Division of Nutritional Sciences

Administration

Cutberto Garza, director

Marjorie M. Devine, associate director for academic

Betty Lewis, graduate faculty representative, Field of Nutrition

David Levitsky, division honors chairperson

The Division

Nutritional science deals with the intricate relationship of food, nutrition, and health. At Cornell, the focal point for this broad field of study, which ranges from nutrient chemistry to world hunger, is the Division of Nutritional

The division is affiliated with both the College of Human Ecology and the College of Agriculture and Life Sciences and brings together specialists from many disciplines in the biological and social sciences. Their work covers undergraduate and graduate teaching, nutrition research, and public education, including cooperative extension services.

The faculty in the division are working toward two closely related goals: increasing our knowledge of nutrition and health, and applying what we know to people's everyday problems. This approach carries over to undergraduate education. Students who major in nutritional sciences learn how to interpret basic research from the laboratory and from the social sciences. They also come to understand the practical implications of their studies. Many students have the chance to test out their ideas by conducting a research project or working in the community.

Facilities

Most of the faculty members of the division work in Savage Hall and Martha Van Rensselaer Hall. In addition to housing offices, classrooms, and seminar rooms, those buildings contain animal-care and research facilities, specialized laboratories, a human metabolic research unit, and interactive terminals for the university's computer system.

Savage Hall also has a graduate reading room, and in Martha Van Rensselaer Hall the division has set up the Learning Resources Center, which many undergraduates use for individual study and small group discussions. The Learning Resources Center contains class materials, audiovisual aids, and supplementary books and periodicals for independent study and special projects in nutrition.

The Major

The B.S. degree program with a major in nutritional sciences (NS) offers five major options, but all of them give students a thorough foundation in the basic sciences, the field of nutrition, and communication skills. Graduates are qualified for a variety of entry-level positions in laboratory research, consumer affairs, nutrition education, and clinical and public-health services. All students are well prepared to pursue dietetic training or advanced study in fields such as nutrition, food science, biomedical sciences, and public policy.

Most undergraduates who major in nutritional sciences enroll in the College of Human Ecology. Students in the College of Agriculture and Life Sciences can also pursue a nutritional sciences option through the General Studies Program, and students in the College

of Arts and Sciences can take a nutrition concentration. as an independent option in the Division of Biological Sciences. Nutrition courses can be used to meet graduation requirements in all three colleges.

Academic Advising

Every student majoring in nutritional sciences is assigned a faculty adviser from the division. An effort is made to match interests, and students may change advisers at any time if their goals and interests change Regular student-adviser conferences are required at least twice a year. The adviser not only helps students select courses but can often suggest opportunities for individual study or experience outside the classroom.

The specific course requirements for graduation and for each major option are listed in the Human Ecology Student Guide, available on request. Questions about undergraduate study should be addressed to Mariorie Devine, associate director for academic affairs, 334 Martha Van Rensselaer Hall.

The Core Curriculum

In their freshman and sophomore years, all undergraduates majoring in nutritional sciences follow a core curriculum that builds the foundation for any aspect of advanced study in nutrition. The core curriculum includes courses in food and nutrition, laboratory skills, humanities and communications, introductory social sciences, and basic sciences. There is some choice of science courses, but all nutrition students need a good background in general and organic chemistry, biochemistry, microbiology, physiology, and mathematics.

Transfer students need to pay particular attention to the core curriculum and may need to take an extra semester to fulfill all of the basic requirements. especially in the sciences. The course NS 300, Special Studies for Undergraduates, which allows students to take "pieces" of courses, helps transfer students integrate their previous training into the requirements for the nutritional sciences major without duplicating course work.

By their junior year, students start taking the more specialized courses required for the nutritional sciences option they choose: experimental and consumer food studies, nutrition, nutritional biochemistry, clinical nutrition, or community nutrition. The core curriculum ensures that they can move into any option or change options.

Options

Option I: Experimental and Consumer Food Studies

Students electing this option concentrate on basic and applied science courses, including physicochemical aspects of food, experimental food methods, and nutrition. From this option, students are prepared to pursue graduate study in food and/or nutritional sciences. With their knowledge of how the composition and treatment of food affect food quality, safety, acceptability, and nutritive value, graduates find jobs in dietetics, food service, development and evaluation of food products, food and nutrition education, consumer service, and public policy. To support those career options, additional course work is recommended in areas such as dietetics, food service administration, communications, economics, government, public policy, marketing, and management.

Option II: Nutrition

This option is designed for students with an interest in the scientific basis of the nutritional and who may also want to undertake an interdisciplinary program in other areas such as food sciences, communications, health,

human development, or policy. The program includes lectures and laboratory experience in biochemistry, physiology, and microbiology in order to provide a sound scientific basis for graduate study in either nutrition or food sciences. The option allows the student to plan an individual concentration of courses in a selected area to supplement the fundamental training in nutrition and to meet specific career goals

Option III: Nutritional Biochemistry

This basic science-oriented curriculum prepares students for advanced study in the nutritional and biomedical sciences. Students who wish to explore more broadly the scientific basis of food and nutrition may wish to concentrate in this area. Courses and laboratory work in chemistry, biochemistry, and physiology help develop a deeper understanding of nutrient action at the cellular and subcellular levels.

Option IV: Clinical Nutrition

This option builds on the basic science core to give a solid foundation in the biological aspects of human nutrition in health and disease. Designed for students interested in pursuing advanced study in human nutrition or medicine, the program stresses courses and laboratory work in the natural and biological sciences, with an emphasis on application to human problems.

Option V: Community Nutrition

This option gives students the skills to help people translate nutritional knowledge into action. It provides a strong background in basic and nutritional sciences but also includes supporting courses in the social sciences and communications. Students are prepared to pursue graduate student in community nutrition, public health nutrition, and related fields. Practical experience through supervised field study is strongly recommended and is an asset to finding entry-level positions in community nutrition, including nutrition education.

Career Planning

Major requirements represent the minimum course work for each option. With an adviser's help, students can add courses and special experiences that will meet their career interests.

There is some choice among the basic sciences regardless of the options selected. All students who have adequate preparation in high school mathematics and chemistry are encouraged to take Chemistry 207-208

Students considering advanced study at a graduate or medical school should select science alternatives that prepare them for admission. Many graduate schools require a year of college mathematics, biology, organic chemistry, and in some cases, physics, for entrance.

