

# BIOL115N : Nutrition

This survey course covers basic facts and principles of nutrition. The course is designed for anyone interested in nutrition and how it relates to overall health and wellness. The course examines what role the nutrients serve in the body, their sources, and how the body absorbs and utilizes them. Other topics covered include energy balance, weight management, fitness, and nutrition throughout the life cycle.

**Class Hours** 3

**Lab Hours** 0

**Credits** 3