# COURSES FOR HUMAN NUTRITION AND HOSPITALITY MANAGEMENT

## Human Nutrition and Hospitality Management Courses

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Hours</th>
<th>Description</th>
<th>Prerequisite(s)</th>
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</thead>
<tbody>
<tr>
<td>NHM101</td>
<td>Intro Human Nutrition</td>
<td>3</td>
<td>Introduction to principles of the science of nutrition, with implications for and applications to food selection for individuals of all ages.</td>
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<tr>
<td>NHM105</td>
<td>Personal Nutrition</td>
<td>3</td>
<td>Discussion and application of nutrition as it relates to personal health.</td>
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<tr>
<td>NHM115</td>
<td>Introduction to Nutrition for Athletes</td>
<td>1</td>
<td>Applied sports nutrition theory and practice designed to provide physically active students with the basic knowledge of food, drink, and supplements and their effect on optimizing physical performance and health. Topics to include: balancing calorie intake with physical activity, fueling for performance and health, managing a healthy weight for sport, examining sports supplements, appropriate pre/during/post competition fueling/refueling habits, basic practical student cooking and shopping skills, and mindful eating.</td>
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<tr>
<td>NHM195</td>
<td>Intro Dietetics Nutrition</td>
<td>1</td>
<td>An overview of the major of food and nutrition and professions in nutrition and dietetics. Learn medical language by exploring the structure and meaning of terms frequently utilized in health care settings. Course includes guest speakers and lectures. Instructor permission required for non-majors.</td>
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<tr>
<td>NHM201</td>
<td>Nutrition In Life Cycle</td>
<td>3</td>
<td>Application of principles of basic nutrition to each stage of the life cycle. Emphasis is on the relationship of nutrition to growth, development, and health.</td>
<td>NHM 101</td>
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<tr>
<td>NHM210</td>
<td>Dynamics Weight Control</td>
<td>3</td>
<td>Analysis of interaction of nutrition and exercise in weight control. Techniques for measuring energy needs, estimating body composition, applying nutrition principles to weight control, and evaluating popular diet and exercise programs.</td>
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<tr>
<td>NHM250</td>
<td>Principles of Food Preparation</td>
<td>3</td>
<td>Principles of Food Preparation as they relate to food quality and acceptability. Restricted to RHM majors and NHM minors.</td>
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<tr>
<td>NHM253</td>
<td>Food Science</td>
<td>3</td>
<td>Introduction to the functionality of food ingredients and how the chemistry of food dictates the methods of preservation and preparation.</td>
<td>NHM 101 and CH 104 or CH 101</td>
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<tr>
<td>NHM295</td>
<td>Intro Research Food Nutr</td>
<td>1</td>
<td>Basic research designs will be introduced and their applications in the broad areas of practice in dietetics will be discussed. Students will learn to use the Evidence Based Library of the Academy of Nutrition and Dietetics Web site. Student membership in the Academy of Nutrition and Dietetics is a requirement of this course.</td>
<td>NHM 101; and NHM 201 (preq or coreq)</td>
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<tr>
<td>NHM305</td>
<td>Vegetarian Nutrition</td>
<td>3</td>
<td>This course will provide students with an introduction to vegetarian nutrition, including background information on general nutrition. This course will also cover a vegetarian diet’s role in disease prevention, courses of plant-based nutrients, vegetarian diets throughout the life cycle, food policy and how to implement vegetarian diets into different areas of dietetic practice.</td>
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<tr>
<td>NHM315</td>
<td>Nutrition For Performance</td>
<td>3</td>
<td>This course is designed to address nutrition issues related to exercise and athletic performance.</td>
<td>NHM 101</td>
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<tr>
<td>NHM320</td>
<td>Food in Film</td>
<td>3</td>
<td>This course begins as an introduction to the portrayal of food and nutrition culture in film media and goes on to explore the dynamic interaction of shifting food and nutrition values with evolving media production trends. Film media explored includes television, movies, documentaries, and news.</td>
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<tr>
<td>NHM340</td>
<td>Community Nutrition</td>
<td>3</td>
<td>Nutrition assessment of individuals and groups; provision of nutrition services in the community. Writing proficiency is required for a passing grade in this course.</td>
<td>NHM 101 and NHM 201. NHM 395 (preq or coreq).</td>
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<tr>
<td>NHM361</td>
<td>Nutritional Biochemistry</td>
<td>3</td>
<td>Intermediary metabolism of carbohydrates, fat, and protein with emphasis on homeostatic regulation in health and disease.</td>
<td>NHM 101, CH 105 or CH 231</td>
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Courses for Human Nutrition and Hospitality Management
NHM362 Nutrition At Cell Level  
Hours 3  
Physiological and chemical basis of nutrient needs.  
Prerequisite(s): NHM 361