Students interested in dietetics in applied nutrition should consider planning their course work to meet the requirements for membership and registration in the American Dietetic Association (ADA). Advisers in the division will help students plan their course work to meet the ADA's academic requirements and will counsel them on applying for internships. Additional information on the dietetics program at Cornell can be obtained from Rose Marie Holmes, 314 Martha Van Rensselaer Hall, and Joan M. L. Koch, 373 Martha Van Rensselaer Hall

Field Study Program

Structured field experience in a community agency or health-care facility can be taken for credit in several ways: through an independent study course, as a class project, or as a summer study project. Interested students should consult Nancy Peckenpaugh, the division's field-study coordinator.

Independent Study Electives

Independent study courses (NS 400, 401, 402) can be used to obtain credit for more diverse or intensive experience than the classroom can offer, whether this involves laboratory work, library research, or field study. Any student interested in independent study should obtain the sponsorship of a faculty adviser and the approval of Dr. Devine or consider applying to the honors program.

Honors Program

The honors program, leading to a B.S. degree with honors in nutritional sciences, gives official recognition to students who have demonstrated excellence in their academic work and their capacity for independent study.

In addition to fulfilling the requirements for a major option in nutritional sciences, students in the honors program take courses on designing and evaluating research, complete an original piece of research, and prepare an honors thesis. The honors project may be laboratory or field research or deal with policy and program development. Animals may be used in some research studies.

For more information, students should contact David Levitsky, honors chairperson, 114 Savage Hall.

Exercise Science Concentration

Students interested in physical fitness and nutrition may pursue a concentration in exercise science through a special program with the School of Health, Physical Education, and Recreation at Ithaca College. This program includes elective courses in fitness measurements, exercise physiology, and the biomechanics of human movement. For further information, contact M. M. Devine, associate director for academic affairs, 334 Martha Van Rensselaer Hall.

Courses Recommended for Nonmajors

Courses in nutritional sciences can strengthen programs of study in biological science, medicine, agriculture, food science, human services, and other fields.

Introductory courses in nutrition (NS 115) and food (NS 146) are open to all students, as are some special-interest courses (NS 222, Maternal and Child Nutrition; NS 325, Sociocultural Aspects of Food and Nutrition; and NS 457, National and International Food Economics).

Nonmajors who have taken college courses in chemistry, biological sciences, and nutritional sciences may elect advanced food and nutrition courses with the permission of the instructor.

Graduate Programs

Graduate study is administered by the Field of Nutrition, a group of more than forty faculty members from throughout the university who have a common interest in nutritional problems. In the M.S. and Ph.D. degree programs, students may major in animal nutrition, human nutrition, international nutrition, nutritional biochemistry, foods, or general nutrition. A professional Master of Nutritional Science (M.N.S.) degree in clinical nutrition combines academic study and research on campus with clinical training at affiliated institutions in upstate New York and New York City. Field experience is also a component of concentrations in community nutrition, public-health nutrition, and nutrition education.

The specialities and interests represented by faculty in the Field of Nutrition provide almost unlimited opportunity for graduate study. Cornell's extensive laboratory and agricultural facilities ensure that students interested in experimental nutrition have exceptional choice and thorough training. As the largest faculty in the country devoted to the study of human nutrition, the field includes specialists in biochemical, metabolic, epidemiological, and sociocultural research. Opportunities to work with community and federal agencies are available to students interested in applied nutrition and public policy, and students in international nutrition are expected to conduct their thesis research abroad.

For more information about the graduate program, interested persons may write for the brochure *Graduate Study in Nutrition*, available from the Graduate Faculty Representative, Field of Nutrition, Cornell University, Savage Hall, Ithaca, New York 14853-6301.

Courses

115 Ecology of Human Nutrition and Food Fall or spring. 3 credits. Prerequisites: fall, high school biology (juniors and seniors with advanced biological science background should check with the instructor); spring, a one-semester college biology course. S-U grades optional.

Fall: M W F 1:25; spring: M W F 11:15. Four discs scheduled in place of some lecs. Evening prelims, times to be arranged. M. Devine.

An introduction to the field of human nutrition and food. Human nutritional needs are considered from the perspective of the "new" nutrition, including problems encountered in providing food to meet nutritional needs; relationships among physiological needs, sociocultural systems, food, and the significance of those relationships to health promotion and disease prevention. Discussion of current issues such as weight control, vegetarianism, athletes' diets, heart disease, and cancer prevention.

146 Introductory Foods Fall and spring. 3 credits. Each section limited to 16 students. Prerequisite: NS 115 or concurrent registration. Permission of instructor during course registration required (permission-of-instructor forms must be obtained from and returned to 335 Martha Van Rensselaer Hall).

Lec, M 12:20; labs, T R 10:10–12:05 or 2:30–4:25. Evening prelims: times to be arranged. M. Pimentel. Criteria for evaluating the practice of the science of food and nutrition. Laboratory includes an introduction to the physiochemical properties of food and the relationship of those properties to preparation techniques and palatability characteristics of food. Meal preparation, focusing on human nutritional needs and the management of money and time, is included.

222 Maternal and Child Nutrition Spring. 3 credits. Prerequisites: NS 115 and a college biology course. S-U grades optional.

M W F 11:15. Evening prelims, times to be announced.

Involves the study of nutritional requirements in pregnancy, lactation, infancy, and childhood growth through adolescence. Topics include the relationship between maternal diet and pregnancy outcome; analysis of different methods of infant feeding; and nutritional status of pregnant women, children, and adolescents in the United States and in developing countries.

246 Introduction to Physicochemical Aspects of Food Fall or spring. 4 credits. Each section limited to 18 students. Prerequisites: a college course in organic chemistry or biochemistry, NS 146, and permission of instructor during course registration (permission-of-instructor forms must be obtained from and returned to 335 Martha Van Rensselaer Hall). S-U grades optional.

Lecs, T R 9:05; labs: fall M W 2–4:25 or T R 10:10– 12:25; spring M W 2–4:25 or T R 2–4:25. Fall, B. Lewis; spring, R. Parker.

A study of (a) the colligative properties of solutions; (b) colloidal systems—sols, gels, foams, and emulsions;

(c) physical and chemical properties of the major groups of foods, the effect of basic methods of food preparation and preservation on these properties, and their relation to food quality—especially color, flavor, and texture. Laboratories introduce the experimental study of food and illustrate the function of ingredients and effect of treatment on food quality.

