

## **NHM 515: Nutrition Along the Weight Continuum**

### **Nutrition & Hospitality Management**

Comprehensive exploration of weight-related topics concerning individuals across the spectrum of body weights. Students will understand issues concerning the development and health effects of weight-centric eating behaviors using an evidence-based approach. Obesity and eating disorders, diverse body types, cultural contexts, and socioeconomic factors will be examined.

3 Credits

### **Instruction Type(s)**

- Lecture: Lecture for NHM 515

### **Subject Areas**

- [Foods, Nutrition, and Wellness Studies, General](#)

### **Related Areas**

- [Dietetics/Human Nutritional Services](#)
- [Foodservice Systems Administration/Management](#)

