RURAL NUTRITION SERVICES (RNS)

RNS F101 Rural Nutrition and Health Change (a) 1 Credit
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 (a) 3 Credits
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 (a) 3 Credits
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 (a) 2 Credits
Offered As Demand Warrants
Students learn a broad range of skills for leading culturally relevant nutrition outreach and extension interventions in rural Alaska with attention to learning styles, lesson planning, project design, media and delivery methods. Focus on addressing nutrition and lifestyle changes to promote wellness and prevent nutrition-related diseases.
Prerequisites: RNS F105 or permission of instructor.
Recommended: RNS F120.
Lecture + Lab + Other: 0 + 0 + 0

RNS F210 Introduction to Rural Nutrition Counseling (a) 2 Credits
Offered As Demand Warrants
Identification and exploration of issues relevant to rural nutrition counseling services with focus on development of understanding and skills necessary for the effective delivery of culturally competent services. Opportunities for development of basic rural nutrition counseling skills with emphasis on integration of Alaska Native values and principles; and strategies that facilitate positive individual, family and community wellness through healthy lifestyle choices.
Prerequisites: RNS F105 or permission of instructor.
Recommended: RNS F120.
Lecture + Lab + Other: 0 + 0 + 0