300 Special Studies for Undergraduates Fall or spring. Prerequisites: permission of instructor. S-U grades optional.

Special arrangements to establish equivalency for courses not transferred from a previous major or institution. Students prepare a description of the study they want to undertake on a form available from the Student Services Office. The form, signed by both the instructor directing the study and the associate director for academic affairs, is filed at course registration or during the change-of-registration period.

301 Nutritional Aspects of Raw and Processed Foods (also Food Science 301) Spring. 3 credits. Prerequisites: organic chemistry and Food 100 or NS 115. S-U grades optional.

MWF9:05. D. Miller.

An evaluation of factors that affect the nutritional quality of foods and diets. Nutritional quality is defined. Methods and approaches for assessing nutritional quality are presented. Factors that may alter the nutritional quality of foods and food supplies (e.g., agricultural practices, processing, storage, cooking, fortification, government regulations, and new technologies) are discussed.

325 Sociocultural Aspects of Food and Nutrition Fall: 3 credits. Limited to juniors and seniors. Prerequisites: NS 115 and a college course in anthropology of sociology.

MWF2:30. D. Sanjur.

The course offers a cross-cultural perspective for understanding the environmental and sociocultural parameters affecting the development of food consumption patterns. Emphasis is on theories on formation of food habits, dietary methodologies, ethnicity and food habits, and educational programs in nutrition, in national and international contexts.

331 Physiological and Biochemical Bases of Human Nutrition Spring. 3 credits. Prerequisites: Biological Sciences 330 or 331 or equivalent and NS 115, or permission of the instructor. S-U grades optional.

M W F 10:10. M. H. Stipanuk.

The biochemical and physiological bases for human nutritional requirements, including digestion and absorption, energy metabolism, food intake regulation, lipids, carbohydrates, protein and amino acids, minerals, vitamins, and determination of nutritional status.

332 Laboratory Methods in Nutritional Sciences

Fall or spring. 3 credits. Each section limited to 18 students. Prerequisites: NS 331 or concurrent registration and permission of instructor during course registration (permission-of-instructor forms must be obtained from and returned to 335 Martha Van Rensselaer Hall).

Lec, M 12:20; labs, M W 1:25-4 or T R 1:25-4.

Introduction to principles and procedures of experimental design, analytical techniques, and data analysis in human nutrition. Emphasis on methods of analysis of nutrients and metabolites in food, tissues, and body fluids. Application of these methods in assessing physiological and biochemical responses to alterations of nutrient intake in animal and human studies.

[347 Human Growth and Development: Biological and Social Psychological Considerations (also Human Development and Family Studies 347) Spring. 3 credits. Prerequisites: Biological Sciences 101 or 109 or equivalent; Human Development and Family Studies 115 or Psychology 101 and NS 115 or equivalent. Offered alternate years. Not offered 1988–89.

MWF1:25. J. Haas, H. Ricciuti.

A review of major patterns of physical growth from the fetal period through adolescence, with consideration of biological and socioenvironmental determinants of growth, as well as physical and psychological consequences of variations in growth patterns. An examination of normal patterns of growth is followed by an analysis of major sources of variations (normal and atypical).]

361 Biochemistry and Human Behavior (also Psychology 361) Fall. 3 credits. Prerequisites Biological Sciences 101-102, Chemistry 103-104, Psychology 123, or permission of instructor. A fundamental knowledge of human biology and chemistry is essential. S-U grades optional. MWF 11:15. D. Levitsky.

A survey of the scientific literature on the role of brain and body biochemical changes as determinants of human behavior. The topics covered include action and effects of psychopharmacologic agents, biochemical determinants of mental retardation, biochemical theories of psychosis, and effects of nutrition on behavior.

378 Management Principles in Foodservice Operation Spring. 4 credits. Prerequisites: NS 246 and Agricultural Economics 220 or equivalent, or permission of instructor. S-U grades optional. TR 10:10-12:05. R. Holmes

Application of management principles to foodservice operations involved in the production, distribution, and service of quality food in quantity. Topics include menu planning, foodservice layout and design, production and service controls, purchasing, food-cost control, personnel management, sanitation, safety, and computers

398 Honors in Nutritional Sciences Fall. 1 credit. Limited to students admitted to the division honors program. S-U grades only.

T2:30-4. D. Levitsky. Research design. Analysis of research papers on selected topics

400-401-402-403 Special Studies for Undergraduates Fall or spring. Credits to be arranged. S-U grades optional. Division faculty.

For advanced independent study by an individual student or for study on an experimental basis with a group of students in a field of nutritional sciences not otherwise provided through course work in the division or elsewhere at the university. Students prepare a description of the study they want to undertake on a form to be signed by the instructor directing the study and the associate director of academic affairs. The form, available from the Counseling Office, is filed at course registration or within the change-of-registration period. To ensure review before the close of the course registration or change-of-registration period, students should submit the special-studies form to the associate director for academic affairs as early as possible

400 Directed Readings

For study that predominantly involves library research and independent reading.

401 Empirical Research

For study that predominantly involves data collection and analysis or laboratory or studio projects.

402 Supervised Fieldwork

For study that involves both responsible participation in a community setting and reflection on that experience through discussion, reading, and writing. Academic credit is awarded for this integration of theory and practice.

403 Teaching Apprenticeship

For study that includes assisting faculty with instruction.

415 Field-based Learning in Nutrition Fall, spring, or summer. 2–6 credits. S-U grades optional. Prerequisites: junior, senior or graduate standing; 9 hours of coursework in NS; participation in prefield activities and a training workshop; and permission of instructor. Obtain application/questionnaire outside of 315 Martha Van Rensselaer Hall.

Hours in placement arranged individually; biweekly seminar to be announced. N. J. Peckenpaugh Undergraduate and graduate students are placed, according to their interests and backgrounds, in organizations and agencies that provide nutrition and food services. Placements are individually designed to enable students to develop critical-thinking skills related to nutrition and food issues. A biweekly seminar provides a basis for the sharing of experiences among students, with a focus on the attainment of communication skills appropriate to the field of nutrition. Students may be required to provide their own transportation to placements

441 Nutrition and Disease Fall. 4 credits. Prerequisites: NS 331 and a human physiology course. S-U grades optional

MWF 10:10 and F8. V. Utermohlen. Study of the physiologic and metabolic anomalies in chronic and acute illnesses and the principles of nutritional therapy and prevention. The topics covered include diabetes mellitus, starvation, obesity, nutritional assessment, nutritional pharmacology, severe injury, infection, cancer, gastrointestinal diseases, liver disorders, renal diseases, cardiovascular diseases, and pediatrics. Original research papers, books, review papers, and publications of professional organizations are used throughout the course.

