

# 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

### Prerequisites

- Prerequisite: Junior standing (60 hr).

### Instruction Type(s)

- Lecture: Lecture for NHM 515
- Lecture: Web-based Lecture for NHM 515

### Subject Areas

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

### Related Areas

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

