# UHM-1 Form (Add a Course of Study)

**Course Subject:** FSHN  
**Proposed Course Number:** 784  
**Effective Term (Sem/Year):** Spring 2010  
**Course Title:** Dietary fiber, bioactive food components & health  
**Course Title (30 characters or less):** Fiber, Bioactive Food & Health  
**Core or Graduation Requirement:**  
1. Request approval of the **Diversification or Hawaiian/Second Language** designation (DA, DL, DB, DP, DY, DS or HSL).  
2. Request approval of the **Foundations designation** (FW, FS, or FG).  
3. Do not consider course for a General Education Core or Graduation Requirement.  
**Grade Option:**  
- Letter Grade (L)  
- Credit/No Credit (C)  
- Audit (A)  
- Satisfactory/Unsatisfactory (S)  
- No Grading (X)  
**Number of Credits:** 3  
**Repeat Limit:** 0  
**Credit Limit:** 3  
**Prerequisite Course(s):** Enter course alpha and number for each prerequisite. Use "or" or "and" instead of punctuation. Type "or concurrent" after each prerequisite course that may be taken concurrently. Also specify what type of waiver is acceptable (check only one).  
FSHN 485 and FSHN 486 (or equivalent courses), Statistics, Physiology  
**Contact Hours and Instruction Type:** Specify number of minutes per week for appropriate instruction type(s). For courses with variable credits, check all applicable instruction types.  
- Lecture (LEC)  
- Laboratory (LAB)  
- Discussion (DIS)  
- Seminar (SEM)  
- Thesis/Dissertation (THE)  
- Directed Reading or Research/Independent Study (DRR)  
- Field Experience/Internship/Practicum (PRA)  
- Two-way Video/Interactive TV (ITV)  
**Cross-listed Course(s):**  
**Catalog Description:** This section will appear in the Catalog. Limit description to 35 words; up to 85 words for alpha courses. Read instructions carefully before completing this section.  
Lecture and discussion of current research on gut physiology, gut microbes, dietary fiber, bioactive food components, and their impact on health, including colorectal cancer, inflammatory bowel disease, heart disease, diabetes, and immune function.  
**Justification:** Read instructions on reverse side. Attach sheets as needed.  
**Requested by:**  
**Approved by:**  
**Office Use Only:**