442 Diet Formulation and Analysis Fall. 2 credits. Limited enrollment. Prerequisites: NS 146, concurrent registration in NS 441 (or equivalent background in either course), and permission of instructor during course registration. (Permission-of-instructor forms must be obtained from and returned to 335 Martha Van Rensselaer Hall). S-U grades optional. Lec, M 1:25; lab 1 W 12:20–2:15, lab 2 R 11:15–1:10.

D Fyans

Development of skills in formulation and analysis of therapeutic dietary regimes. Various sources of information on food composition, diet planning, and enteral and parenteral nutrition supplements

445 Community Nutrition and Health Spring. 3 credits. Prerequisites: NS 331 or concurrent enrollment in 331. Recommended: NS 325. S-U grades optional. The field-project component of this course may involve off-campus activity; students are responsible for their own transportation or bus fare.

MF 11:15; disc, W 2:30-4:30. Division faculty. Study of human nutrition and health problems from a community perspective; programs and policies related to nutrition at local, state, and federal levels; and approaches and techniques of effective application and dissemination of nutrition knowledge in communities

446 Physiochemical Aspects of Food Fall. 3 credits. Prerequisites: NS 246 and a college course in biochemistry, which may be taken concurrently. S-U

MWF9:05. G. Armbruster.

The relation of food quality to (a) rheological properties of food systems, (b) oxidation and reduction reactions, and (c) enzymatic and nonenzymatic browning. Covers physical and chemical factors accounting for the color, flavor, and texture of natural and processed foods.

447 Physiochemical Aspects of Food-**Laboratory** Fall. 1 credit. Limited to 16 students. Prerequisite: NS 446 or concurrent registration. S-U grades optional

T 1:25-4:25. G. Armbruster.

Laboratory experiments designed to illustrate the effect of varying ingredients and treatment on the quality of food products. Objective testing methods are used to determine food quality characteristics.

448 Physiochemical Aspects of Food-Laboratory Fall. 1 credit. Limited to 16 students Prerequisite: NS 446 or concurrent registration. S-U

grades optional. R 1:25-4:25. G. Armbruster.

Laboratory experiments designed to illustrate (a) the physiochemical behavior of colloidal systems, (b) chemical reactions of some food components, and (c)

effects of temperature, pH, moisture, inorganic salts, and enzymes on physiochemical changes in natural foods, food components, and food mixtures

456 Experimental Foods Methods Spring. 3 credits. Limited to 16 students. Prerequisites: NS 446 and 448. Recommended: a course in statistics.

Labs, TR 1:25-4:25. G. Armbruster. Application of the scientific method in the design and performance of experimental food problems and the interpretation and evaluation of results. Evaluation of the use of instruments and chemical and sensory methods in the measurement of food properties. Independent

457 National and International Food Economics Spring. 3 credits. Prerequisites: a college course in economics and junior standing, or permission of instructor. S-U grades optional.

MWF9:05. E. Thorbecke. Examination of individual components essential for an understanding of the United States and world food economies. Analysis of the world food economy. Review and analysis of (a) the major economic factors determining the demand for food, the composition of food consumption, and nutritional intake; and (b) the major economic factors affecting food production and supply. Examination and evaluation of the effectiveness of various food policies and programs in altering food consumption patterns. Principles of nutritional planning in developing countries within the context of the process of economic and social development.

488 Advanced Management in Foodservice **Systems** Fall or spring. 3 credits. Limited to 30 students. Prerequisites: NS 378, Microbiology 290 and 291, a course in learning theory, and permission of instructor during course registration (permission-ofinstructor forms must be obtained from and returned to 335 Martha Van Rensselaer Hall). S-U grades optional. Possible field trip. Uniform required.

Lec, M 2-4:10; lab, T W or R 1:30-6. J. Koch. Some laboratories will be arranged through Cornell Dining. Other experiences may be possible in community foodservice operations. Students will gain experience in care and use of institutional equipment, recipe development, job analysis, volume food production, applied sanitation, and in-service training, as well as other management skills required to operate a food-service program.

498 Honors in Nutritional Sciences Spring. 1 credit. Limited to students admitted to the division honors program. Students may register in NS 499 concurrently

T 2:30-4. D. Levitsky, coordinator. Informal presentation and discussion of current topics in food and nutrition in which all members participate. Written reports on topics discussed may be requested. Delineation of honors research problems in consultation with faculty adviser.

499 Honors Problem Fall and spring. Credits to be arranged. Open only to students in the division honors program.

Disc, T 11:15, plus additional hours to be arranged. Division faculty; D. Levitsky, coordinator. An independent literature, laboratory, or field investigation. Students should plan to spread the work over two semesters.

600 Special Problems for Graduate Students Fall or spring. Credit to be arranged. Limited to graduate students recommended by their chairperson and approved by the instructor in charge. S-U grades optional.

Hours to be arranged. Division faculty. Emphasis on independent advanced work. Experience in research laboratories in the division may be

601-604 Advanced Nutrition Series

A series of nutrition courses offered jointly by the Division of Nutritional Sciences and the Departments of Animal Science and Poultry Science. Prerequisites: courses in nutrition, physiology, and biochemistry, including intermediary metabolism, or permission of

601 Proteins and Amino Acid in Nutrition (also Animal Science 601) Fall. 2 credits. Prerequisites: physiology, biochemistry, and nutrition, or permission of instructors. Offered alternate years.

Hours to be arranged. R. E. Austic. A course in amino acid and protein nutrition with emphasis on the dynamic aspects of protein digestion and amino acid absorption, protein and amino acid metabolism, nutrient interrelationships, assessment of protein quality, and amino acid availability and amino acid requirements in humans, other monogastrics, and

602 Lipids Fall. 2 credits. TR 11:15. A. Bensadoun.

Advanced course on biochemical, metabolic, and nutritional aspects of lipids. Emphasis is on critical analysis of current topics of lipid methodology, lipid absorption, lipoprotein secretion, structure, and catabolism; mechanisms of hormonal regulation of lipolysis and fatty acid synthesis; and cholesterol metabolism and atherosclerosis.

