

**LEHMAN COLLEGE
OF THE
CITY UNIVERSITY OF NEW YORK**

DEPARTMENT OF HEALTH SCIENCES

CURRICULUM CHANGE

1. **Type of Change:** Course credits, hours, and description

2. **From:**

Department(s)	Health Studies
Career	<input type="checkbox"/> Undergraduate <input checked="" type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Nutrition
Course Prefix & Number	DFN 621
Course Title	Ethnic and Therapeutic Meal Patterns
Description	An in-depth study of ethnic food patterns and their influences on health, with emphasis on scientific principles of food preparation and meal planning for vulnerable population groups and those on medical nutrition therapy regimens.
Pre/ Co Requisites	
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	N/A
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

3. To:

Department(s)	Health Studies
Career	<input type="checkbox"/> Undergraduate <input checked="" type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Nutrition
Course Prefix & Number	DFN 621
Course Title	Ethnic and Therapeutic Meal Patterns
Description	An in-depth study of ethnic food patterns and their influences on health, with emphasis on scientific principles of food preparation and meal planning for vulnerable population groups and those on medical nutrition therapy regimens, <u>including experiential work preparing ethnic and therapeutic recipes.</u>
Pre/ Co Requisites	
Credits	<u>4</u>
Hours	<u>4</u>
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

4. Rationale:

DFN 621 requires both a lecture and lab in order to give students enough time to prepare recipes and engage with the course content, which has been expanded to cover the increasing attention to a wider variety of ethnic groups, foods and dietary-related health conditions.

5. Date of departmental approval: April 6, 2016

**LEHMAN COLLEGE
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DEPARTMENT OF HEALTH SCIENCES**

CURRICULUM CHANGE

1. **Type of change:** *New Course*

2.

Department(s)	Health Sciences
Career	<input type="checkbox"/> Undergraduate <input checked="" type="checkbox"/> Graduate
Academic Level	<input checked="" type="checkbox"/> Regular <input type="checkbox"/> Compensatory <input type="checkbox"/> Developmental <input type="checkbox"/> Remedial
Subject Area	Dietetics, Foods and Nutrition
Course Prefix & Number	DFN 642
Course Title	Sports Nutrition
Description	Examination of energy and nutritional requirements in relation to the metabolism of sport and exercise activities. The course analyzes aspects of human nutrition that sustain and improve optimal performance for sport and exercise activities.
Pre/ Co Requisites	3 credits in Exercise Physiology
Credits	3
Hours	3
Liberal Arts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Course Attribute (e.g. Writing Intensive, WAC, etc)	
General Education Component	<input checked="" type="checkbox"/> Not Applicable <input type="checkbox"/> Required <input type="checkbox"/> English Composition <input type="checkbox"/> Mathematics <input type="checkbox"/> Science <input type="checkbox"/> Flexible <input type="checkbox"/> World Cultures <input type="checkbox"/> US Experience in its Diversity <input type="checkbox"/> Creative Expression <input type="checkbox"/> Individual and Society <input type="checkbox"/> Scientific World

3. **Rationale:**

Current trends in nutrition and exercise-related professions emphasize energy and nutritional demands to sustain and improve performance in sports and exercise. Sports nutrition concepts elucidated in this course will expand professional opportunities for graduate students in the fields of nutrition, exercise and sport.

4. **Learning Outcomes (By the end of the course students will be expected to):**

- Describe the rationale for major nutrients such as carbohydrates, proteins, fats, vitamins, water and minerals in relation to exercise & sports.
- Analyze the effects of deficiencies and/or excess intake of nutrients on exercise and sport performance.
- Examine the importance of training and nutrition as well as the effect of weight and body composition on exercise and sport performance.
- Describe the disordered eating and exercise patterns in athletes

5. **Date of Departmental Approval:** April 6, 2016

**LEHMAN COLLEGE
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DEPARTMENT OF HEALTH SCIENCES

CURRICULUM CHANGE

Name of Program and Degree Award: Nutrition, MS
Hegis Number: 1306.00
Program Code: 87372
Effective Term: Spring 2017

1. **Type of Change:** *Change in Degree Requirements*

2. **From:**

M.S. Program in Nutrition

The Master of Science Program in Nutrition prepares students for a wide range of professional positions in either clinical or community nutrition, and for doctoral study in these fields. Graduates of the program may find career opportunities as clinical nutritionists within health-care settings and as nutrition educators in the community. Those graduating from the Dietetic Internship are eligible to sit for the Registration Examination administered by the Commission on Dietetic Registration (CDR) of the Academy of Nutrition and Dietetics to become Registered Dietitians (RD) or Registered Dietitian Nutritionist (RDN).

