

NUTRITIONAL SCIENCES (NUTR)

Nutritional Sciences Courses

NUTR 101 New Student Seminar in Nutritional Sciences & Pre-Dietetics

1 cr. Undergraduate.

Introduction to the Nutritional Sciences major, and nutrition and dietetics-related professions.

Prerequisites: none.

Last Taught: Fall 2025, Fall 2024, Fall 2023, Fall 2022.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 110 Introduction to Food Principles & Preparation

3 cr. Undergraduate.

Introduction to the physical and chemical properties of foods, food safety and sanitation, food preparation procedures, and evaluation of prepared food products in a lab setting.

Prerequisites: none.

General Education Requirements: Natural Science & Wellness Lab

Last Taught: Fall 2025, Spring 2025, Spring 2024, Fall 2023.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 208 Introductory Internship in Nutritional Sciences

0-3 cr. Undergraduate.

Students conceptualize, reflect upon, and apply the experiences of their nutritional sciences internship. They will consider questions such as:

'How does my internship connect to my future career and community?'

Prerequisites: consent of instructor.

Course Rules: May be retaken with change in internship to max of 6 cr.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 210 Food Science

3 cr. Undergraduate.

Continued study of the physical/chemical properties of foods; topics include food composition and nutrition, food additives and regulations, food safety and processing, food engineering.

Prerequisites: grade of C or better in Nutr 110(P).

Last Taught: Fall 2021, Fall 2020, Spring 2020, Fall 2019.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 230 Health Aspects of Exercise and Nutrition

3 cr. Undergraduate.

Examines physical fitness and proper nutrition as lifestyle choices in maintaining optimal health and minimizing health risks.

Prerequisites: none.

Course Rules: Not open to students with credit in KIN 530, KIN 532, or PRPP 736. KIN 230 and NUTR 230 are jointly offered; they count as repeats of one another.

General Education Requirements: Natural Science & Wellness Lab

Last Taught: Fall 2025, Summer 2025, Spring 2025, Fall 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 235 Introduction to Nutrition for the Health Professions

3 cr. Undergraduate.

Exploration of the science behind the sentiment 'you are what you eat.' Includes foundational concepts and real-life applications designed to prepare students pursuing a health-related career and satisfy those with a deep curiosity about nutrition.

Prerequisites: none.

General Education Requirements: Natural Science and Wellness

Last Taught: Fall 2025, Fall 2024, Spring 2022, Fall 2021.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 240 Nutrition for Exercise and Wellness

3 cr. Undergraduate.

The role of nutrition in supporting health, wellness, and exercise on a national, state, community, and individual level.

Prerequisites: a grade of C or better in NUTR 235(P) or BMS 232(P).

Course Rules: Counts as repeat of KIN 290 with the same topic.

Last Taught: Spring 2021, Fall 2020, Spring 2020, Fall 2019.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 241 Why We Eat What We Eat: A Social Ecological Approach

3 cr. Undergraduate.

Exploration of factors shaping food choice and eating behavior using a social ecological framework, examining influences ranging from personal habits and psychology to culture, marketing, and the broader food environment, including nutrition and health implications.

Prerequisites: none.

General Education Requirements: Social and Behavioral Science

Last Taught: Fall 2025, Summer 2025, Spring 2025, Fall 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 245 Life Cycle Nutrition

3 cr. Undergraduate.

An exploration of physiological, sociological, and developmental factors that affect humans nutritional needs and recommendations throughout the life cycle.

Prerequisites: a grade of C or better in NUTR 235(P) or BMS 232(P).

NUTR 241(R).

Course Rules: Counts as a repeat of BMS 290 with the same topic.

Last Taught: Spring 2025, Spring 2024, Spring 2023, Spring 2022.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 290 Special Topics in Nutritional Sciences:

1-3 cr. Undergraduate.

Topics of current interest in nutritional sciences, food, and health. Special course fees may be required depending on course. May be retaken w/chg in topic.

Prerequisites: specified in sem schedule whenever required for a topic.

Last Taught: Spring 2018.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 297 Study Abroad:

1-12 cr. Undergraduate.

Designed to enroll students in a UWM sponsored program before course work level, content, and credits are determined and/or in specifically prepared program course work.

