

**Course:** DTN 130  
**Credit Hours:** 3  
**Prerequisite:** None

**Course Title:** Social & Behavioral Applications of Human Nutrition  
**Department:** Public Health & Sports Medicine

**General Education Area:**

HUMAN CULTURES - Social & Behavioral Sciences (*GEC 110*)

---

*Information submitted by a department representative on 10/26/2022 8:56:25 PM – Compiled by Darren Wienberg, Academic Advising & Transfer Center*

**Typically Offered During:**

Fall Full Semester:	YES	Fall 1 <sup>st</sup> Block:	NO	Fall 2 <sup>nd</sup> Block:	NO
Spring Full Semester:	YES	Spring 1 <sup>st</sup> Block:	NO	Spring 2 <sup>nd</sup> Block:	NO
Summer:	YES				

**Typical Instructional Modality:**

Traditional (seated):	NO	Blended:	NO	Internet:	YES
Online Video:	NO	Web Conference:	NO		

**May Also Count Toward Department Offering:**

Major:	YES	Minor:	YES	Certificate:	YES
--------	-----	--------	-----	--------------	-----

*Please see online published semester class schedule and undergraduate catalog for detailed course offering information.*

---

***How do you describe the course to students when they ask “What is this class about?” (Without using the catalog description)?***

Food is a universal language that affects each and everyone of us and, indeed, food intake and choices shape the human experience. In this course, we use concepts and methods from the social sciences to examine social, behavioral, environmental, ethical, and policy influences related to food consumption. Our hope is to broaden students’ awareness on topics that affect food access, diet quality, and health choices. We also wish to empower students to navigate nutrition information confidently, understanding evidence-based information from quackery. In the course, we cover a wide array of topics including: social determinants of health, food policy, nutrients, weight stigma, disordered eating, influences upon chronic disease, food insecurity, food technology, and nutritional influences during life stages.

***Beyond meeting a General Education requirement, what benefits can students realize from choosing this course?***

Learning about how food choices are influenced by social inequities, media, globalization, policy, individual and group behaviors, environmental factors, and cultural beliefs provides an expanded breadth of knowledge for our students. The assignments and projects for the course are designed to further explore societal, cultural, and community issues related to food and nutrition, which are very relevant to us all as consumers. Ultimately, we believe the course assists students in building empathy and compassion as well as fostering qualities of ethical leadership, community engagement, and advancement of public affairs.

***Other than your major/minor/certificate students, what groups of students could find this course relevant to their degree program or career path?***

Students who are interested in nutrition and health will find the course extremely relevant, as will any/all healthcare majors; however, the aims of the course are to provide accurate nutrition information to members of society. The content covered in this course is truly relevant to everyday life, as food and nutrition is ultimately the basis of life. Thus, we anticipate that all students can find this course to be relevant to their programs and careers.

***Catalog Description (Fall 2022 Undergraduate Catalog)***

This course investigates basic concepts and methods from the social sciences to examine food, eating, and human nutrition. Culture, policy, and social influences related to health behaviors and food consumption at different stages of the life span will be explored.