrate assessment data to inform nutrition care. The course also covers the Nutrition Care Process and the ethical and legal standards governing dietetic practice in Lebanon. Building on NUTR 250 and BIOL 360, it provides the assessment foundation for the subsequent clinical and community nutrition courses of the Nutrition and Dietetics program.
NUTR400	Nutrition Through Life Span	This course examines nutrition across the life cycle, from preconception through older adulthood. It explores the physiological, developmental, and nutritional changes at each life stage and their implications for growth, health, and nutritional well-being. Topics include energy and nutrient requirements, dietary recommendations, nutritional assessment, evidence-based nutrition strategies, and common nutrition-related conditions and concerns during preconception, pregnancy, lactation, infancy, childhood, adolescence, and older adulthood
NUTR411	Therapeutic Nutrition	This course integrates disease pathophysiology with nutrition science, using the Nutrition Care Process (NCP) as its organizing framework. Students apply nutrition screening, assessment, diagnosis, intervention, documentation, and monitoring and evaluation to the medical nutrition therapy of cardiovascular disease, diabetes mellitus, renal disease, and upper and lower gastrointestinal disorders, and analyze food–drug interactions that affect nutritional status. Practical sessions develop energy-requirement calculations, exchange-list planning, and medical terminology, and case-based learning is used throughout to build clinical reasoning and ethical and professional judgment. Building on BIOC 310, NUTR 250, and NUTR 351, the course is the program's primary course for applying the full Nutrition Care Process in disease management
NUTR440	Obesity & Regulation of Body Weight	This course explores the biological, genetic, and metabolic origins of obesity alongside its physiological and psychosocial comorbidities. Students will learn to conduct comprehensive clinical assessments, prescribe evidence-based diet and exercise plans, apply behavioral counseling strategies, and evaluate advanced treatments like pharmacotherapy and bariatric surgery for long-term weight management.
NUTR450	Community Nutrition	This course explores the role of community dietitians in advancing public health and addressing nutritional issues across diverse populations. Students apply community needs assessment knowledge, behavior change theories, and program planning and design principles to plan, develop, implement, and evaluate a nutrition program designed to improve community health outcomes and prevent nutrition-related diseases.
NUTR460	Sport Nutrition	This course introduces the physiology of exercise and its relationship to nutrition and health. It examines the nutritional requirements and dietary strategies for various types and levels of physical activity and athletic performance, including macronutrient and micronutrient needs. The course also covers ergogenic aids, dietary supplements, and sports drinks, as well as nutrition and exercise across different life stages.

NUTR465	Pediatric Nutrition	The course examines the principles and application of pediatric nutrition from infancy through childhood, with a focus on nutritional assessment, feeding practices and nutrition care in health and selected disease conditions. Topics include prematurity, enteral and parenteral nutrition, and individualized dietary management, monitoring, and evaluation of nutritional interventions.
NUTR475	Inborn Errors of Metabolism	This course provides students with an integrated understanding of inborn errors of metabolism, including their genetic, biochemical, and pathophysiological basis. Students will develop the knowledge and skills required to assess nutritional needs and apply evidence-based dietary therapies in the management of individuals with metabolic disorders.
NUTR485	Selected Topics in Clinical Nutrition	This course integrates the pathophysiology of selected diseases with nutritional sciences and medical nutrition therapy. Students will examine how disease processes, metabolic stress, inflammation, and medical treatments affect nutrient metabolism, nutritional status, and nutrient requirements. The course develops students' ability to assess the nutritional status of patients using appropriate anthropometric, biochemical, clinical, dietary, and functional methods, and to apply the Nutrition Care Process in developing individualized nutrition care plans for complex, chronic, and critical-care conditions. Students will also calculate and formulate appropriate enteral and parenteral nutrition regimens based on patients' nutritional requirements and clinical status, with emphasis on evidence-based nutrition therapy, monitoring, and evaluation.
NUTR490	Nutrition Seminar	This course is designed to develop students’ competencies in the effective communication of scientific information to a knowledgeable audience. Students will independently select a recent and relevant topic in nutrition or food science and critically review the current scientific literature to prepare and deliver a structured scientific presentation, complemented by a written scientific report. The course emphasizes evidence-based discussion, critical evaluation of research findings, and effective scientific communication and discussion. It also exposes students to emerging research and current advances in nutrition and food science.
NUTR495	Counseling Strategies in Dietetic Practice	This course develops knowledge and practical skills in professional communication, dietary counseling, behavioral change, structured interviewing, and nutrition assessment within dietetic practice. Students learn to apply client-centered counseling strategies with adults and children; assess nutritional status using anthropometric, dietary, biochemical, clinical, fluid, and micronutrient indicators; formulate individualized dietary and weight-management recommendations; and demonstrate ethical, legal, and professional conduct in dietetic counseling and clinical practice. Emphasis is placed on integrating assessment findings, health status, personal needs, and goals to deliver appropriate nutrition care.