NHM363 Applied Nutrition  
Hours 3  
Principles of nutrition assessment, including interviewing and nutrition care plans. Application of principles to selected stages of the life cycle.  
Prerequisite(s): NHM 201 and BSC 215 and BSC 216

NHM365 Med Nutr Therapy I  
Hours 3  
Study of pathophysiology and medical nutrition therapy for specific disease conditions.  
Prerequisite(s): BSC 215 and BSC 216 and NHM 361 and NHM 363

NHM366 Supv Pract Med Nutr Therapy I  
Hours 3  
Supervised clinical dietetics experience applying NHM 365 coursework. This course is only for students admitted to the Coordinated Program in Dietetics.  
Prerequisite(s): NHM 365

NHM372 Intro Food Service Mgt  
Hours 3  
Course includes theories, functions, and principles of management and tools for decision making.

NHM373 Purchsg Design Risk Mgt Food S  
Hours 3  
Principles, methods, and techniques used in purchasing food and equipment. Analysis of layout and design and of techniques used in evaluating work flow. Principles and techniques used in managing sanitation, safety, and security functions in food service.  
Prerequisite(s): NHM 101 and NHM 372 and preq or coreq NHM 253 or NHM 250.

NHM374 Quant Food Prod & Servc  
Hours 3  
Theory and techniques of quantity food production and service. Application of theory through hands-on experience.  
Prerequisite(s): NHM 250 for RHM majors NHM 253 for NHM majors

NHM390 Pract Food Service Mgt I  
Hours 3  
This directed individual study is designed to bridge the gap between the student's quantity foods laboratory course and the senior food service management supervised practice. Students will be placed in commercial health-care food service operations. This course is only for students admitted to the Coordinated Program in Dietetics.  
Prerequisite(s): NHM 372, NHM 373 and NHM 374

NHM395 Intro Research Food Nutr  
Hours 1  
Basic research designs will be introduced and their applications in the broad areas of practice in dietetics will be discussed. Students will learn to use the Evidence Based Library of the American Dietetics Association Web site. Student membership in the Academy of Nutrition and Dietetics is a requirement of this course.  
Prerequisite(s): NHM 101 and NHM 201

NHM401 Nutrition Health Profesn  
Hours 3  
Covers the practical application of principles of normal nutrition (including the nutritive value of foods) and introduces nutrition for persons with health problems. Primarily for students pursuing careers in health care.

NHM441 Nutrition Education  
Hours 2  
Focuses on developing competency in learning-system design, with special emphasis on teaching nutrition in various settings.  
Prerequisite(s): NHM 101, NHM 201, and NHM 442

NHM442 Nutrition Care Process  
Hours 1  
Focuses on developing competency in nutrition counseling.  
Prerequisite(s): NHM 101 and NHM 201  
Prerequisite(s) with concurrency: NHM 363

NHM454 Experimental & Functional Food Science  
Hours 3  
Chemical and physical properties affecting food product development. Introduction to functional foods with additional value beyond basic nutrition. Strong analytical and writing skills are necessary for synthesizing peer-reviewed literature on experimental and functional foods in order to critically address nutrition questions. Scientific writing proficiency within this discipline is required for a passing grade in this course. One lecture per week with labs embedded within lectures.  
Prerequisite(s): NHM 101, NHM 253, NHM 340, NHM 365, NHM 395, and CH 105

NHM457 Childhood Obesity  
Hours 3  
Focuses on the physiological, genetic, environmental, and behavioral factors that predispose children and adolescents to obesity; explores the clinical and public health strategies for treatment and prevention.

NHM464 Superv Pract Commun Nutr  
Hours 1  
Experiences that include nutrition assessment, counseling, and delivery of nutrition services in the community. This course is only for students admitted to the Coordinated Program in Dietetics.

NHM465 Medical Nutrition Therapy II  
Hours 3  
Continuation of NHM 365. Basic principles of enteral and parenteral nutrition support, as well as advanced medical nutrition therapy for critical care.  
Prerequisite(s): NHM 365
NHM466 Sup Pract Med Nutr Therapy II  
Hours 3 
Supervised clinical dietetics experience applying NHM 465 coursework. This course is only for students admitted to the Coordinated Program in Dietetics.