Admission Requirements

- Bachelor's degree or its equivalent from an accredited college or university.
- Demonstrated ability to successfully pursue graduate study by having achieved a minimum grade average of B (3.0) in the undergraduate record as a whole and in courses most relevant to the graduate discipline.
- Two letters of recommendation.
- Must have completed the following courses and credits (or their equivalents):

In Basic Science: courses in physiology (BIO 181 and 182, or 228), inorganic chemistry (CHE 114 and 115), and organic chemistry (CHE 120 and 121).

In Nutrition: courses in introductory (HSD 240) and advanced nutrition (DFN 445), diet and disease (DFN 348 and 448), and foods (DFN 120 and 220). Deficiencies in undergraduate preparation may be rectified through Lehman's undergraduate program in Dietetics, Foods, and Nutrition, which is accredited by the ACEND (Accreditation Council for Education in Nutrition and Dietetics) as a Didactic Program in Dietetics (DPD). <http://www.eatright.org/ACEND/content.aspx?id=10905>.

Degree Requirements

Each candidate must complete an approved program of study of at least 37 credits that includes the general core courses and approved elective courses, which may include the courses required for the Dietetic Internship (DI) program. The student may elect either to write a thesis or pass a comprehensive examination for a minimum total of 37 credits. At this time, only the comprehensive exam is being offered.

Core Courses: All students are required to take the following courses and credits:

HEA 600 (3), HEA 620 (3), BIO 610 (4) or BIO 644 (4), DFN 610 (3), DFN 620 (3), DFN 641 (3), DFN 651 (3), and DFN 791 (3) (total of 25 credits).

Elective Courses: Students may select from the following courses and credits for a minimum of 12 credits:

DFN 530 (4), 621 (3), 630 (3-6), 661 (3), 692 (3-6), 693 (3-6), 730 (3), 731 (3), 741 (3), 771 (3), 792 (3), 793 (3), 794 (3-6), 795 (3-6), HSD 606, and other courses selected with permission of the Graduate Adviser (total of a minimum of 12 credits).

A maximum of 9 credits from DFN 730 and 731 may be credited toward the requirements for the MS degree for those students completing the DI program.

3. To:

M.S. Program in Nutrition

The Master of Science Program in Nutrition prepares students for a wide range of professional positions in either clinical or community nutrition, and for doctoral study in these fields. Graduates of the program may find career opportunities as clinical nutritionists within health-care settings and as nutrition educators in the community. Those graduating from the Dietetic Internship are eligible to sit for the Registration Examination administered by the Commission on Dietetic Registration (CDR) of the Academy of Nutrition and Dietetics to become Registered Dietitians (RD) or Registered Dietitian Nutritionist (RDN).

Admission Requirements

- Bachelor's degree or its equivalent from an accredited college or university.
- Demonstrated ability to successfully pursue graduate study by having achieved a minimum grade average of B (3.0) in the undergraduate record as a whole and in courses most relevant to the graduate discipline.
- Two letters of recommendation.
- Must have completed the following courses and credits (or their equivalents):

In Basic Science: courses in physiology (BIO 181 and 182, or 228), inorganic chemistry (CHE 114 and 115), and organic chemistry (CHE 120 and 121).

In Nutrition: courses in introductory (HSD 240) and advanced nutrition (DFN 445), diet and disease (DFN 348 and 448), and foods (DFN 120 and 220). Deficiencies in undergraduate preparation may be rectified through Lehman's undergraduate program in Dietetics, Foods, and Nutrition, which is accredited by the ACEND (Accreditation Council for Education in Nutrition and Dietetics) as a Didactic Program in Dietetics (DPD). <http://www.eatright.org/ACEND/content.aspx?id=10905>.

Degree Requirements

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HEA 600 (3), HEA 620 (3), BIO 610 (4) or BIO 644 (4), DFN 610 (3), DFN 620 (3), DFN 641 (3), DFN 651 (3), and DFN 791 (3) (total of 25 credits).

Elective Courses: Students may select from the following courses and credits for a minimum of 12 credits:

DFN 530 (4), 621 (4), 630 (3-6), 642 (3), 661 (3), 692 (3-6), 693 (3-6), 730 (3), 731 (3), 741 (3), 771 (3), 792 (3), 793 (3), 794 (3-6), 795 (3-6), HSD 606, and other courses selected with permission of the Graduate Adviser (total of a minimum of 12 credits).

A maximum of 9 credits from DFN 730 and 731 may be credited toward the requirements for the MS degree for those students completing the DI program.

4. Rationale:

Increased credits for DFN 621 will improve experiential learning related to ethnic and therapeutic foods, thereby increasing career prospects for students interested in food service organizations based in hospitals, assisted living facilities, schools, restaurants, and in the community.

DFN 642 as an elective will enhance career prospects for students pursuing professional interests in sport nutrition.

5. Date of departmental approval: April 6, 2016