Prerequisites: acceptance for Study Abroad Program.

Course Rules: May be retaken w/chg in topic.

Last Taught: Fall 2018, Spring 2018.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 305 Hunger at Home: Food and Nutrition Security in Milwaukee County

3 cr. Undergraduate.

Course informed by stakeholders and community leaders involved in anti-hunger/food security initiatives in Milwaukee County. Integration of problem-based learning challenges students to work in small groups to seek solutions to complex problems and real-world scenarios.

Prerequisites: BMS 232(R) or NUTR 235(R).**Last Taught:** Fall 2025, Fall 2024, Spring 2024, Spring 2023.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**NUTR 350 Nutrition Communication and Education**

3 cr. Undergraduate.

Approaches to nutrition and health communication and education; development of nutrition and health-related communication materials for target audiences.

Prerequisites: COMMUN 103(P); ENGLISH 102(P); a grade of C or better in the following: NUTR 110(P), NUTR 230(P) or KIN 230(P), NUTR 235(P) or BMS 232(P), and NUTR 241(P) or NUTR 241(C).**Last Taught:** Fall 2025, Fall 2024, Fall 2023, Fall 2022.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**NUTR 355 Modifying Nutrition and Eating Behavior**

3 cr. Undergraduate.

Introduction to nutrition assessment and evidence-based approaches to facilitate dietary change. Determinants of eating behavior, including cultural considerations, will be integrated throughout the course.

Prerequisites: a grade of C or better in NUTR 245(P), or concurrent enrollment in NUTR 245.**Last Taught:** Spring 2025, Spring 2024, Spring 2023, Spring 2022.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**NUTR 430 Advanced Nutrition and Metabolism**

3 cr. Undergraduate/Graduate.

Study of nutrients and their specific functions in metabolic processes; integrating physiology, biochemistry, and nutrition.

Prerequisites: CHEM 103(P) or previous completion or concurrent enrollment in CHEM 501 and a grade of C or better in NUTR 245(P); or graduate standing enrolled in the MPH Nutrition & Dietetics track; or consent of instructor.**Last Taught:** Summer 2025, Summer 2024.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**NUTR 430G Advanced Nutrition and Metabolism**

3 cr. Undergraduate/Graduate.

Study of nutrients and their specific functions in metabolic processes; integrating physiology, biochemistry, and nutrition.

Prerequisites: CHEM 103(P) or previous completion or concurrent enrollment in CHEM 501 and a grade of C or better in NUTR 245(P); or graduate standing enrolled in the MPH Nutrition & Dietetics track; or consent of instructor.**Last Taught:** Summer 2025, Summer 2024.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**NUTR 435 Nutrition and Disease Prevention**

3 cr. Undergraduate.

Evidence-based examination of the role of food, nutrients, dietary patterns, and eating behaviors in the primary, secondary, and tertiary prevention of chronic disease.

Prerequisites: BIO SCI 150(P); BIO SCI 203(P); a grade of C or better in NUTR 230(P) or KIN 230(P), and NUTR 245(P).**Last Taught:** Spring 2025, Spring 2024, Spring 2023, Spring 2022.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**NUTR 440 Innovative Approaches to Health and Wellness Coaching**

3 cr. Undergraduate.

Study of health and wellness coaching theory and practice related to health behavior change.

Prerequisites: senior standing or consent of instructor.**Course Rules:** Counts as repeat of KIN 590 with same topic. KIN 440 was previously KIN 482. KIN 440 and NUTR 440 are jointly offered; they count as repeats of one another.**Last Taught:** Spring 2025, Spring 2024, Spring 2023, Spring 2022.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**NUTR 470 Nutritional Sciences Capstone Experience**

3 cr. Undergraduate.

Supervised internship experience and professional preparation course to be taken the last semester of the undergraduate Nutritional Sciences major.

Prerequisites: senior standing, declared Nutritional Sciences major, a grade of C or higher in NUTR 350(P) and NUTR 435(P) or (C).**Last Taught:** Fall 2025, Spring 2025, Spring 2024, Fall 2023.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**NUTR 484 Community Nutrition Supervised Practice I**

2 cr.