NHM467 Supervised Practice in Long-term Care  
Hours 3 
Supervised clinical dietetics experience in the long-term care setting. This course is only for students admitted to the Coordinated Program in Dietetics.

Prerequisite(s): NHM 365, NHM 366, NHM 465, and NHM 466.

NHM468 Practicum Nutrition Food Servi  
Hours 1-5 
Planned professional experience working in nutrition and/or food services. Usually in a medical care environment.

NHM475 Mgt Food Service Systems  
Hours 3 
Through lectures and class discussions, the theory, functions, and principles of management are applied. Emphasis is on personnel and financial management, problem solving, decision making, and systems analysis.

Prerequisite(s): NHM 372 and NHM 373 and NHM 374

NHM476 Pract Food Serv Mgt II  
Hours 2 
Supervised practice in an institutional food service setting applying NHM 475 coursework. This course is only for students admitted to the Coordinated Program in Dietetics.

NHM485 Sup Prac in Dic Mgmt  
Hours 3 
Conduct a research project using appropriate research methods, ethical procedures and statistical analysis to culminate in the execution of a program for a target population. Develop and implement a curriculum, adhere to budget constraints, and implement a marketing plan utilizing web based messages and social media. This course is only for students admitted to the Coordinated Program in Dietetics.

Prerequisite(s): NHM 366, NHM 390, NHM 464, and NHM 466

NHM490 Directed Individual Study  
Hours 1-6 
Individual study in nutrition or food service management. Students must receive Instructor Approval for override into class.

NHM491 Directed Professional Study  
Hours 3 
Individual professional study in management, clinical, or community dietetics. Requirement of 160 clock hours spent in assigned site. Writing proficiency within this discipline is required for a passing grade in this course.

Prerequisite(s): NHM 365

NHM492 Prepare Dietetic Internship  
Hours 1 
To provide students in the DPD program who are seeking a Verification Satem with the knowledge to be successful in applying for a dietetic internship upon graduation.

NHM499 Undergraduate Research  
Hours 1-6 
Under faculty supervision, the student designs an investigation; collects and analyzes data; and prepares a written report and seminar on the research project.

Restaurant, Hotel and Meetings Management Courses

RHM105 Nutrition for Hospitality Man.  
Hours 3 
Lecture and discussion introducing students to nutrition principles to evaluate and modify menus and recipes, as well as respond knowledgably to customers questions and needs.

Prerequisite(s): RHM 175

RHM175 Intro Hotel Restaurant Hosp Mg  
Hours 3 
Introduction to the opportunities, theory, functions, and principles of management in the food service, meeting and events, and lodging industry. Examination of basic operational systems and problems related to the industry.

RHM185 Intro Meetings Events Ind  
Hours 3 
Introduction to the structure, stakeholders and principles of management in the meetings and events industry. Examination of basic planning and production elements for meetings and events.

RHM241 Mgt Of Food/Beverage Operation  
Hours 3 
Course focuses on how to profitably manage a food service operation in order to satisfy guests. Students learn how to give guests the highest priority as the details of food and beverage operations are planned, implemented, and evaluated.

RHM251 Hospitality Employee Suprv/Mgt  
Hours 3 
Focuses on information managers need in order to recruit, select, and train employees; increase productivity; control labor costs; effectively communicate; manage conflict and change; and use time management techniques.

RHM274 Basic Accounting in the Hospitality Industry  
Hours 3 
This course is an introduction to basic accounting in the hospitality industry which includes accounting and financial reporting concepts and the use of accounting information in financial and managerial decisions.

Prerequisite(s): RHM 175, MATH 110 or 112 AND Economics 110

RHM284 International Food Safety  
Hours 3 
Principles and techniques used in managing sanitation, safety and security functions in food service operations. Explore food safety issues like nanotechnology, emerging packagin, irradiation, food recalls, international food safety, food terrorism and genetically modified foods.

Prerequisite(s): RHM 175
Courses for Human Nutrition and Hospitality Management

RHM285 Food Safety And Risk Management
Hours 3
Principles and techniques used in managing sanitation, safety, and security functions in food service and lodging operations. Outlines sanitation and risk management programs that help hospitality operations provide quality products and services, comply with regulations, and improve the bottom line.

RHM286 Prof Develp Hospitality Manage
Hours 1-3
Provides students with new and diverse experiences to increase their understanding of the restaurant, hotel and meetings management program. Class discussions, assigned readings, lectures, tours, and presentations by RHM faculty.

