



OFFICE OF ADMISSIONS

Dual Enrollment Suggested Courses

View the full schedule and class availability online by clicking on
“UNIVERSITYWIDE CLASS SCHEDULE” at: <http://www.iup.edu/myiup/>.

English Composition:

[ENGL 101 – Composition I](#)*
(*Requires placement testing)

Mathematics:

[MATH 101 – Foundations of Mathematics](#)*
[MATH 105 – College Algebra](#)*
[MATH 110 – Elementary Functions](#)*
[MATH 121 – Calculus I for Natural and Social Sciences](#)*
[MATH 125 – Calculus I for Physics, Chemistry, Mathematics](#)*
[MATH 217 – Intro to Probability and Statistics](#)
(*Requires placement testing)

Humanities:

HISTORY:

[HIST 196 – Explorations in U.S. History](#)
[HIST 197 – Explorations in European History](#)
[HIST 198 – Explorations in Global History](#)

LITERATURE:

[ENGL 121 – Humanities Literature](#) (Prerequisite: ENGL 101)

PHILOSOPHY OR RELIGIOUS STUDIES:

[PHIL 100 – Introduction to Philosophy](#)
[PHIL 101 – Critical Thinking](#)
[PHIL 122 – Contemporary Moral Issues](#)
[RLST 100 – Introduction to Religion](#)

[RLST 110 – World Religions](#)

Fine Arts:

[ARHI 101 – Introduction to Art](#)

[DANC 102 – Introduction to Dance](#)

[MUHI 101 – Introduction to Music](#)

[THTR 101 – Introduction to Theater](#)

Natural Sciences:

[BIOL 103 – Life on Earth w/Lab](#)

[BIOL 104 – Human Biology: How the Human Body Works w/Lab](#)

[CHEM 101 – College Chemistry I w/Lab*](#)

[CHEM 102 – College Chemistry II w/Lab*](#) (Prerequisite: CHEM 101)

[CHEM 111 – General Chemistry I w/Lab*](#)

[CHEM 112 – General Chemistry II w/Lab*](#) (Prerequisite: CHEM 111)

[GEOS 101/102 – The Dynamic Earth w/Lab](#)

[GEOS 103/104 – Oceans and Atmospheres w/Lab](#)

[GEOS 105/106 – Exploring the Universe w/Lab](#)

[PHYS 101 – Energy and Our Environment](#)

[PHYS 111/121 – Physics I w/Lab](#)

[PHYS 112/122 – Physics II w/Lab \(Prerequisite: PHYS 111\)](#)

[SCI 105 – Physical Science I w/Lab](#)

(*Students interested in pursuing pre-med or pre-professional degrees are advised to enroll in CHEM 111/112 rather than CHEM 101/102 to meet admission requirements for medical/professional schools.)

Social Sciences:

[ANTH 110 – Contemporary Anthropology](#)

[ANTH 211 – Cultural Anthropology](#)

[CRIM 101 – Crime and Justice](#)

[ECON 101 – Basic Economics](#)

[ECON 121 – Principles of Macroeconomics](#)

[GEOG 101 – Geography: Human Environment Interaction](#)

[GEOG 102 – Geography of U.S. and Canada](#)

[GEOG 104 – World Geography: Global Context](#)

[JNRL 105 – Journalism and Mass Media](#)

[PLSC 101 – World Politics](#)

[PLSC 111 – Power & Democracy in America](#)

[PSYC 101 – General Psychology](#)

[SOC 151 – Principles of Sociology](#)

Dimensions of Wellness:

[COSC 143 – Cyber Wellness](#)

[ECON 143/FIN 143 – Financial Wellness](#)

[FDNT 143 – Current Issues in Nutrition and Wellness](#)

[KHSS 143 – Physical Well-Being](#)

[NURS 143 – Healthy People-Promoting Wellness](#)

Liberal Studies Electives:

[BTED 101/COSC 101/IFMG 101 – Computer Literacy](#)

[COMM 101 – Communications Media in American Society](#)

[ECON 122 – Principles of Microeconomics](#)

[FDNT 145 – Introduction to Nutrition](#)

Course Descriptions

ENGL 101 – Composition I

Prerequisite: ENGL 100 where required by placement testing

A first-year writing course. Students use a variety of resources to create projects in a variety of writing genres. Resources for writing include but are not limited to memory, observation, critical reading and viewing, analysis, and reflection. Students use writing processes to draft, peer review, revise, and edit their projects.