604 The Vitamins Fall. 2 credits. TR 10:10. G. F. Combs, Jr. Lectures on nutritional aspects of the vitamins, including recent developments in nutritional and biochemical interrelationships with other nutrients and

607 Nitrogen Metabolism (also Biological Sciences 650) Spring. 2 credits. Prerequisites: Chemistry 358 or 360 and Biological Sciences 330 or 331, or permission of instructor. Offered alternate years, alternating with NS/BS 635, Metabolic Regulation.

TR 9:05. M. Watford.

The course will cover most aspects of nitrogen metabolism. The first section will consider nitrogen fixation and assimilation in bacteria and the metabolism and biological importance of purines, pyrimidines, porphyrins, alkaloids, and amines. This will be followed by discussion of the pathways of amino acid biosynthesis and degradation. The final section will include discussion of protein turnover and degradation, nitrogen excretion, and interorgan relationships in higher organisms. Emphasis throughout the course will be on hormonal, developmental, and molecular biological aspects of metabolic regulation and evolutionary differences.

[611 Molecular Toxicology (also Toxicology 611) Spring. 2 credits. Prerequisite: full-year 400-leve course in biochemistry or equivalent. S-U grades optional. Offered alternate.years. Next offered 1989–90.

Hours to be arranged. C. Wilkinson and others.

A study of fundamental biochemical mechanisms of absorption, transport, metabolism, and excretion of drugs, carcinogens, and toxicants. Emphasis on oxidative and conjugative pathways of metabolism and of environmental and nutritional factors that influence toxicant metabolism and disposition. Methods of evaluating in vivo and in vitro metabolism.]

612 Methods of Assessing Physical Growth in Children Spring. 3 credits. Limited to graduate students and students who have permission of the instructor. S-U grades optional.

Lec, T 1:25; labs, R 1:25-4:25; disc, T 2:15-3:05.

A laboratory course to train students in methods and techniques used to assess the physical growth and development of children. The methods explored are those applicable for field or community studies and cover anthropometry, body composition, skeletal age, maturity indicators, physical fitness, and energy

613 Obesity and the Regulation of Body Weight (also Psychology 613) Spring. 3 credits. Limited to 30 students. Prerequisites: one course in psychology and one course in nutrition. Undergraduate students may register with permission of instructor. S-U grades optional. Offered alternate years; not offered 1989-90.

TR 1:30-3. D. Levitsky. This course is a multidisciplinary discussion of the causes, effects, and treatments of human obesity. Topics include the biopsychology of eating behavior, genetics of obesity, role of activity and energy metabolism, psychosocial determinants of obesity, anorexia nervosa, therapy and its effectiveness, and social discrimination.

614 Topics in Maternal and Child Nutrition Fall. 3 credits. Prerequisites: NS 331, and 222 or 347, Biological Sciences 311, and permission of instructor.

TR 9:05--10:30. K. Rasmussen. Advanced course on the role of nutrition during pregnancy and lactation. Feeding and growth of infants and children in health and disease is considered.

Critical evaluation of current literature is emphasized.

616 Readings in Food Fall. 2 credits. Prerequisite: organic chemistry. Recommended: biochemistry. S-U grades optional. May be repeated for credit with permission of instructor.

W 7:30-9:25 p.m. N. Mondy. Critical review of selected topics in the current literature. Emphasis on experimental data and basic scientific principles underlying modern theory and practice relative to food quality. Training in oral and written presentations of scientific reports.

617 Teaching Seminar Fall or spring, first half of semester. 1 credit. Limited to division graduate students and students who have permission of the instructor. S-U grades only.
W 7:30–9:30 p.m. M. Devine, D. Taylor-Way.

A series of workshops focusing on development of teaching skills for guiding classroom learning in lecture, discussion, and laboratory settings. Preparation of content, presentation, and interaction techniques and evaluative methods are emphasized in relation to the student's specific teaching assignment. Videotape simulations provide opportunity for practice and analysis of teaching behaviors

618 Teaching Experience Fall or spring. No credit. Limited to division graduate students and students who have permission of instructor.

Hours to be arranged. Division faculty; M. Devine, coordinator.

Designed to provide experience in teaching nutritional sciences by direct involvement in college courses under supervision of a faculty member. The aspects of teaching and the degree of involvement vary, depending on the needs of the course and the experience of the student.

619 Field of Nutrition Seminar (also Animal Science 619) Fall or spring. No credit. S-U grades only.

M 4:30. Faculty and guest lecturers. Lectures on current research in nutrition.

[620 Food Carbohydrates (also Food Science620) Spring. 2 credits. Prerequisites: Biological Sciences 330 or equivalent. Letter grades only. Offered alternate years; next offered 1989-90.

TR 10:10. J. Brady, B. Lewis, R. Shallenberger. A consideration of the chemistry of carbohydrates, including sugars and complex carbohydrates (starches, pectins, hemicelluloses, gums, cellulose, and conjugated carbohydrates). Emphasis is on intrinsic chemistry, functionality in food systems, and changes occurring during food processing and

626 Special Topics in Food Spring. 2 credits. Hours to be arranged. G. Armbruster, B. Lewis. Current research related to food is reviewed in the context of basic principles and their application to the quality of food.

627 Special Topics in Food Spring. 2 credits. Prerequisite: organic chemistry. Recommended: biochemistry. S-U grades optional. May be repeated for

credit with permission of instructor.
W 7:30–9:30 p.m. N. Mondy.
Current research related to food production and processing as well as toxicants in the food chain will be reviewed.

630-633 Advanced Nutrition Laboratory Fall or spring. 1-5 credits. Limited to 12 students

630: T 2:30-5:30, S 9-12. 631-633: T R 2:30-5:15. Division faculty.

Laboratories on the anthropometric, dietary, clinical, and biochemical assessment of human nutritional status. The individual courses are taught in sequence over the entire semester. Any or all of the modules may be taken for credit.

630 Anthropometric Assessment Spring, weeks 1-3. 1 credit. Prerequisites: NS 331 or equivalent and permission of instructor.

T 2:30-5:30, S 9-12. J. Haas. Presentation of methods and procedures for anthropometric, radiographic, and energetic assessment of children and adults in clinical, research, and survey settings.

631 Dietary Assessment Fall. 1 credit. 7 weeks only. Prerequisites: statistics and NS 331 or equivalent. Enrollment limited.

R 2:30-5:30. D. Sanjur.