RHM290 Food and Beverage Trends
Hours 3
ServSafe Alcohol Certification course and tests are administered. Students are exposed to food and beverage trends at the Annual National Restaurant Association Show.
Prerequisite(s): RHM 175

RHM300 Event Plan Wedding Coordinator
Hours 3
This course reviews the interdependent functions of event planning for weddings. Students will learn about the decisions, problems and concerns of planning effective wedding events. They will design, plan and execute a wedding from start to finish.

RHM303 Mgn Quality In Hosp Industry
Hours 3
Designed to acquaint students with quality and leadership issues facing today's hospitality industry. Students learn the principles of the concepts of continuous improvement, quality service, power and empowerment, communication skills, goal setting, teams, diversity, and managing organizational change. Writing proficiency is required for a passing grade for this course.
Prerequisite(s): RHM 175

RHM313 Contemporary Club Management
Hours 3
Introduces students to the unique world of private club management. Focus on issues club managers face on a daily basis.

RHM321 Tourism & Hospitality Industry
Hours 3
Comprehensive exploration of major concepts about tourism and analysis of the broad range of factors that influence the inter-linked industry composed of many sectors.
Prerequisite(s): RHM 175

RHM322 Cruise Tourism
Hours 3
Exploration & evaluation of the North American Cruise Industry to include vacation cruising, economics, life aboard for passengers and crew, analysis of marketing campaigns and internet resources.
Prerequisite(s): RHM 175

RHM325 Lodging Operations & Management
Hours 3
Systematic approach to front-office, housekeeping and maintenance procedures. Emphasis is on the fundamentals in each of these three critical areas and the understanding of the mission of each department, people in the department, how the department interacts and management of employees.
Prerequisite(s): RHM 175

RHM332 Front Office Management
Hours 3
Introduces concepts of front-office management that affect other operating departments. Discusses techniques in managing the front office to ensure operational goals are attained.

RHM345 Operations Mgt Gaming Ind
Hours 3
This course is designed to increase the understanding of the gaming industry through lectures and possible visits to casino operations, hotels, and restaurants located with casinos. The course discussions include history of gaming, gaming controls, gaming operations, currency reporting, casino statistics, casino tactics, marketing casinos, Alabama laws on gaming, and addictions and responsible gaming. There will be assigned readings and possible presentations by leading casino executives.
Prerequisite(s): RHM 175 or permission from the instructor.

RHM355 Hospitality Industry Training
Hours 3
Student learns how to develop, conduct, and evaluate one-on-one and group training that will reduce turnover, improve job performance, and help the hospitality organization attain its operational goals and objectives.

RHM356 Human Resources Management
Hours 3
Explains how to meet the requirements of various labor laws, to include the Americans with Disabilities Act (ADA), as well as other employment and workplace laws. Explores strategies for attracting a wide range of applicants, minimizing turnover, and reducing productivity losses.
Prerequisite(s): RHM 175

RHM370 Event Marketing
Hours 3
Students learn how to market to the Event Target Audience; anticipate client needs; and understand the event business and its unique value position and differentiation. Writing proficiency within this discipline is required for a passing grade in this course.
Prerequisite(s): RHM 175

RHM375 Managing Catering Operations
Hours 3
Theory and techniques of professional catering and event planning with hands-on activities involved with the planning, organizing, and implementation of special catered events. Student's hands-on experience will include Service, Production and Management roles.
Prerequisite(s): RHM 175, NHM 250 or NHM 253
RHM377 Restaurant Management & Service
Hours 3
Principles and methods of producing and serving quality food in restaurants. Writing proficiency is required for a passing grade in this course. Writing proficiency within this discipline is required for a passing grade in this course.
Prerequisite(s): RHM 175

RHM380 Convention Trade Show Management
Hours 3
A comprehensive analysis of trade shows. Emphasis is on organizing, arranging, and operating trade shows and conventions. Visits to trade shows are required.
Prerequisite(s): RHM 175 and RHM 185

RHM385 Event Lead. Prog, Prob Solving
Hours 4
Students gain knowledge, skills and experience in planning, executing, evaluating and problem solving with a variety of events on the UA campus. Students work with a minimum 10 hours per week with the University Union.
Prerequisite(s): RHM 175 and RHM 185

RHM387 Hotel/Motel Security Management
Hours 3
Exploration of security issues, concerns and practices affecting hospitality properties. Covers the physical security of the property asset protection, guest protection, security equipment, emergency management and procedures, and OSHA requirements.
Prerequisite(s): RHM 175

RHM420 Hospitality Marketing
Hours 3
Course presents basic knowledge and practices for developing strategic marketing plans for hotel/motel organizations. Includes property/product market and competition analysis; promotion and sales planning and internal and external sales and promotion techniques. Writing proficiency is required for a passing grade in this course. Juniors or Seniors ONLY.
Prerequisite(s): RHM 175

RHM421 Hospitality Law
Hours 3
Students gain an understanding of potential legal problems and how important legal considerations can affect the hospitality industry. Legal cases related to the hospitality industry are explored.