MATH 101 – Foundations of Mathematics

Introduces logic and a mathematical way of analyzing problems; develops an appreciation for the nature, breadth, and power of mathematics and its role in a technological society; introduces useful mathematics or mathematics related to student interests. Possible topics include logic, problem solving, number theory, linear programming, probability, statistics, intuitive calculus, introduction to computers, mathematics of finance, game theory.

MATH 105 – College Algebra

Prerequisite: MATH 100 or appropriate placement test score or permission of the Mathematics Department chairperson

Note: May not be taken after successfully completing either a calculus course or MATH 110 without written Mathematics Department chairperson approval.

Teaches students to appropriately analyze and interpret numerical, graphical, and algebraic representations to enable them to model complex situations using mathematical structures and increase their problem-solving skills. Particular focus is given to polynomial, exponential, and logarithmic functions in order to prepare students for further study in business calculus and/or statistics.

MATH 110 – Elementary Functions

Prerequisite: MATH 100 or appropriate placement test score or permission of the Mathematics Department chairperson

Note: May not be taken after successfully completing a calculus course without written Mathematics Department chairperson approval.

Prepares mathematics and science students for the study of calculus. Topics include detailed study of polynomial, exponential, logarithmic, and trigonometric functions.

MATH 121 – Calculus I for Natural and Social Sciences

Prerequisite: MATH 105 or 110 or appropriate placement test score or permission of the Mathematics Department chairperson

Note: May not be taken after successfully completing a calculus course without written Mathematics Department chairperson approval.

A review of elementary functions, including logarithmic and exponential functions. Natural and social science majors are introduced to the central ideas of calculus, including limit, derivative, and integral. Applications to natural and social sciences are emphasized.

MATH 125 – Calculus I for Physics, Chemistry, Mathematics

Prerequisite: MATH 110 or equivalent placement (algebra, geometry, and trigonometry)

The first of a three-semester sequence for math and science majors covering the theory of calculus and its application in problem solving. Topics include functions, limits, continuity, derivatives, application of derivative, integrals, and applications of the integral. (Trigonometric, exponential, and logarithmic functions are included.)

MATH 217 – Intro to Probability and Statistics

Prerequisite: For non-mathematics majors

Frequency distributions, measures of central tendency and variation, elementary probability, sampling, estimation, testing hypotheses, correlation, and regression. Emphasis is on applications in the social sciences using appropriate technology, as opposed to theoretical development of topics.

HIST 196 – Explorations in U.S. History

Interprets and analyzes the development of U.S. history through a chronological survey of a historical era or a topical theme central to U.S. history. Examines, where appropriate, the intersection of race and ethnicity, gender, and class. Emphasizes the recognition of historical patterns, the interconnectedness of historical events, and the incorporation of various subfields in the discipline of history.

Successful completion of HIST 196 fulfills the Liberal Studies History requirement. HIST 197 and 198 also fulfill this requirement, and any of these courses may be substituted for each other and may be used interchangeably for D/F repeats but may not be counted for duplicate credit.

HIST 197 – Explorations in European History

Interprets and analyzes the development of European history through a chronological survey of a historical era or a topical theme central to European history. Examines, where appropriate, the intersection of race and ethnicity, gender, and class. Emphasizes the recognition of historical patterns, the interconnectedness of historical events, and the incorporation of various subfields in the discipline of history.

Successful completion of 196 fulfills the Liberal Studies History requirement. HIST 197 and 198 also fulfill this requirement, and any of these courses may be substituted for each other and may be used interchangeably for D/F repeats but may not be counted for duplicate credit.

HIST 198 – Explorations in Global History

Interprets and analyzes the development of global history through a chronological survey of a historical era or a topical theme central to global history. Examines, where appropriate, the intersection of race and ethnicity, gender, and class. Emphasizes the recognition of historical patterns, the interconnectedness of historical events, and the incorporation of various subfields in the discipline of history.

Successful completion of HIST 196 fulfills the Liberal Studies History requirement. HIST 197 and 198 also fulfill this requirement, and any of these courses may be substituted for each other and may be used interchangeably for D/F repeats but may not be counted for duplicate credit.

