

# NUTRITIONAL SCIENCES, MINOR (DEPARTMENT OF BIOMEDICAL SCIENCES)

The Minor in Nutritional Sciences provides students the opportunity to study food and nutrients, their physiological functions, normal nutritional requirements, and the myriad of influences on food choice and eating behavior throughout the life cycle. The required science foundation courses provide the necessary background of chemistry and biological sciences to understand the physiological basis of nutrition, as a multidisciplinary science with relevance to health.

Upon completion of the Minor in Nutritional Sciences, students will be able to:

- Describe the relationship between food and nutrients in human health and well-being;
- Discuss the function, physiology, dietary sources, and symptoms and consequences of deficiency and toxicity for macro- and micronutrients;
- Apply nutrition principles to the human life cycle: nutrient functions, needs, sources, and alterations during pregnancy, lactation, growth and development, maturation, and aging;
- Examine the multiple levels of influence (i.e., intrapersonal, interpersonal, institutional/organizational, community, political, and cultural) that shape food choice and eating behavior;
- Apply scientific principles of basic food chemistry in examining food's physical aspects and preparation; and
- Apply biological and biochemical principles to the understanding of the human digestion and metabolism of macro- and micronutrients.

## Admission and Requirements

Students may declare their intent to pursue the Nutritional Sciences Minor on the program's website. Students must satisfy the following requirements to be eligible to declare the minor:

- 2.5 Cumulative GPA
- Minimum grade of C in the following 15 credits of Core Nutrition Courses (or In Progress):

Code	Title	Credits
NUTR 110	Introduction to Food Principles & Preparation	3
NUTR 235 or BMS 232	Introduction to Nutrition for the Health Professions Introduction to Nutrition	3
NUTR 240	Nutrition for Exercise and Wellness	3
NUTR 241	Why We Eat What We Eat: An Ecological Approach	3
NUTR 245	Life Cycle Nutrition	3

**Once the Admission requirements listed above are met (15 credits), students may progress and choose the 6 credits of Advanced Coursework that best meets their goals for completion of the Minor.**

Code	Title	Credits
<b>Advanced Coursework</b>		
Select 6 credits from the following: <sup>1</sup>		6
NUTR 355	Modifying Nutrition and Eating Behavior	
NUTR 210	Food Science	
NUTR 350	Nutrition Communication and Education	
NUTR 430	Advanced Nutrition and Metabolism	
NUTR 435	Nutrition and Disease	
NUTR 550	Sports Nutrition	
BMS 332	Clinical Nutrition	
KIN 574	Obesity and Weight Management	

<sup>1</sup> This list of courses may be modified by the Nutritional Sciences Program Committee as additional courses are developed.

To be awarded the Minor in Nutritional Sciences, students will need to maintain a GPA of 2.50 with no grade lower than a C in the 21 credits of coursework.

Students concurrently enrolled in a bachelor's degree program successfully completing the program requirements will be awarded the Minor in Nutritional Sciences at the time of graduation.

Academic advisors within the College of Health Sciences Office of Student Affairs will assist students enrolled in the program with the development of career goals and the selection of appropriate courses to further those goals. Please contact the Office of Student Affairs at (414) 229-2758.