RHM425 Risk Management for Meetings & Events
Hours 3
A study of risk, crisis, and liability issues that may arise in the planning and management of meetings and events. Writing proficiency is required for a passing grade in this course.
Prerequisite(s): RHM 175 or RHM 185

RHM446 Hospitality Purchasing
Hours 3
Students learn how to purchase major commodities and nonfood supplies, ensuring price and product quality. Course explains how to deal effectively with suppliers and includes the managerial aspects of purchasing.

RHM448 Bar And Beverage Management
Hours 3
Discussion on strategies to profitably manage the bar and beverage department of the hospitality operation. Covers control systems, hiring and training, responsible alcohol service, and essential information on a wide range of beverage products. MUST BE AGE 21 OR OLDER.
Prerequisite(s): RHM 175 and NHM 250 or NHM 253.

RHM450 Issues Hotel & Lodg. Mgmt.
Hours 3
No description available
Prerequisite(s): RHM 175

RHM465 Food And Beverage Controls
Hours 3
Explores the complexities of controlling food, beverages, labor and sales income/cost control, as well as control systems, the basics of computers, and computer applications in planning and control functions.
Prerequisite(s): RHM 175

RHM468 Practicum In Hospitality Mgt
Hours 1
Student work experience in a hospitality operation. Students are expected to work 500 hours in a hospitality operation and position.
Prerequisite(s): Permission of advisor.

RHM469 Internship Hospitality Management
Hours 1
A semester of work experience in an approved hospitality organization for a minimum of 600 hours. Students work full-time during the semester to gain insight into hospitality management responsibilities.
Prerequisite(s): RHM 175

RHM470 Hospitality Industry Computer Systems
Hours 3
Explores hospitality computer technology and the management of information systems. Discussion of applications for all functional areas, including reservations, rooms, food and beverage, sales and event management and accounting.
Prerequisite(s): RHM 175

RHM474 Mangr Acct Hospitality Indust
Hours 3
Students learn how to make effective managerial, business, and operational decisions based on a thorough understanding of financial statements; identify costs; develop realistic budgets; forecast; and plan cash flow.
Prerequisite(s): RHM 175 and AC 210 or RHM 310 or RHM 274

RHM478 Mgt Service Food Bev Operation
Hours 3
Explores requirements in planning for and managing different types of food and beverage operations.
RHM479 Convention Management & Service
Hours 3
An exploration of techniques used to increase a hospitality property's convention and meeting business through marketing and service. Students learn how to address meeting planners' needs and concerns confidentially, creatively and effectively.
Prerequisite(s): RHM 175 or RHM 185

RHM480 Adv Meeting & Convention Mgt
Hours 3
Reviews the interdependent functions of meetings and convention management. The student develops and executes a professional meeting.
Prerequisite(s): RHM 175 and RHM 185

RHM481 Special Events, Fairs, and Festivals
Hours 3
This course will cover the history of fairs and festivals and the economic impact they offer the communities that host such events. Students will acquire hands-on experience with festival planning, set-up, and operations.

RHM485 Foundations Seminar
Hours 3
Advanced senior seminar designed for students in the restaurant and hospitality management program.

RHM488 Individual Seminar Projects
Hours 3-12
Individual projects designed by students to implement concepts and strategies learned in executive seminars. Project plans must be approved by RHM faculty prior to implementation.

RHM490 Directed Individual Study
Hours 1-6
To register for RHM 490, students must receive Instructor Approval for override into class.

RHM495 Capstone Senior Project
Hours 12
Project is designed by the student to include research, analysis, and synthesis of a particular topic related to hospitality industry operations. Project must be approved by RHM faculty prior to implementation.
Prerequisite(s): RHM 485

RHM496 RHM Senior Capstone Seminar
Hours 1
Discussion of current issues in the hotel, restaurant, and convention industries. Must be Senior level.
Prerequisite(s): RHM 175