ENGL 121 – Humanities Literature

Prerequisite: ENGL 101

Introduces students to works of imaginative literature through a careful analysis of poetry, drama, and prose fiction (short story and/or novel) from a variety of periods and cultures, including texts by women and ethnic and racial minorities.

Also offered as FNLG 121. ENGL/FNLG 121 may be used interchangeably for D/F repeats; may not be counted for duplicate credit.

PHIL 100 – Introduction to Philosophy

Acquaints the beginning student with philosophical problems and methods. Possible topics include the existence of God, human freedom, the scope and limits of human knowledge, the nature of mind, the nature of morality, and the relationship between the individual and the state.

PHIL 101 – Critical Thinking

An introduction to basic principles of informal logic and critical thinking. An emphasis is on different kinds of arguments, methods of argument evaluation, and the analysis of arguments as they arise in various contexts, such as political debate, advertising, science, law, and ethics.

PHIL 122 – Contemporary Moral Issues

Examines attempts to answer foundational questions of ethics, including the following: Why should we be moral? What do morally correct actions have in common? Are there objective moral standards, or are moral codes relative to individual societies? Does morality require religion? Diverse moral theories are applied to contemporary debates and controversies, such as environmental ethics, abortion, capital punishment, affirmative action, and animal rights. Readings will draw on historical and contemporary figures.

RLST 100 – Introduction to Religion

An introduction to the academic study of religion through an examination of various dimensions of religious expression and traditions. Covers such areas as problems about definition of religion; approaches to the study of religion; the goals, language, and rituals of religion; cases of religious experience; faith, disbelief, and alternatives to religion; religion and the sociocultural context.

RLST 110 – World Religions

A comparative study of the history, teaching, and rituals of the major religions of the world and their influence on contemporary society. This nonsectarian approach to religions emphasizes comparisons/contrasts between Western and non-Western religious traditions as well as the contemporary global nature of Western traditions.

ARHI 101 – Introduction to Art

Introduces the elements of visual expression, past and present. Students gain an understanding of the processes of art making and the motivations and goals of artists across time. Students learn how various factors, including religion, politics, and literature, affect the creation of the arts of any given period or region.

DANC 102 – Introduction to Dance

Explores dance as communication, ritual, social engagement, entertainment, and as an art form. Dance history, genealogy, aesthetics, critical analysis and response, and the creative process are examined. Class experience includes viewing and critical analysis of professional dance works, attending at least two live productions, and engaging in the creative process in practice and performance.

MUHI 101 – Introduction to Music

A broad introduction to the technical, artistic, historical, social, and cultural dimensions of music, drawing on musical traditions from around the world. Students learn to recognize basic ways in which music is put together, communicates meaning to its listeners, and enriches many aspects of life. Through attendance at concerts, students gain familiarity with musical events in their community.

THTR 101 – Introduction to Theater

An exploration of the theater arts, examining its major conceptual and aesthetic underpinnings, major periods of theater history, selected works of dramatic literature, and the primary theater arts of acting, directing, design, and technical theater. Class experience includes the analysis of at least two major works of drama, attending two live productions, and viewing of selected televised plays and musicals.

BIOL 103 – Life on Earth w/Lab

Prerequisite: Non-Biology Department majors/minors only

A basic introduction to the concepts of ecology, biological diversity, and evolutionary biology. Students learn fundamental ecological concepts about how living things interact with each other and the physical environment and apply these to understanding the origin of the tree of life and environmental problems facing populations, communities, and ecosystems. Students also learn about mechanisms and consequences of evolution.

Does not count toward BIOL electives, controlled electives, or ancillary sciences for Biology Department majors and minors.

BIOL 104 – Human Biology: How the Human Body Works w/Lab

Prerequisite: Non-biology majors/minors only

A basic introduction to the human body using disease as a mechanism for examining how the human body functions. Students explore the internal milieu of the body and how the different body systems affect this balance. Students gain an appreciation for the human body and its interactions with the environment.

Does not count toward BIOL electives, controlled electives, or ancillary sciences for Biology Department majors and minors.

CHEM 101 – College Chemistry I w/Lab

Basic principles and concepts of inorganic chemistry are developed using atomic and molecular structure with illustrative examples from descriptive chemistry. The laboratory portion illustrates physical and chemical properties in a qualitative and quantitative manner.

For selected majors within the College of Health and Human Services and to fulfill the Liberal Studies Natural Science Laboratory Sequence requirement.

