

# NUTRITIONAL SCIENCES, MINOR

Students pursuing the Nutritional Sciences Minor will explore how the food and nutrients we ingest impact human functioning, growth, and development; the complex influences that shape food choice and eating behavior; and the connections between physical activity and exercise, food and eating, and health and well-being.

The Nutritional Sciences Minor is highly customizable to allow students from all undergraduate majors to meet their nutrition-related pre-professional and personal goals. Students may “choose their own adventure” by selecting courses that explore topics such as the science behind food preparation, nutrition through the lifecycle, nutrition and disease prevention, dietary behavior change, food insecurity and hunger, and many more!

Upon completing the Nutritional Sciences Minor, 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;
- Discuss how multiple levels of influence (e.g., intrapersonal, interpersonal, institutional/organizational, community, political, and cultural) shape food choice and eating behavior;
- Describe the role physical activity, physical fitness, and nutrition play in health maintenance and disease risk reduction.

## Requirements

The Nutritional Sciences minor requires a minimum of 21 credits, including at least 6 credits of upper-level NUTR courses (300-level or above). Students must attain a GPA of 2.0 (no grade lower than C) in all courses being applied toward the minor, including any transfer work. A minimum of 12 credits must be taken in residence at UWM.

Code	Title	Credits
<b>Required courses (9 credits)</b>		
NUTR 235	Introduction to Nutrition for the Health Professions <sup>1</sup>	3
or BMS 232	Introduction to Nutrition	
NUTR 230	Health Aspects of Exercise and Nutrition	3
or KIN 230	Health Aspects of Exercise and Nutrition	
NUTR 241	Why We Eat What We Eat: An Ecological Approach	3
<b>Complete 12 additional credits of NUTR courses including 6 credits at the 300-level or above</b>		<b>12</b>
<b>Total Credits</b>		<b>21</b>

<sup>1</sup> Only one of these options may be applied towards the minor.

Some NUTR courses may be offered only once per academic year. Refer to the Catalog to see which semester(s) courses are typically offered.

Students may declare their intent to pursue the Nutritional Sciences Minor via this online form (<https://milwaukee.qualtrics.com/jfe/form/>

SV\_5BwAcywBlGk59rv/). Students concurrently enrolled in a bachelor's degree program who successfully complete the requirements for the minor will be awarded the Minor in Nutritional Sciences at the time of graduation.

Student advising will be through the appropriate health unit at UWM.