

FOOD AND NUTRITION (FONU)

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FONU 110 Culinary Explorations (3 Credit Hours)

Translate food and nutrition recommendations into delicious and realistic, food-based meals using basic culinary techniques. Examine the major food groups including both common and uncommon foods in each category. Explore ways to incorporate a variety of foods into meals considering budget, health, availability, personal values and preference.

Outcomes:

Upon successful completion of this course, the student will be able to: 1) describe foods in major food category; 2) explain food based recommendations to promote nutritional adequacy and health; 3) demonstrate culinary competence by recipe preparation; 4) critique a unique recipe that they developed; 5) plan menus for a week that meet specified criteria

FONU 215 Fundamentals of Nutrition (3 Credit Hours)

For non-majors. Nutrients essential to a healthy diet, consideration of nutrition issues of public concern.

FONU 225 Food as Culture (3 Credit Hours)

Explore culture through foods and food ways across the globe. This course examines food patterns of each continent using a multidimensional approach. Ethnic, geographical, religious, historical, geographical, and societal influences on food patterns of various regions and people will be presented through didactic and experiential activities. Information will be presented with the perspective of enhancing engagement and build positive relationships with future clients and communities served.

Outcomes:

Upon successful completion of this course, the student will be able to: 1) identify common food sources of nutrients in the eating patterns of selected cultures; 2) describe foods, dishes and preparation methods common to selected nations and cultures; 3) explain traditional food use in selected cultures including infant feeding and illness; 4) compare and contrast typical American to specialized ethnic retail food markets; 5) discuss experiences with ethnic food

FONU 320 Nutrition Through the Life Cycle (3 Credit Hours)

Pre-requisites: FONU 215 Fundamentals of Nutrition

Learn about nutrient needs through the lifecycle from birth through aging to support optimal health and human potential. Key nutrition concepts to support normal growth and development, health maintenance, and disease prevention will be included. Nutrient needs will be translated to food-based solutions as an integral component of health habits. Community resources will be examined.

Outcomes:

Upon successful completion of this course, the student will be able to: 1) describe the needs and roles of key nutrients at various stages of the life cycle; 2) translate nutrient needs into food-based solutions appropriate for life cycle stage; 3) explain common issues related to nutrition and food patterns specific to life cycle stage; 4) recommend community resources appropriate to life cycle stage

FONU 400 Role Development in Dietetic Practice (1 Credit Hour)

Pre-requisites: Admission to the dietetic internship

This course includes concepts and resources related to professional practice as a registered dietitian. Ethical issues, licensure, and scope of practice will be explored. Professional development will be discussed from entry-level to advanced practice. Fiscal aspects of professional practice, such as reimbursement and compensation, will also be considered.

Outcomes:

Students will define ethical issues, licensure requirements, increase professional development, and learn about fiscal aspects of the practice, such as reimbursement and compensation

FONU 410 Nutrition Focused Physical Assessment (2 Credit Hours)

This course focuses on physical and laboratory assessment skills necessary for the dietitian's practice, particularly in nutritional assessment and medical nutrition therapy. Emphasis is placed on skill development relevant to nutrition care of the individual, and/or for nutrition program delivery or evaluation. This course incorporates both classroom and lab activities. Master of Science in Dietetics major, or instructor permission

Outcomes:

Demonstrate competence in conducting a nutrition-focused physical assessment; Demonstrate skills for assessment and care of the patient receiving specialized nutrition support; Measure common physiologic parameters used in medical nutrition therapy

FONU 420 Transition to Supervised Practice in the Dietetic Internship (1 Credit Hour)

Pre-requisites: admission to LDI

This course begins skill development in preparation for the transition from the classroom environment to supervised practice in dietetics. Topics include ethical, legal, and safety issues for novice dietetic practice such as OSHA, HIPPA, IDPH, and standards of other regulatory agencies in health care. The nutrition care process including nutrition diagnostic language, planning and implementation of medical nutrition therapy (MNT) interventions are discussed. Basic familiarity and use of evidence-based practice protocols related to common conditions such as hypertension, diabetes, cardiovascular, renal, and/or gastrointestinal disorders, provision of specialized nutrition support and others. Medical terminology mastery is expected. Emphasis is placed on synthesis and application of undergraduate material, and effective clinical resource application.

FONU 422 Medical Nutrition Therapy Theory (3 Credit Hours)

Pre-requisites: FONU 420

This course includes the study of medical nutrition therapy (MNT) theory for dietetic practice including acute care, long term and outpatient environments. Complex medical conditions including trauma, burns, transplant, oncology, diabetes mellitus, sepsis, cardiovascular, gastrointestinal, neurological, and renal disorders. Alternate modalities of nutrition supported are included. The course includes theoretical foundations of patient care protocols, synthesis of research findings, and trends in health care related to practice protocols. This course should be taken in conjunction with FONU 423 for current Loyola dietetic interns.

