

# NUR 105 : Nutrition and Wellness for Nursing

This course provides a foundation for nursing care and the basic principles of nutrition. The nursing process and the development of critical thinking skills are introduced. Students develop therapeutic communication skills and teaching strategies with sensitivity to the cultural needs of the patient. This course explores concepts of nutrition and integrative therapies related to health promotion and maintenance, disease prevention and illness management across the lifespan.

**Credits** 2

**Prerequisites**

None