

MINOR IN NUTRITION

The minor in Nutrition provides a rigorous and flexible curriculum for students interested in various aspects of nutrition. The minor can enhance students' understanding of nutrition and broaden career opportunities for students in any discipline. Flexibility of the minor allows students to tailor the curriculum toward numerous aspects of nutrition, including sports nutrition, clinical nutrition, nutrition and health equity, community and public health nutrition, childhood nutrition, and nutrition and aging.

Learning Objectives

Students will:

1. Demonstrate an understanding of the structures, digestion, and metabolism of the macro- and micro-nutrients.
2. Demonstrate skills related to evaluating and prescribing nutritional recommendations for individuals.
3. Integrate information from nutritional sciences and apply that information to clinically relevant nutrition disorders and diseases.
4. Describe their understanding of nutritional needs throughout the lifecycle and its importance to optimize human health.

Learn more about the Minor in Nutrition on the Department of Food Science and Human Nutrition website.

Requirements Effective Fall 2023

Students must satisfactorily complete the total credits required for the minor. Minors and interdisciplinary minors require 12 or more upper-division (300- to 400-level) credits.

Additional coursework may be required due to prerequisites.

Code	Title	Credits
Required Courses:		
BMS 300 or HES 300	Principles of Human Physiology Physiology for Clinical Health Professions	4
FSHN 150	Survey of Human Nutrition	3
FSHN 350	Human Nutrition	3
FSHN 459	Nutrition in the Life Cycle	3
Select a minimum of 9 credits from the following:		9
FSHN 340	Food as Preventive Medicine	
FSHN 360	Nutrition Assessment	
FSHN 428	Nutrition Teaching and Counseling Techniques	
FSHN 450	Medical Nutrition Therapy	
FSHN 451	Community Nutrition	
FSHN 455	Food Systems--Impact on Health/Food Security	
FSHN 461	International Nutrition and Health	
FSHN 470	Integrative Nutrition and Metabolism	

Program Total Credits: 22