Study of methods and techniques for assessing dietary intakes at the individual and household levels.

632 Clinical Assessment Spring. 1 credit. Prerequisites: NS 630, 631, and 441; Biological Sciences 330 or 331; NS 332 or Biological Sciences 430; and permission of instructor.

TR 2:30-5:15. V. Utermohlen and division faculty. Study of methods and techniques for clinical assessment of nutritional status and diagnosis of nutritional disorders

633 Human Metabolic Studies Spring, 1 credit. Prerequisite: NS 331. Limited to 20 students. S-U grades optional.

Hours to be arranged; 6 meetings over a 3-week period, 21/2 hours each. D. Roe.

Instruction in the principles of human metabolic studies and how these are carried out. Includes how to plan and write a protocol for a study; how to select an appropriate experimental design; how to select subjects; how to design, prepare, and analyze diets; how to make collections of urine and feces; and how to examine data for subject period and treatment effects. Assigned readings, which will be discussed in class, will be from selected recent papers in which techniques of human metabolic studies are described. Learning experiences will include participation in a sixday study.

[634 Vitamins and Coenzymes (also Biological Sciences 634) Spring. 2 credits. Prerequisites: organic chemistry 253 or 357–358 and Biological Sciences 331 or 330, or their equivalents in biochemistry. Offered alternate years. Not offered 1988-89; next offered 1989-90.

TR 10:10. M. N. Kazarinoff. The chemical, biochemical, and nutritional aspects of the vitamins and coenzymes.]

[635 Mechanisms of Metabolic Regulation (also Biological Sciences 635) Spring. 2 credits. Prerequisites: Chemistry 358 or 360 and either Biological Sciences 330 or 331 or permission of instructor. Offered alternate years, alternating with NS 607/BS 650, Nitrogen Metabolism. Not offered 1988-89; next offered 1989-90.

TR 9:05. M. Watford.

Lectures only. The identification and characterization of regulatory steps in metabolism are considered from both theoretical and practical aspects. The intracellular mechanisms of regulation are stressed, with specific examples examined in detail.]

636 Integration and Coordination of Energy Metabolism (also Biological Sciences 637) Fall. 3 credits. Prerequisites: Biological Sciences 330 and 331, or equivalent.

MWF9:05. W. J. Arion.

The elements and dynamics of energy metabolism in higher animals are systematically developed through biochemical characterizations of the metabolic components and structure of major tissues and organs, stressing correlations with physiologic functions.

Mechanisms that control energy metabolism within individual tissues and coordinate these processes in an intact animal are analyzed in the contexts of selected physiologic and pathologic stresses.

637 Epidemiology of Nutrition Spring. 3 credits. Limited to graduate students.

Hours to be announced. J.-P. Habicht.
Course covers basic principles of nutritional epidemiology, evaluation, and surveillance. The concept of nutrition as a determinant of health, the evidence required to support conclusions on causality, and confounding are examined. This provides a basis for describing the principles and practice of nutritional surveillance, with emphasis on its relation to planning decisions to alleviate malnutrition in developing countries.

638 Epidemiology of Nutrition Fall. 2–3 credits. Limited to graduate students. Prerequisites: Statistics and Biometry 602 or 604 or equivalent and NS 331 or equivalent.

Hours to be arranged. J.-P. Habicht.
Teaches the principles underlying the evaluation of nutrition intervention programs and of nutritional assessment. Reviews the levels of evidence about nutrition and health for making decisions, indicators of nutritional status in individuals, indicators of nutritional status in populations, and design of nutritional evaluations. Teaches principles of using nutritional information for decision making.

639 Epidemiology Seminar (also Statistics and Biometry 639) Fall and spring. 1 credit. Limited to graduate students; others by permission of instructor. S-U grades only.

M 12:20. J.-P. Habicht.

This course will develop skills in the preparation and interpretation of epidemiological data by discussing current research topics and issues.

645 Seminar on Community Nutrition Issues
Spring. 2 credits. Limited to graduate students with a
major or minor in human nutrition who have had a
previous course in community nutrition.

M 1:25–3. Division faculty. Students will be actively involved in discussing and undertaking community nutrition needs assessments, program planning and development, evaluation of impact, and the implications of public policy. Students will prepare a proposal as part of the coursework.

646 Seminar in Physicochemical Aspects of Food Fall or spring. 1–3 credits. Prerequisite: a college course in organic chemistry or biochemistry. S-U grades optional.

TR 9:05; disc to be arranged. Fall, B. Lewis; spring, R. Parker.

An introduction to physicochemical aspects of food, for graduate students who have had limited or no work in this area. The seminar uses the lectures of NS 246 as a basis for supplementary readings and critical review of research on selected topics.

649 Geriatric Nutrition Spring. 3 credits.

Prerequisite: NS 331. Letter grades only.

M W F 10:10, plus 20 hours during the semester working with elderly individuals in the Ithaca area.

D. Roe.

Emphasis is given to effects of aging, particularly as these change food habits, alter digestive processes, or decrease nutrient utilization. Causes of nutrient overload and nutritional deficiency are described. Nutritional assessment of elderly people is explained, together with precautions that must be taken in interpreting findings. Consideration is given to geriatric nutrition as a major responsibility of nutritionists working in hospitals, extended-care facilities, and community programs. Therapeutic aims considered are the provision of nutritional rehabilitation in acutecare hospitals and specific diet therapy for chronic-disease patients. Community program objectives are discussed, including establishment and maintenance of feeding programs for the elderly.

650 Clinical and Public Health Nutrition Spring. 3 credits. For graduate students with a major or minor in nutrition and undergraduate nutrition majors in their senior year. Prerequisite: NS 331 or equivalent.

MWF 9:05. D. Roe.

Lectures cover social, environmental, and disease variables that influence the nutrition of infants, children, and adults. Endemic nutritional problems (such as obesity, dental caries, and anemias) of public health importance in the United States are discussed. Student presentations are made in class. Limited field experience is offered.

651 Nutrition and the Chemical Environment (also Toxicology 651) Fall. 3 credits. Prerequisite: NS 331 or equivalent. S-U grades optional.

MWF 11:15. D. Roe.

The relationship between nutrition and the effects of foreign chemicals. Students are offered an overall view of compounds to which we are exposed, including natural food toxicants, food additives, water pollutants, pesticide residues, and radioactive wastes, as well as medications and illegal drugs. A factual and scientific background is developed so students can interpret information and misinformation circulated in the news media.

