

COURSES FOR HUMAN NUTRITION, HOSPITALITY AND SPORT MANAGEMENT

Hospitality and Sport Management Courses

HSM175 Intro 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.

HSM185 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.

HSM235 Introduction to the Sport Industry

Hours 3

Introduction to the theoretical and applied foundations of sport management including the range of career opportunities and significance of skilled management within the sport industry.

HSM236 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): HSM 235 minimum C

HSM241 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.

HSM251 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.

HSM300 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.

Prerequisite(s): HSM 175 with a minimum of a D- required

HSM303 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 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 will not earn a passing grade, no matter how well the student performs in other areas of the course.

Prerequisite(s): HSM 175 with a minimum of a D- required or HSM 235

Writing

HSM313 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.

Prerequisite(s): HSM 175 D- required or HSM 235 C required

HSM315 Food & Culture

Hours 3

Humans eat meals, and we have developed culturally significant ways of using these foods in cooking and other cultural practices. These food habits become defined and codified within a culture. Each of ethnic, religious, and regional groups has traditional food habits that differ slightly or significantly, and effective food service requires an understanding of those foods and cultures. This course aims to understand the rapidly expanding field of food and culture.

Prerequisite(s): HSM 175

HSM317 Social Issues in Sport & Entertainment Operations

Hours 3

The course examines the intersections between the sport industry and social and societal occurrences. Several implications discussed will include class, race, gender, and politics. Topics will change from semester to semester given the every-changing nature of our society.

Prerequisite(s): HSM 175 minimum grade D- OR HSM 235 minimum C requirement

HSM321 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): HSM 175 minimum D- requirement

HSM325 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): HSM 175 minimum D- required

HSM335 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 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 will not earn a passing grade, no matter how well the student performs in other areas of the course.

Prerequisite(s): HSM 235 minimum grade of C required

Writing

HSM336 Collegiate Athletics

Hours 3

This course highlights the foundation, skills, and issues associated with collegiate sports. The history, ethics, and governance of collegiate sports, recreational programs, and wellness education are also examined.

Prerequisite(s): HSM 235 minimum grade of C

HSM337 Sport & Entertainment Facility Management

Hours 3

This course will identify the management functions necessary in planning and executing sport facilities. Financing, construction, risk management, food and beverage, marketing, and operations will be reviewed.

Prerequisite(s): HSM 235 minimum grade of C

HSM338 Sport Marketing, Promotion, and Strategy

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 emphasize 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): HSM 175 minimum grade D- or HSM 235 minimum grade of C

HSM340 Sustainable Tourism

Hours 3

This course is designed to provide an understanding of the concept of sustainable tourism development. The characteristics of environmentally, economically, and socio-culturally sustainable tourism are defined and the possibilities and limitations for its implementation within a variety of destinations and product settings are discussed. Theory, practice, history, terminology, and issues in sustainable tourism planning and management are examined in the context of sustainable livelihoods.

Prerequisite(s): HSM 175 minimum grade of D-

HSM341 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): HSM 175 minimum grade of D- and HSM 241

HSM370 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 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 will not earn a passing grade, no matter how well the student performs in other areas of the course.

Prerequisite(s): HSM 175 minimum of D-

Writing

HSM378 Food & Beverage for Hotels and Event

Hours 3

This course will focus on food and beverage operations for hotels and events. The course will introduce students to the food and beverage division of hotels: catering and banquets, culinary operations, restaurants/food service outlets, beverage management, and room service. This course will allow students to practice table setting and tablescapes. Food and beverage are an important part of events. In this course students will determine criteria for locating reputable vendors for events and determine the components of catering contracts.

Prerequisite(s): HSM 175 minimum grade of D-

HSM380 Corporate Events

Hours 3

A comprehensive analysis of corporate events. Emphasis is on organizing, arranging, and operating corporate events and conventions. Corporate events include trade shows, product launches, training and development, incentive travel, and consumer shows.

Prerequisite(s): HSM 175 minimum grade of D- and HSM 185

HSM385 Event Leadership, Programming, and Problem-Solving

Hours 4

Students gain knowledge, skills, and experience in planning, executing, evaluating, and problem solving with a variety of events on The University of Alabama campus. Students will work a minimum of five hours per week with the University Union to gain "hands-on" experience with event planning processes.

Prerequisite(s): HSM 175 or HSM 235

HSM398 Sales in Sport & Entertainment Operations

Hours 3

The course provides a basis for the principles and implications of sales and revenue generation in the sport and entertainment industry. Key areas including sales' role within a sport organization, pricing, consumer needs, consultant-based selling, prospecting, customer retention, and sponsorship sales.

Prerequisite(s): HSM 235 minimum grade of C

HSM400 International Tourism

Hours 3

This course examines factors such as demographic, economic, and technological changes that impact tourism around the world. Future trends, geography, and vulnerability of international tourism are discussed.

Prerequisite(s): HSM 175 minimum grade of D-

HSM404 Financial Issues in Sport

Hours 3

This course provides an in-depth look at public and private financing options for professional, intercollegiate, interscholastic, and recreational/commercial sport.

Prerequisite(s): HSM 235 minimum grade C

HSM420 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/external sales and promotion techniques. Writing proficiency 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 will not earn a passing grade, no matter how well the student performs in other areas of the course.