CHEM 102 – College Chemistry II w/Lab

Prerequisite: CHEM 101

Fundamental principles and concepts of organic chemistry and biochemistry are studied. Deals primarily with structural features of organic compounds, the chemistry of functional groups, and practical examples and uses of organic compounds. The laboratory portion illustrates properties and reactions of representative organic compounds.

For selected majors within the College of Health and Human Services and to fulfill the Liberal Studies Natural Science Laboratory Sequence requirement.

CHEM 111 – General Chemistry I w/Lab

An introductory course for science and preprofessional health majors. First half of a two-semester sequence designed to give students the foundation of knowledge and laboratory techniques required to successfully complete a degree program in the sciences or gain entry into professional health programs. Topics include atomic theory, an introduction to chemical reactions, stoichiometry, gas laws, thermochemistry, chemical bonding, and molecular geometry.

CHEM 112 – General Chemistry II w/Lab

Prerequisite: CHEM 111 or 113

An introductory course for science and preprofessional health majors. Second half of a two-semester sequence designed to give students the foundation of knowledge and laboratory techniques required to successfully complete a degree program in the sciences, or gain entry into professional health programs. Topics include the solid states, solution theory, kinetics, equilibrium, thermodynamics, acids and bases, and electrochemistry.

GEOS 101 – The Dynamic Earth

Prerequisite: No geoscience majors/minors

Examines the constant changes that affect the rocky surface of our planet. From volcanic eruptions and catastrophic earthquakes to the slow drift of continents and passage of ice ages, earth processes have shaped the history of life and altered the development of human civilization.

GEOS 102 – The Dynamic Earth Lab

Prerequisite: No geoscience majors/minors

Corequisite: Enrollment in GEOS 102 requires corequisite or previous enrollment in GEOS 101

Introduces the techniques geologists use to study the earth and reconstruct its past. Labs cover minerals, rocks, map interpretation, and fossil identification and may include field trips during the scheduled lab period.

GEOS 103 – Oceans and Atmospheres

Prerequisite: No geoscience majors/minors

The earth's oceans and atmosphere play a crucial role in determining the pace and extent of changes occurring to our global environment. Examines the composition and character of these components and their interaction with other major components of the earth system.

GEOS 104 – Oceans and Atmospheres Lab

Prerequisite: No geoscience majors/minors

Corequisite: Enrollment in GEOS 104 requires corequisite or previous enrollment in GEOS 103

Introduces the techniques oceanographers and meteorologists use to study the earth's oceans and atmospheres and reconstruct their evolution. Labs cover seawater processes, oceanic circulation, marine life, atmospheric structure, and weather.

GEOS 105 – Exploring the Universe

Prerequisite: No geoscience majors/minors

Examines the history of time; the reasons for the seasons; the characteristics of the planets, moons, stars, and galaxies; and the history and future of space exploration.

GEOS 106 – Exploring the Universe Lab

Prerequisite: No geoscience majors/minors

Corequisite: Enrollment in GEOS 106 requires corequisite or previous enrollment in GEOS 105

Introduces the techniques astronomers use to study the nature and motions of objects in the sky, including the sun, moon, planets, and stars. Includes two observations held at night.

PHYS 101 – Energy and Our Environment

An overview of the areas of energy, transportation, and pollution. These topics are approached via the relevant concepts of physical science and physics. A non-laboratory course for Liberal Studies requirements.

PHYS 111 – Physics I

Prerequisites: Elementary algebra and trigonometry

General college physics; mechanics, wave motion, and sound.

PHYS 121 – Physics I Lab

Prerequisite or Corequisite: PHYS 111

Physics laboratory at level of Physics I; exercises in mechanics, wave motion, and sound.

PHYS 112 – Physics II

Prerequisite: PHYS 111

Electricity and magnetism, heat, light, atomic and nuclear physics, and an elementary introduction to relativity and quantum theory

PHYS 122 – Physics II Lab

Prerequisite or Corequisite: PHYS 112

Physics laboratory at level of Physics II; exercises in optics, electricity and magnetism, and radioactivity.

SCI 105 – Physical Science I w/Lab

A descriptive and conceptual course in physics for the non-science major. High school physics is not a prerequisite. Content is designed to develop an understanding and appreciation of the physical world around us, to produce changes in attitude and background essential for our modern society, and to clarify the following topics: motion, heat, sound, light, electricity, magnetism, and the structure of matter.

