# RURAL NUTRITION SERVICES (RNS)

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<th>Course Code</th>
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| RNS F101    | Rural Nutrition and Health Change               | 1       | Offered As Demand Warrants  
Introduction to healthful nutrition and tools for making health changes in a rural context. A beginning knowledge of healthy foods and activity for improved wellness outcomes. Skill development in meal planning, preparation and portioning, healthy meal makeovers, goal setting and maintenance. |
|             |                                                 |         | Lecture + Lab + Other: 14 + 0 + 0                                             |
| RNS F105    | Nutrition Science for the Generations           | 3       | Offered As Demand Warrants  
Basic applied nutrition science concepts in context of the life cycle presented in a culturally relevant framework. Introductory study of macro- and micro-nutrient requirements, food sources and physiologic and metabolic function with focus on relationship with health and change from traditional diets to contemporary Alaska Native diets. Overview of common nutritional problems affecting rural Alaskans. |
|             |                                                 |         | Lecture + Lab + Other: 0 + 0 + 0                                               |
| RNS F120    | Alaska Native Food Systems                       | 3       | Offered As Demand Warrants  
Co-requisite: RNS F105 or permission of instructor.  
A comprehensive overview of Alaska Native food systems including harvest methods, nutrient values, cultural, political and economic impacts and changing relationships (spiritual, personal, environmental, community and diet). Traditional common elements of regional diets and nutrients that support health are identified, compared and contrasted with modern diets. Current food system issues are addressed. |
|             |                                                 |         | Lecture + Lab + Other: 0 + 0 + 0                                               |
| RNS F201    | Community Nutrition Interventions                | 2       | Offered As Demand Warrants  
Prerequisites: RNS F105 or permission of instructor.  
Recommended: RNS F120.  
Focus on addressing nutrition and lifestyle changes to promote wellness and prevent nutrition-related diseases. |
|             |                                                 |         | Lecture + Lab + Other: 0 + 0 + 0                                               |
| RNS F210    | Introduction to Rural Nutrition Counseling       | 2       | Offered As Demand Warrants  
Prerequisites: RNS F105 or permission of instructor.  
Recommended: RNS F120.  |
|             |                                                 |         | Lecture + Lab + Other: 0 + 0 + 0                                               |
| RNS F250    | Current Topics in Rural Nutrition Services       | 1-3     | Various topics of current interest to students studying rural Alaskan community-based nutrition, behavioral health and health services. Topics announced prior to each offering and course may be repeated for credit.  |
|             |                                                 |         | Lecture + Lab + Other: 0 + 0 + 0                                               |
| RNS F260    | Rural Nutrition Practicum                        | 2-3     | Offered As Demand Warrants  
Co-requisite: RNS F201.  
Provides students a supervised, community-based learning experience as they apply information from the RNS curriculum to nutrition outreach/extension. Focus is on the integration of nutrition science information with development of understanding and skills to provide culturally relevant community outreach/extension to rural Alaskan communities.  |
|             |                                                 |         | Prerequisites: RNS F105.  
Recommended: RNS F120.  |
|             |                                                 |         | Lecture + Lab + Other: 0 + 0 + 0                                               |

## Lecture + Lab + Other:
- RNS F101: 14 + 0 + 0
- RNS F105: 0 + 0 + 0
- RNS F120: 0 + 0 + 0
- RNS F201: 0 + 0 + 0
- RNS F210: 0 + 0 + 0
- RNS F250: 0 + 0 + 0
- RNS F260: 0 + 0 + 0