Guided by a preceptor, students are introduced to organizations delivering nutrition care in community settings; introductory skills for dissemination of nutrition information are practiced.

Prerequisites: Nutr 345(C) & 355(C); admis Coord Prog in Dietetics.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**NUTR 497 Study Abroad:**

1-12 cr. Undergraduate.

Designed to enroll students in UWM sponsored program before course work level, content, and credits are determined and/or in specially prepared program course work.

Prerequisites: acceptance for Study Abroad Prog.**Course Rules:** Retakeable w/chg in topic.**Last Taught:** Summer 2019.**Current Offerings:** <https://catalog.uwm.edu/course-search/>**NUTR 555 Public Health Nutrition and Food Politics**

3 cr. Undergraduate/Graduate.

This course highlights the role of food and nutrition in public health programs and services.

Prerequisites: junior standing and a grade of C or better in NUTR 245(P); PH 101(R) and NUTR 350(R); or graduate standing and PH 705(R).**Course Rules:** Counts as repeat of BMS(KIN) 290 with the same topic.**Last Taught:** Spring 2025, Spring 2024.**Current Offerings:** <https://catalog.uwm.edu/course-search/>

NUTR 555G Public Health Nutrition and Food Politics

3 cr. Undergraduate/Graduate.

This course highlights the role of food and nutrition in public health programs and services.

Prerequisites: junior standing and a grade of C or better in NUTR 245(P); PH 101(R) and NUTR 350(R); or graduate standing and PH 705(R).

Course Rules: Counts as repeat of BMS(KIN) 290 with the same topic.

Last Taught: Spring 2025, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 556 Multilevel Approaches to Changing Physical Activity and Eating Behaviors

3 cr. Undergraduate/Graduate.

An introduction to key theoretical and conceptual frameworks for understanding health-related behavior and evidence-based practical approaches for promoting behavior change.

Prerequisites: a grade of C or better in KIN 350(P); or graduate standing; or consent of instructor.

Course Rules: Counts as repeat of KIN 590 with the same topic. KIN 556 and NUTR 556 are jointly offered and count as repeats of one another.

Last Taught: Spring 2025, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 556G Multilevel Approaches to Changing Physical Activity and Eating Behaviors

3 cr. Undergraduate/Graduate.

An introduction to key theoretical and conceptual frameworks for understanding health-related behavior and evidence-based practical approaches for promoting behavior change.

Prerequisites: a grade of C or better in KIN 350(P); or graduate standing; or consent of instructor.

Course Rules: Counts as repeat of KIN 590 with the same topic. KIN 556 and NUTR 556 are jointly offered and count as repeats of one another.

Last Taught: Spring 2025, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 574 Obesity and Weight Management

3 cr. Undergraduate/Graduate.

Examination of the epidemiology of obesity, genetic and environmental contributors, body weight regulation, health and psychosocial consequences, and approaches to assessment, prevention, and treatment.

Prerequisites: junior standing and a grade of C or better in BMS 232(P) or NUTR 235(P).

Course Rules: Counts as repeat of KIN 590 with same topic. KIN 574 and NUTR 574 are jointly offered; they count as repeats of one another.

Last Taught: Fall 2025.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 574G Obesity and Weight Management

3 cr. Undergraduate/Graduate.

Examination of the epidemiology of obesity, genetic and environmental contributors, body weight regulation, health and psychosocial consequences, and approaches to assessment, prevention, and treatment.

Prerequisites: junior standing and a grade of C or better in BMS 232(P) or NUTR 235(P).

Course Rules: Counts as repeat of KIN 590 with same topic. KIN 574 and NUTR 574 are jointly offered; they count as repeats of one another.

Last Taught: Fall 2025.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 580 Sports Nutrition

3 cr. Undergraduate/Graduate.

The integration and application of nutrition and exercise science principles to maximize health, fitness, and sport performance.

Prerequisites: junior standing and a grade of C or better in NUTR 235(P) or BMS 232(P).

Course Rules: Counts as a repeat of NUTR 550, or BMS 590 or KIN 590 with similar topic. NUTR 580 and KIN 580 are jointly offered; they count as repeats of one another.

Last Taught: Summer 2025, Spring 2025.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 580G Sports Nutrition

3 cr. Undergraduate/Graduate.

