

Nutrition

NUT1213, NUTRITION I **T**, 3 hours.

This course covers nutrition with a comprehensive approach. Focuses on the biology of human nutrition at the molecular, cellular, tissue, and whole-body levels. It addresses nutrients by classification, and describes macronutrient functions from digestion to metabolism. The course covers learning content on a wide range of vitamins, minerals, and other food components.

T This course is approved by the Kansas Board of Regents for System Wide Transfer among all Kansas public postsecondary institutions offering an equivalent course. Additional courses may also be eligible for transfer. Please visit the FSCC Registrar to learn more. *Offered on demand only. +Offered in 1 to 3 hour increments.