ANTH 110 – Contemporary Anthropology

An introduction to the discipline of anthropology: the study of human beings through time and across cultures. This class is organized around select themes that allow students to explore the nature and relevance of anthropological methods, theories, and perspectives. These themes may include, but are not limited to, human origins, evolution and human behavior, gender roles, the links between environment and culture, and social stratification. A strong emphasis on the effects of globalization on human cultures, and the potential for anthropology research to address contemporary issues such as cultural and environmental sustainability, public health, and social equity

ANTH 211 – Cultural Anthropology

Introduces the major concepts, theories, and research methods of cultural anthropology that are used to study and understand human culture in different parts of the world. An emphasis given to how traditional and nontraditional cultures undergo change as a result of globalization, and how cultural anthropologists study the social, economic, and political consequences that result from integration into an expanding and changing global economy. Topics covered may include, but are not limited to, social organization, economics, power and politics, race and ethnicity, language and communication, technology, religion and ritual, and sex and gender. A wide geographic coverage provides a basis for global comparisons of cultural similarities and differences among human societies.

CRIM 101 – Crime and Justice

Introduces the field of criminology through the examination of historical data, statistical information, theories of criminal causation, social control of behavior, development of laws, evaluation of criminal justice system policies, procedures, and trends. Students learn the terminology of the field, gain an awareness of the methods of inquiry utilized in the field, and have the opportunity to examine personal attitudes and values regarding crime and responses to crime.

ECON 101 – Basic Economics

Scarcity, role of prices in determining production and the allocation of resources, business cycle analysis, policy options for reducing unemployment and inflation, economic role of government, international trade, and selected current economic problems are studied. For those who do not plan to take more than 3cr of economics.

Note: May not be taken after successful completion of or concurrent registration in any other economics course.

ECON 121 – Principles of Macroeconomics

Nature and methodology of economics; mixed capitalism and market economy; national income; employment theory, including economics of fiscal policy; money, banking, and Federal Reserve System; international trade and finance.

GEOG 101 – Geography: Human Environment Interaction

The physical environment is modified by human activities, largely as a consequence of the ways in which societies value and use earth's natural resources, but human activities and distributions are, in turn, influenced by earth's physical features and processes. These themes are addressed by examining the geography of environmental impacts such as tropical deforestation, global climate change, energy development, urban growth, and agricultural land use. Also considered are natural hazards such as hurricanes, earthquakes, volcanic eruptions, and flooding.

GEOG 102 – Geography of U.S. and Canada

A conceptually based introductory-level geography course that focuses on the American landscape. Includes mapping culture regions; tracing settlement patterns; resource use; environmental perceptions; the interplay of urbanization, industrialization, postindustrialization, and spatial mobility; the occurrence of economically disadvantaged landscapes; and the role individuals and society have in the creation of the graphic landscape.

GEOG 104 – World Geography: Global Context

Relates theories of the discipline of geography to current world issues and global patterns. Emphasizes local versus global strategies of resource management, spatial legacies of colonialism, contemporary multiscale issues with workforce migration, urban structure, disease, and globalization. Focuses on global patterns of development through comparative approaches and understanding of human and physical geographic characteristics of world regions.

JNRL 105 – Journalism and Mass Media

A critical examination of the roles-goals of the mass media (newspapers, magazines, radio and television, Internet and other online services) as they affect the American society socially, politically, culturally, and economically.

PLSC 101 – World Politics

An analysis of contemporary (post-1945) state system and forces shaping the world in which we live. Student is given a framework within which to analyze contemporary international politics.

PLSC 111 – Power & Democracy in America

Investigates the way American government works (and why sometimes it doesn't). Examines who gets what, why, and how in America and who pays for it, with an emphasis on understanding the origin, structure, and functions of U.S. government. Looks beyond the divisions between "liberals" and "conservatives" to understand and evaluate contemporary political events and practices. Founding principles and their modern application are a core focus.

PSYC 101 – General Psychology

An introduction to the scientific study of behavior and mental processes.

SOC 151 – Principles of Sociology

A scientific study of the structure of human societies and the behavior of individual people and groups in society. Examines the relationship between individuals and societal institutions, processes, and interactions. Provides an overview of the discipline including key concepts, main theoretical perspectives, the methods and research findings of sociologists, and social inequalities.