Prerequisite(s): HSM 175 minimum grade of D-

Writing

HSM421 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.

Prerequisite(s): HSM 175 minimum grade of D-

HSM422 Ethical and Legal Issues in Sport Management

Hours 3

This course covers the ethical standards of the sport industry and the issues of sport law. As the field of sport management has grown, so has the prevalence of lawsuits. The sport professional's role is discussed.

Prerequisite(s): HSM 235 minimum grade C

HSM425 Risk Management in Sport & Hospitality

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): HSM 235 or HSM 175

HSM435 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): HSM 235 minimum grade of C

HSM436 Current Trends and Issues in Sport Management

Hours 3

This course will introduce students to various current and future trends within the sport and entertainment hospitality industry. Additionally, students will examine the role these trends play in the management, operation, and future of sporting and entertainment events.

Prerequisite(s): HSM 235 minimum grade of C required

HSM437 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): HSM 235 minimum grade of C

HSM438 Hospitality, Sport, & Entertainment Research Methods

W

Hours 3

This course is 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 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 will not earn a passing grade, no matter how well the student performs in other areas of the course.

Prerequisite(s): HSM 175 minimum D- or HSM 235 minimum of C

Writing

HSM448 Bar & 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.

Prerequisite(s): HSM 175 minimum grade of D- and NHM 250 or NHM 253

HSM450 Issues in Hotel & Lodging Management

Hours 3

Current hotel and lodging issues are discussed in this course.

Prerequisite(s): HSM 175 minimum grade of D-

HSM465 Food & 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): HSM 175 minimum grade of D-

HSM467 Sport Management Internship

Hours 3

Work industry experience in a pre-approved position in the sport industry. This work experience will advance students' expertise and allow them to gain insight within a sport organization. Instructor permission required.

Prerequisite(s): HSM 235 minimum grade of C

HSM468 Practicum in Hospitality Management

Hours 1-4

Students majoring in Restaurant and Hospitality Management must complete 1000 hours of work experience in a hospitality facility prior to graduation. Work positions may be paid or non-paid, hourly, or managerial. Work experience may be in restaurants, hotels, institutional food service, convention centers, theme parks, etc.

Prerequisite(s): HSM 175 minimum grade of D-

HSM469 Internship Hospitality Management

Hours 3

Work industry experience in a pre-approved position in the hospitality industry. This work experience will advance students' expertise and allow them to gain insight within a hospitality business. Instructor permission required.

Prerequisite(s): HSM 175 minimum grade of D-

HSM470 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): HSM 175 minimum grade of D-

HSM474 Managerial Accounting in the Hospitality Industry

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): HSM 175 minimum grade of D-

HSM478 Mgt Service Food Bev Operation

Hours 3

Explores requirements in planning for and managing different types of food and beverage operations.

Prerequisite(s): HSM 175 minimum of D-

HSM479 Hotel Sales & Event Services

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): HSM 175 minimum grade of D- and HSM 185

HSM480 Event Meeting & Convention Management

Hours 3

Reviews the interdependent functions of meetings and convention management. The student develops and executes a professional meeting.

Prerequisite(s): HSM 175 minimum grade of D- and HSM 185

HSM481 Special Events, Fairs, & Festivals

Hours 3

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

Prerequisite(s): HSM 175 minimum grade D-

HSM490 Directed Individual Study

SP

Hours 1-6

To register for HSM 490, students must receive Instructor Approval for override into class.

Prerequisite(s): HSM 175 minimum grade of D-

Special Topics Course

HSM496 HSM Senior Capstone Seminar

Hours 1

Discussion of current issues in the hotel, restaurant, and convention industries. Must be Senior level.

Prerequisite(s): HSM 175 minimum grade of D-

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.

NHM102 Honors Introduction to Human Nutrition

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Hours 3

Introduction to Human Nutrition, as an introduction to principles of the science of nutrition, with implications for and applications to food selection for individuals of all ages. Additional emphasis in the honors section is made to develop critical thinking skills in the application of the principles of nutrition and its role in improving human health.

University Honors

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

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 or NHM 102

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 or NHM 102 and CH 104 or CH 101 or CH 100.

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 or NHM 102

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 or NHM 102

NHM320 Food in Film

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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.

Humanities

NHM340 Community Nutrition

W

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. A student who does not write with the skill normally required of an upper-division student will not earn a passing grade, no matter how well the student performs in other areas of the course.

Prerequisite(s): NHM 101 or NHM 102 and NHM 201.

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 or NHM 102, 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 or NHM 102, 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 or NHM 102, 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 or NHM 102 and NHM 372

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

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

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 or NHM 102, NHM 253, NHM 340, NHM 365, NHM 295, and CH 105

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

SP

Hours 1-6

Individual study in nutrition or food service management. Students must receive Instructor Approval for override into class.

Special Topics Course

NHM491 Directed Professional Study

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Hours 3

Individual professional study in management, clinical, or community dietetics. Requirement of 160 clock hours spent in assigned site. Writing proficiency 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 will not earn a passing grade, no matter how well the student performs in other areas of the course.

Prerequisite(s): NHM 365

Special Topics Course, Writing

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.