COURSES FOR HUMAN NUTRITION AND HOSPITALITY MANAGEMENT

Human Nutrition and Hospitality Management Courses

NHM101 Intro Human Nutrition
Hours 3
Introduction to principles of the science of nutrition, with implications for and applications to food selection for individuals of all ages.

NHM115 Introduction to Nutrition for Athletes
Hours 1
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.
Prerequisite(s): None
Prerequisite(s) with concurrency: None

NHM195 Intro Dietetics Nutrition
Hours 1
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.

NHM201 Nutrition In Life Cycle
Hours 3
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.
Prerequisite(s): NHM 101

NHM210 Dynamics Weight Control
Hours 3
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.

NHM250 Principles of Food Preparation
Hours 3
Principles of Food Preparation as they relate to food quality and acceptability. Restricted to RHM majors and NHM minors.

NHM253 Food Science
Hours 3
Introduction to the functionality of food ingredients and how the chemistry of food dictates the methods of preservation and preparation.
Prerequisite(s): NHM 101 and CH 104 or CH 101.

NHM295 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 Academy of Nutrition and Dietetics Web site. Student membership in the Academy of Nutrition and Dietetics is a requirement of this course.
Prerequisite(s): NHM 101
Prerequisite(s) with concurrency: NHM 201

NHM305 Vegetarian Nutrition
Hours 3
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.

NHM315 Nutrition For Performance
Hours 3
This course is designed to address nutrition issues related to exercise and athletic performance.
Prerequisite(s): NHM 101

NHM320 Food in Film
Hours 3
This course is genre study of the relationships between food, film, and culture. It introduces the portrayal of food and nutrition topics in film media, exploring cultural diversity and food relationships in media, the dynamic interaction of shifting food values with evolving media, and explores ethical and socio-political issues of portraying food in film.

NHM340 Community Nutrition
Hours 3
Nutrition assessment of individuals and groups; provision of nutrition services in the community. Writing proficiency is required for a passing grade in this course.
Prerequisite(s): NHM 101 and NHM 201.
Prerequisite(s) with concurrency: NHM 395 or NHM 295.

Writing
NHM345 Nutrition Counseling
Hours 3
This course focuses on developing foundational skills in nutrition counseling and incorporation of the nutrition care process into nutrition counseling.
Prerequisite(s): NHM 101, NHM 201
Prerequisite(s) with concurrency: NHM 363

NHM346 Nutrition Education: Theories and Practice
Hours 3
This course focuses on developing competency in learning-system design, with special emphasis on theory-based education models and teaching nutrition in a variety of settings.
Prerequisite(s): NHM 101, NHM 201, NHM 345

NHM361 Nutritional Biochemistry
Hours 3
Intermediary metabolism of carbohydrates, fat, and protein with emphasis on homeostatic regulation in health and disease.
Prerequisite(s): NHM 101, and CH 105 or CH 231

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) with concurrency: 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.
Prerequisite(s) with concurrency: 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 or NHM 295, 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 Statement 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

RHM175 Introduction to Hospitality Management
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.
RHM235 Introduction to Sport Hospitality Management
Hours 3
Introduction to the theoretical and applied foundations of sport management and explore the array of career opportunities in the sport hospitality industry.

RHM236 Creating the Fan Experience
Hours 3
Examine variables that impact a fan experience and review customer service practices that are necessary to maximize the success of a sporting event. Evaluating the experience and measuring fan satisfaction will be explored.
Prerequisite(s): RHM 175 or RHM 235

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 MATH 112; AND EC 110 or EC 112

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.

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 Managing Quality in the Hospitality Industry
W
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 within the discipline 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.
RHM335 Sport Tourism

W

Hours 3

An in-depth look at the economic and social impact of Sport Tourism on destinations and exploration of sports travel’s growth and future prospects. This is a writing course. Writing proficiency within the discipline is required for a passing grade in this course. A student who does not write with the skill normally required of an upper-division student in this discipline will not earn a passing grade, no matter how well the student performs in other areas of the course.
Prerequisite(s): RHM 175 or RHM 235
Writing

RHM336 Collegiate Athletics

Hours 3

This course highlights the foundation, skills, and issues associated with collegiate sports. The history, ethics, and governance in collegiate sports, recreational programs, and wellness education is also examined.
Prerequisite(s): RHM 175

RHM337 Sport and Event Venue Management

Hours 3

This course will identify the management functions necessary in planning and executing sporting and entertainment events in sport facilities. Financing, risk management, crowd control, food and beverage requirements, and emergency management will be reviewed.
Prerequisite(s): (RHM 175 and RHM 251) or RHM 235

RHM338 Sport Marketing and Sponsorships

Hours 3

This course investigates the philosophies and procedures of sport marketing as a tool for both promotion and sponsorship sales. Course discussions and projects will emphasis the areas of strategic marketing, the sport consumer, market research, marketing segmentation, corporate partnerships and activations, legal considerations, and the various paid media outlets.
Prerequisite(s): RHM 235

RHM341 Catering Management and Quantity Foods

Hours 3

Catering Management and Quantity Foods is an examination of theory and techniques of professional catering and quantity food production and service.
Prerequisite(s): RHM 175 and RHM 241

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

W

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
Writing

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 and (NHM 250 or NHM 253)

RHM377 Restaurant Management & Service

Hours 3

Principles and methods of producing and serving quality food in restaurants.
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
W
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
Writing

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

RHM435 Sports Governance
Hours 3
Leadership and governing practices for a variety of playing levels; from little league, collegiate sports, professional sports, and international federations will be examined.
Prerequisite(s): RHM 175 and RHM 336

RHM436 Current Trends in Sports Hospitality
Hours 3
This course will introduce students to various current and future trends within the sports hospitality industry. Additionally, students will examine the role these trends play in the management, operation, and future of sports organizations.
Prerequisite(s): RHM 235

RHM437 Analytics in Sport Hospitality
Hours 3
This course covers practical strategies to collect and analyze big data, disseminate results that will drive informed decision making, and optimize revenue in the sport hospitality industry.
Prerequisite(s): RHM 235, RHM 274, and MATH 110 or MATH 112

RHM438 Hospitality, Sport, & Entertainment Research Methods
W
Hours 3
An in-depth exploration of the importance of hospitality, sport, and entertainment industry research, the research process, and how research is used in the hospitality, sport, and entertainment industries. This is a writing course. Writing proficiency within the discipline is required for a passing grade in this course.
Prerequisite(s): RHM 235 and RHM 335
Writing

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 & Lodging 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 Mgmt
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 Industr
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 AC 211; 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.

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.

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