

The baccalaureate degree in Food and Nutrition Nutrition and Wellness option is designed to provide students with an understanding of the role of food and nutrition in overall wellness. The road to maintaining wellness includes both physical activity and nutrition. A foundation in nutrition and food is supplemented with a variety of courses in exercise, health education and behavior, and health promotion.

### ◆ **Course of Study**

All food and nutrition majors are exposed to a strong grounding in both food and nutrition courses. This food and nutrition core is supplemented by several additional courses focusing on:

- Sports Nutrition
- Physical Education
- Healthy Aging
- Health Education
- Health Promotion
- Nutrition Education and Counseling

Rounding out this required portion of the curriculum, a senior capstone course provides an in-depth analysis of current food and nutrition issues and assists in preparing students for actively entering the job market. Further supporting the transition to the working world, students may also be placed in a food and nutrition-related practicum beginning in the junior year if qualifications are met. This elective affords a first-hand opportunity to learn more about career choices. Additional elective hours are available to allow the student to pursue even more specific expertise in the areas of physical activity and nutrition or expand their knowledge of other areas such as gerontology, public health, or worksite wellness.

### ◆ **Market Demand for Graduates**

Demand for graduates who understand how nutrition and physical activity both play a part in overall wellness is a growing field. With the epidemic growth of obesity and related illnesses and the desire to understand how to age healthy, the graduates of this specialty will have many new employment opportunities. The Food and Nutrition Program is dedicated to preparing students for these new challenges.

### ◆ **Career Opportunities**

Graduates are prepared for a variety of bachelor's degree-required positions in the health promotion field. Work settings may include:

- ◆ CARDIAC REHABILITATION
- ◆ CORPORATE WELLNESS PROGRAMS
- ◆ WEIGHT MANAGEMENT PROGRAMS
- ◆ PRIVATE PRACTICE WITH ATHLETIC TEAMS
- ◆ COMMUNITY AND PUBLIC HEALTH PROGRAMS
- ◆ FITNESS INDUSTRY IN FITNESS AND HEALTH PROGRAMS
- ◆ FITNESS AND NUTRITION SOFTWARE AND EQUIPMENT INDUSTRY

# FOOD AND NUTRITION

## ACCREDITATION

University of Southern Indiana is accredited by the North Central Association of Colleges and Secondary Schools, Commission on Institutions of Higher Education.

# A degree in Food and Nutrition Nutrition and Wellness option will typically include the following:

(You will work closely with an academic advisor to determine your individual schedule.)

## UNIVERSITY OF SOUTHERN INDIANA

\* = CORE CURRICULUM

### FRESHMAN YEAR

#### Fall Semester

CHEM 141	Principles of Chemistry *	3
CMST 101	Introduction to Public Speaking *	3
or CMST 107	Into Interpersonal Communications	
ENG 101	English Rhetoric & Comp I *	3
MATH 108	Survey of Mathematics *	4
or MATH 111	College Algebra	
	Individual Development *	<u>3</u>
		<b>16</b>

#### Spring Semester

ENG 201	English Rhetoric & Comp II *	3
HP 115	Medical Terminology	2
PED 281	Personal Health Science	3
	Health and Fitness (Activity) *	1
	History *	3
PSY 201	Introduction to Psychology *	<u>3</u>
		<b>15</b>

### SOPHOMORE YEAR

#### Fall Semester

NUTR 203	Intro to Food, Nutrition & Wellness	1
NUTR 376	Principles & Applications in Nutr *	3
BIOL 121	Anatomy & Physiology I	3
	The Arts *	3
	Western Culture I *	3
	Elective	<u>3</u>
		<b>16</b>

#### Spring Semester

NUTR 285	Management Fund in Food & Nutr	3
BIOL 122	Anatomy & Physiology II	3
GERO 318	Healthy Aging	3
PED 385	Exercise Leadership	3
	Western Culture II *	<u>3</u>
		<b>15</b>

### JUNIOR YEAR

#### Fall Semester

NUTR 381	Quant Food Produc & Purch w/lab	4
NUTR 396	Nutrition Throughout the Lifecycle	3
HP 305	Structure & Theory (HPWW I)	3
PED 481	Physiology of Exercise	3
	Elective	<u>3</u>
		<b>16</b>

#### Spring Semester

NUTR 378	Nutrition for Fitness and Sport	3
NUTR 384	Princ & Appl in Food Sciences	3
NUTR 397	Nutr in Health Prom & Dis Prev	3
HP 306	Eval & Application (HPWW II)	3
	Elective	<u>3</u>
		<b>15</b>

### SENIOR YEAR

#### Fall Semester

NUTR 415	Dietary Suppl & Herb Use in Nutr	3
PED 484	Exercise Testing & Prescription	3
	Global Communities *	3
HP 378	Schl & Comm Health Ed Methods	3
	Elective	<u>3</u>
		<b>15</b>

#### Spring Semester

NUTR 465	Community Nutrition	3
NTUR 481	Nutritional Counseling & Theory	3
NUTR 496	Lead & Prof Iss in Food & Nutr *	3
	Elective	3
	Ethics *	<u>3</u>
		<b>15</b>

## FOR MORE INFORMATION

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## NUTRITION AND WELLNESS