652 Nutrition Counseling Spring. 2 credits. Prerequisites: NS 441 and 442 and permission of instructor. S-U grades only.

W 10:10-12:05. J. Koch.

Principles and procedures of nutritional counseling in clinical practice. Emphasis on subject matter and process skills necessary to develop, implement, and evaluate nutritional care plans for individuals and groups. Includes workshops, simulation techniques, and work with clients in selected settings.

659 The Nutrition, Physiology, and Biochemistry of Mineral Elements (also Veterinary Medicine 759 and Biological Science 615) Fall. 3 credits. Prerequisites: basic physiology, intermediate biochemistry, and general nutrition. Offered alternate years

M W F 10:10. R. Schwartz, D. R. Van Campen, R. H. Wasserman, C. S. Fullmer, C. C. McCormick. Lectures and discussions on nutritional aspects and physiological, biochemical, and hormonal factors relating to the major macro and micro elements. Included is information on the chemistry of ions and complexes, methods used in research on biologically important minerals, absorption, transport, homeostasis, essentiality, toxicity, and requirements of mineral elements. Lectures and class discussions will emphasize recent developments and experimental approaches.

660 Special Topics in Nutrition Fall or spring 3 credits maximum each term. Registration by permission of the instructor.

Hours to be arranged. Division faculty. Designed for students who want to become informed in any specific topic related directly or indirectly to nutrition. The course may include individual tutorial study, experience in research laboratories, a lecture series on a special topic selected by a professor or a group of students, and/or selected lectures of another course already offered. Topics may be changed so that the course may be repeated for credit.

669 Field Seminar January intersession or spring semester. 1 credit. Limited to 15 students. Required for graduate students in clinical nutrition. Open to other graduate students in nutrition with permission of instructor.

M. Devine, R. Holmes, V. Utermohlen.

Overview of policy decision making and implementation of nutrition programs at the state and national levels. Seminars alternate between Washington, D.C., and Albany, New York. Provides opportunities to meet and confer with staff members of the legislature and selected governmental and private agencies. Upon their return to campus, students must present an integrated summary report or attend a group discussion.

670 Clinical Field Studies Fall, spring, or summer. 15 credits maximum. Limited to graduate students in clinical nutrition. Prerequisites: NS 441, 442, 652, 630, 631, 632, and 633. S-U grades only.

Full-time study at off-campus clinical sites.

R. Holmes, V. Utermohlen.

The delivery of nutritional care in hospitals, outpatient clinics, and community settings.

680. International Nutrition Problems, Policy and Programs Fall. 3 credits. Prerequisite: permission of instructor.

TR 11:15-12:30. M. Latham.

Designed for graduate students who want to learn about the important nutritional problems of developing countries. The major forms of malnutrition related to poverty and their underlying causes are discussed. Emphasis is placed on programs and policies that can assist poor countries and communities to improve their nutritional and health status.

[681 Nutritional and Public Health Importance of Human Parasitic Infections Fall. 2 credits. Prerequisites: graduate student status or permission of instructor. S-U grades optional. Offered alternate years. Not offered 1988–89; next offered 1989–90.

M 1:25–3:20. L. Stephenson and staff.
Reviews the scientific evidence for relationships between human nutritional status and common human parasitic infections. Concentrates on malnutrition (protein-energy malnutrition, anemia) in developing countries. Parasitic infections emphasized are malaria, hookworm, ascaris, schistosomiasis, and trichuriasis. Format is lecture-demonstration-discussion.]

682 Isotope Kinetics (also Biological Sciences **752**) Spring. 2 credits. Prerequisite: calculus. S-U grades optional. Offered alternate years.

T7:30–9:30 p.m. D. Zilversmit.

Quantitative analysis of the transport and distribution of nutrients, metabolites, and drugs in multicompartmental systems. The material will be presented as lectures, discussion groups, and problem sets.

683 Field Studies in International Nutrition Fall. No credit. Graduate student status or permission of instructor required. S-U grades only.

Hours to be arranged; 10 class hours on 2 or 3

Saturdays. L. Stephenson.

Reviews practical considerations in conducting field research in developing countries, including (1) seeking funding (where, how, when), (2) experimental design issues (choice of population, design, sample sizes, ethics), (3) choice of procedures (laboratory and other), and (4) planning for and carrying out data collection (including specifics of purchasing equipment and supplies; transport of equipment, self, and data; health precautions; and data collection and coding). Extensive handouts. Lecture/demonstration/discussion.

685 Food and Nutrition Policy (also Agricultural Economics 685) Fall. 3 credits. Prerequisites:
Consumer Economics and Housing 603 or Economics 313 or Agricultural Economics 415 or equivalent.
Knowledge of multiple regression.
MW 1:25–2:40. P. Pinstrup-Anderson.

The course will identify the principal links between human nutrition and government action, with emphasis on developing countries. The process of policy formation, including economic and political factors, will be discussed. Political-economy issues, including the influence of and conflict among interest groups and rent-seeking behavior related to food and nutrition policies and programs, will be analyzed. The role of nutrition information and surveillance in policy design, implementation, and evaluation will be analyzed along with methodologies for empirical analysis of food and nutrition policy. Findings and analytical methodologies from case studies in developing countries will be used as appropriate. The role of improved nutrition in economic development as both an indicator of welfare and a productivity-enhancing factor as well as basic relationships among nutrition, poverty, food, health, and household behavior will be briefly presented at the beginning of the course to provide a context for policy

1690 Seminar on Nutrition and Behavior (also Psychology 690) Spring. 3 credits. Prerequisite: a course in psychology, NS 361, and permission of instructor. S-U grades optional. Offered alternate years. Not offered 1988-89; next offered 1989-90.

TR 1:30-3. D. Levitsky. The seminar this year covers several current topics in nutrition and behavior. These topics include early nutritional insult and mental development, malnutrition and behavior, nutrition and learning, food additives and hyperkinesis, megavitamin therapy, inborn metabolic defects and mental illness, nutrition and depression, and hypoglycemia.]

695 Seminar in International Nutrition, Agriculture, and Development Policy (also International Agriculture 695) Spring. 3 credits.

Prerequisite: Permission of instructor. W F 11:15–12:45. T. Brun and international agriculture

and nutrition faculty.