FONU 423 Supervised Practice (SP) in Medical Nutrition Therapy (2 Credit Hours)

Pre-requisites: FONU 420 and admission to the Loyola Dietetic Internship
This course requires the student to complete 480 hours of dietetic SP in health care environments that provide acute care and renal replacement therapy. Students work collaboratively with preceptors in hosting agencies. This accompanies FONU 422. Dates, hours and locations are arranged by the LDI faculty. Evaluation is based on practice performance, and assignments. Additional seminars are required as assigned by faculty.

FONU 424 Public Health Nutrition and Research Theory for Dietetic Practice (3 Credit Hours)

Pre-requisites: FONU 420 and admission to the Loyola Dietetic Internship
This course includes the study of nutritional epidemiology, general principles of public health, major public health nutrition programs, research for beginning dietetic practitioners and professional development issues. Nutritional surveillance, program evaluation, and methods are discussed through lecture and review of professional literature.

FONU 425 Supervised Practice Public Hlth Nutrition, Rsrch, Prof Dvlpmnt & Marketing (2 Credit Hours)

Pre-requisites: FONU 420 and admission to the Loyola Dietetic Internship
This course includes 480 hours of dietetic SP in public health nutrition, research, marketing and an elective professional development area. Students work collaboratively with preceptors in hosting agencies. This accompanies FONU 424. Dates, hours and locations are arranged by the LDI faculty. Evaluation is based on practice performance, and assignments. Additional seminars are required as assigned by faculty.

FONU 426 Food Management Theory: Geriatric Nutrition (1 Credit Hour)

This course provides study of food management theory including food systems, operations, resource management (human, food, financial), quality improvement, safety and sanitation. Geriatric nutrition care and management theory is also revised from perspectives of medical care and facility management including regulatory agency standards.

FONU 427 Supervised Practice: Food Management, Geriatric Nutrition (1 Credit Hour)

This course requires the student to complete 240 hours of SP in food management and geriatric nutrition/long term care environments. Students work collaboratively with preceptors in hosting agencies. This accompanies FONU 426. Dates, hours and locations are arranged by the LDI faculty. Evaluation is based on practice performance, and assignments. Additional seminars are required as assigned by faculty.

FONU 499 Independent Study (1-4 Credit Hours)

Pre-requisites: Restricted to Parkinson Exercise Science students
This is a directed study course in exercise science for approved students, supervised by a member of the faculty. Students must have an assigned professor, written objectives, planned outcomes and timelines. Permission of the Program Director.

Outcomes:

Students will be able to articulate a general understanding of the selected topic

FONU 501 Writing and Communications in Nutrition and Dietetics (3 Credit Hours)

This course focuses on scientific writing and communication skills essential to dietetic practice. Emphasis will be placed on clarity, consistency and translation of scientific evidence into effective messages for diverse populations. Standards for publication of practice and research based papers understanding and responding to peer review process will be discussed. Master of Science in Dietetics major, or instructor permission

Outcomes:

Create proposals, scientific reports and/or articles using writing skills of planning, drafting, revising and editing to incorporate appropriate evidence tailored to different audiences, publications and media formats

FONU 503 Dietetic Theories & Research Methods (3 Credit Hours)

This course analyzes theories of health and disease with implications for dietetic practice. Principles of research will be examined with a focus on methods to assess food, nutrients and related physical or biochemical parameters.

FONU 505 Trends in Dietetic Practice (2 Credit Hours)

Pre-requisites: admission to the MS in Dietetics, Dietetic Internship or FONU Program Director permission

This course includes emerging scientific research in the dietetics field as it relates to consumer food choices, evaluating the safety and health of the food supply, functional foods, vegetarian diets, food allergics and weight management. The course will focus on theoretical foundations, and synthesis of research trends into practice protocols. Mock counseling sessions will also occur utilizing up to date counseling methods including motivational interviewing for behavior change.

Outcomes:

Student will demonstrate knowledge in emerging areas related to dietetic practice

FONU 507 Behavioral Change for Health Promotion (3 Credit Hours)

This course focuses on concepts and theories of health and behavior related to food, nutrition and other behaviors. Evidence to support select skills and techniques for health will be evaluated and applied. The impact of interventions will be analyzed to provide evidence-based frameworks for behavioral change in individuals and groups. Master of Science in Dietetics major, or instructor permission.

Outcomes:

Incorporate evidence-based behavioral change interventions into nutrition care plans; demonstrate skill in a behavioral change encounter in a simulation, analyze major approaches and influences of health promotion (eg policy, community engagement, advocacy and social marketing)