The integration and application of nutrition and exercise science principles to maximize health, fitness, and sport performance.

Prerequisites: junior standing and a grade of C or better in NUTR 235(P) or BMS 232(P).

Course Rules: Counts as a repeat of NUTR 550, or BMS 590 or KIN 590 with similar topic. NUTR 580 and KIN 580 are jointly offered; they count as repeats of one another.

Last Taught: Summer 2025, Spring 2025.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 701 Nutrition Counseling

3 cr. Graduate.

Students will learn and practice evidence-based, client-centered techniques used in individual and group counseling, within the scope of practice for dietetic professionals. Select aspects of nutritional assessment are integrated into the course.

Prerequisites: graduate standing enrolled in the MPH Nutrition & Dietetics track.

Last Taught: Spring 2025, Spring 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 702 Advanced Nutrition Education

3 cr. Graduate.

A practical course for future nutrition educators on how to design, deliver, and evaluate educational interventions and programs for diverse audiences that are grounded in scientific evidence and theory.

Prerequisites: graduate standing enrolled in the MPH Nutrition & Dietetics track; PH 706(P).

Last Taught: Summer 2025, Summer 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 703 Culinary Nutrition Interventions

3 cr. Graduate.

Students will expand their own food and nutrition literacy while learning how to design, implement, and evaluate developmentally and culturally appropriate culinary nutrition interventions including food demonstrations and cooking classes.

Prerequisites: graduate standing enrolled in the MPH Nutrition & Dietetics track and NUTR 701(P).

Last Taught: Summer 2025, Summer 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 704 Current and Emergent Issues in Nutrition & Dietetics

1 cr. Graduate.

Examines current and emergent issues in nutrition and dietetics. Students will utilize peer-reviewed research, evidence-based analyses, and national and international nutrition guidelines and recommendations while exploring timely nutrition-related topics and trends.

Prerequisites: graduate standing, enrolled in the MPH in Nutrition and Dietetics track, and NUTR 430(P); or consent of instructor.

Last Taught: Spring 2025.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 721 Medical Nutrition Therapy I

4 cr. Graduate.

First course in the medical nutrition therapy series which explores disease pathology, nutrition assessment, and nutrition intervention for various disease states with an emphasis on chronic disease.

Prerequisites: graduate standing, enrolled in the MPH in Nutrition and Dietetics track, and NUTR 430(P).

Last Taught: Fall 2025, Fall 2024.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 722 Medical Nutrition Therapy II

4 cr. Graduate.

Second course in the medical nutrition therapy series which continues to explore disease pathology, nutrition assessment, and nutrition intervention for various disease states with an emphasis on critical illness.

Prerequisites: graduate standing, enrolled in the MPH in Nutrition and Dietetics track, and NUTR 721(P).

Last Taught: Spring 2025.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 795 Food Systems Management & Field Experience

5 cr. Graduate.

Introduces students to foodservice operations, quantity food production, design of foodservice facilities, and management of foodservice operations. In the second half of the course, students will participate in a supervised food systems management field experience.

Prerequisites: graduate standing enrolled in the MPH Nutrition & Dietetics track; NUTR 703(P).

Last Taught: Spring 2025.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 796 Medical Nutrition Therapy Field Experience

5 cr. Graduate.

Students will engage in supervised experiential learning opportunities in medical nutrition therapy within clinical practice settings, including the application of the nutrition care process to increasingly complex medical conditions.

Prerequisites: graduate standing enrolled in the MPH Nutrition & Dietetics track; NUTR 722(P).

Last Taught: Summer 2025.

Current Offerings: <https://catalog.uwm.edu/course-search/>

NUTR 800 Professional Preparation in Nutrition & Dietetics

2 cr. Graduate.

Students in the last semester of their program will explore topics and develop skills important to professional life including ethics, developing a professional development portfolio, licensure/certification, and preparing for the RDN exam and job market.

Prerequisites: graduate standing enrolled in the MPH in Nutrition and Dietetics track.

Course Rules: Must be taken in the final semester of the program.

Last Taught: Summer 2025.

Current Offerings: <https://catalog.uwm.edu/course-search/>