COSC 143 – Cyber Wellness

Investigates the different categories of cyber wellness and how they affect emotional, physical, social, and intellectual wellness. Focuses on demonstrating intellectual agility and creativity in order to maintain physical wellness while using technology. Examines the effect technological changes have had on various disciplines and their impacts on society in relation to health and wellness. Discusses theories and principles related to the physical, mental, social, and emotional aspects of personal computer usage including cyberspace.

Completion of COSC 143 fulfills the Liberal Studies Dimensions of Wellness requirement. Other 143 courses will also fulfill this requirement, and any of these courses may be substituted for each other and may be used interchangeably for D/F repeats but may not be counted for duplicate credit.

ECON 143/FIN 143 – Financial Wellness

Theories and principles related to the physical, social, and emotional wellness aspects of individual money management. Information is focused on building a sound financial foundation as a college student and can be applied throughout the life span to ensure future financial well-being.

Successful completion fulfills the Liberal Studies Dimensions of Wellness requirement. Other 143 courses will also fulfill this requirement, and any of these courses may be substituted for each other and may be used interchangeably for D/F repeats but may not be counted for duplicate credit.

Note: Economics majors cannot take this course to satisfy major requirements.

FDNT 143 – Current Issues in Nutrition and Wellness

Introduces contemporary nutrition issues as they relate to personal food choices and overall health.

Completion of FDNT 143 fulfills the Liberal Studies Dimensions of Wellness requirement. Other 143 courses will also fulfill this requirement, and any of these courses may be substituted for each other and may be used interchangeably for D/F repeats but may not be counted for duplicate credit.

KHSS 143 – Physical Well-Being

An overview of personal health and wellness. Emphasis is given to physical dimension in the attainment of well-being. Topical areas include, but are not limited to, exercise and fitness, healthy eating and weight management, substance use and abuse, disease prevention, and sexuality. Also covers stress management and emotional wellness. Guides in the development of an individualized wellness plan to improve overall physical well-being.

Successful completion of this course fulfills the Liberal Studies Dimensions of Wellness requirement. Other 143 courses also fulfill this requirement, and any of these courses may be substituted for each other and may be used interchangeably for D/F repeats but may not be counted for duplicate credit.

NURS 143 – Healthy People-Promoting Wellness

An introduction to the pathway of health and wellness through contributions to one's environment and community. The interconnectedness of self, others, nature, and society on one's health and wellness will be emphasized. Students are guided through decision-making processes regarding life choices to maximize personal well-being. A personal wellness plan that incorporates aspects of physical and social health will be developed using the Healthy People framework.

Completion of NURS 143 fulfills the Liberal Studies Dimensions of Wellness requirement. Other 143 courses will also fulfill this requirement, and any of these courses may be substituted for each other and may be used interchangeably for D/F repeats but may not be counted for duplicate credit.

BTED 101/COSC 101/IFMG 101 – Computer Literacy

An introductory course providing fundamental understanding of computers. Familiarizes students with the interaction of computer hardware and software. Emphasizes the application of microcomputers, the use of productivity software (word processing, spreadsheet management, file and database management, presentation graphics, web browsers, search strategies, and e-mail), and the social and ethical aspects of the impact of computers on society. (Does not count toward computer science major.)

Note: cross-listed as BTED/COSC/IFMG 101. Any of these courses may be substituted for each other and may be used interchangeably for D/F repeats but may not be counted for duplicate credit.

COMM 101 – Communications Media in American Society

Required of communications media majors. An introduction to the evolution, status, and future of communications media. Explores intrapersonal communication through self-assessment, values clarification, and feedback; interpersonal communication through interviews, observations, case studies, and gaming; and mass communications through the examination of the processes and the technology utilized to disseminate and manage information. Career paths, field applications, professional associations, and the primary literature are investigated.

ECON 122 – Principles of Microeconomics

Economics of the firm; theory of consumer demand; determination of price and output in different market structures; distribution of income; economic growth.

FDNT 145 – Introduction to Nutrition

Encourages students to practice and adopt food behavioral choices that can be applied to everyday life. Evidence-based information concerning weight control, nutrients, diseases, and lifecycle nutrition is presented. Appropriate for students who are not nutrition majors or minors.