Concentrates on major issues in food and nutrition policies as they relate to agriculture. Issues include Africa's nutritional and agricultural decline, lessons from socialist countries, the cash crop-food crop debate, land reform, the Green Revolution, "operation flood" and price policies, and the nutritional impact of agricultural programs. Emphasis is placed on agricultural policies that are leading to growth and

699 Special Topics in International Nutrition Fall and spring. 3 credits maximum each term Registration by permission of the instructor.

International nutrition faculty.

This option is designed for graduate students who want to become familiar with some specific topic related to international nutrition. The instruction usually consists of individual tutorial study involving extensive use of existing literature. In certain semesters it may consist of a lecture or seminar course on a subject such as nutrition and parasitology or the nutritional problems of some geographic region. On occasions it may involve laboratory or field studies. Because the topics may change, this course may be repeated for credit.

700 Current Topics in Toxicology (also Toxicology 698) Fall or spring. 1-3 credits. S-U grades optional.

Hours to be arranged. Staff. A discussion of the most current developments in various areas of toxicological research and testing Faculty and students will participate jointly in evaluating research findings and provide seminars and discussion of such material. For information regarding topic instructor, and credit, contact the office of the Graduate Field of Environmental Toxicology, 257 Clark Hall, 255-

702 Seminar in Toxicology (also Toxicology 702) Fall or spring. 1 credit. S-U grades only.

F 12:20. Staff.

The seminar program covers varied topics in biochemical, genetic, nutritional, veterinary, and regulatory toxicology and ecotoxicology and environmental chemistry. Included are presentations of basic research studies as well as fundamental concepts and research activities involving environmental problems of a toxicological nature. Presentations are given by speakers from Cornell and visitors.

703 Seminar in Nutritional Science Fall or spring. 1 credit. S-U grades only. T 12:20 or W 12:20. Division faculty.

899 Master's Thesis and Research Fall or spring. Credit to be arranged. Prerequisite: permission of the chairperson of the graduate committee and the instructor. S-U grades optional.

Hours to be arranged. Division graduate faculty.

999 Doctoral Thesis and Research Fall or spring. Credit to be arranged. Prerequisite: permission of the chairperson of the graduate committee and the instructor. S-U grades optional

Hours to be arranged. Division graduate faculty.

Faculty Roster

Arion, William J., Ph.D., U. of N. Dakota. Prof. Armbruster, Gertrude, Ph.D., Washington State U. Assoc. Prof

Bensadoun, Andre. Ph.D., Cornell U. Prof., Nutritional

Sciences/Physiology
Bisogni, Carole, Ph.D., Cornell U. Assoc. Prof.
Brink, Muriel S., M.S., Michigan State U. Assoc. Prof. Brun, Thierry, Ph.D., U. of California, Berkeley. Visiting

Campbell, Cathy C., Ph.D., Cornell U. Asst. Prof. Campbell, T. Colin, Ph.D., Cornell U. Prof.

Chen, Junshi, M.D., Peking Medical College, China. Adjunct Prof.

Cowell, Catherine, M.S., U. of Connecticut. Adjunct

Crompton, D. W. T., Ph.D., Sc.D., U. of Cambridge (England). Adjunct Prof.

Devine, Marjorie M., Ph.D., Cornell U. Prof. Gillespie, Adyth, Ph.D, Iowa State U. Asst. Prof. Haas, Jere D., Ph.D., Pennsylvania State U. Assoc.

Habicht, Jean-Pierre, Ph.D., Massachusetts Inst. of Technology, James Jamison Professor of Nutritional Epidemiology

Kazarinoff, Michael N., Ph.D., Cornell U. Asst. Prof., Nutritional Sciences/Biochemistry, Molecular and Cell Biology

Latham, Michael C., D.T.M.&H., U. of London (England). Prof.

Levitsky, David A., Ph.D., Rutgers U. Assoc. Prof. Lewis, Bertha A., Ph.D., U. of Minnesota. Assoc. Prof. Mondy, Nell I., Ph.D., Cornell U. Prof. Morrision, Mary A., Ph.D., U. of Wisconsin. Prof. Nesheim, Malden C., Ph.D., Cornell U. Prof.
Olson, Christine M., Ph.D., U. of Wisconsin. Assoc.

Prof Parker, Robert S., Ph.D., Oregon State University. Asst.

Prof Pinstrup-Andersen, Per, Ph.D., Oklahoma State U. of Agriculture and Applied Science. Prof. Rasmussen, Kathleen M., Sc.D., Harvard U. Asst. Prof. Rivlin, Richard S., M.D., U. of London (England). Prof. Roe, Daphne A., M.D., U. of London (England). Prof. Sanjur, Diva M., Ph.D., Cornell U. Prof. Schwartz, Ruth A., Ph.D., U. of London (England). Prof. Stephenson, Lani, Ph.D., Cornell U. Asst. Prof. Stipanuk, Martha H., Ph.D., U. of Wisconsin. Asst. Prof. Thorbecke, Erik, Ph.D., U of California. H. E. Babcock Professor of Economics and Food Economics

Utermohlen, Virginia, M.D., Columbia U. Assoc. Prof., Nutritional Sciences/Biochemistry, Molecular and Cell Biology

Watford, Malcolm, Ph.D., U. of Oxford (England). Asst. Prof

Zilversmit, Donald B., Ph.D., U. of California. Prof., Nutritional Sciences/Biochemistry, Molecular and Cell Biology

Joint Appointees

Apgar, B. Jean, Visiting Asst. Prof., U.S. Plant, Soil, and Nutrition Laboratory/Nutritional Sciences Austic, Richard E., Assoc. Prof., Poultry Science/

Nutritional Sciences Bauman, Dale, Assoc. Prof., Animal Science/Nutritional

Combs, Gerald F., Jr., Assoc. Prof., Poultry Science/ **Nutritional Sciences**

Krook, Lennart P., Prof., New York State College of Veterinary Medicine/Nutritional Sciences

McCormick, Charles, Asst. Prof., Poultry Science/ **Nutritional Sciences**

Miller, Dennis, Asst. Prof., Food Science/Nutritional Sciences

VanCampen, Darrell R., Assoc. Prof., U.S. Plant, Soil, and Nutrition Laboratory/Nutritional Sciences VanSoest, Peter J., Prof., Animal Science/Nutritional

Sciences

Warner, Richard G., Prof., Animal Science/Nutritional

Wasserman, Robert H., Prof., New York State College of Veterinary Medicine/Nutritional Sciences