

# Nutrition Minor

## MINIMUM REQUIRED COURSES FOR MINOR (18 HOURS):

### Biology or Chemistry — 3 or 4 hours

**376 Principles and Applications in Nutrition (3)** Principles and Applications in Nutrition emphasize the relationships among the nutrients and how homeostatic relationships are maintained in the healthy person. Students will learn more about themselves and their health in an effort to use this knowledge to improve their health. This knowledge of nutrition will allow the student to personalize information to fit their lifestyle. Special attention to nutrition for the developing human and lectures focusing on nutrition counseling will address the needs of the dental hygiene student and other health professionals seeking concepts in applied nutrition. Prereq: MATH 108 and CHEM 107 recommended. F (in-class and online), Sp (in-class and online) Su (online only)

**378 Nutrition for Fitness and Sports (3)** Nutrition for Fitness and Sport is an overview of the relationship of basic nutrition and energy systems to physical activity and body composition. This course examines popular myths and misconceptions associated with nutrition and performance. It also incorporates the application of introductory biochemistry. Prereq: MATH 108 recommended. F, (in-class and online) Sp (online only), Su (online only)

**396 Nutrition Throughout the Lifecycle (3)** This course focuses on understanding the normal nutritional requirements and needs of special populations throughout the life cycle. Growth and development theories will be discussed and nutrition concerns be examined for pregnant women, breastfeeding mothers, and the growing infant, child, and adolescent. Students will investigate nutrition-related conditions during the life cycle and offer appropriate suggestions for management of these concerns. Recommendations for preventing disease and promoting healthy aging will be discussed. Prereq: NUTR 376. F (in-class only), Sp (online only)

**415 Dietary Supplements and Herb Use in Nutrition (3)** This course focuses on understanding the role of supplements from a nutrition standpoint in maintaining and promoting health. Common supplements used such as vitamins, minerals, herbs and other substances will be discussed. Emphases is placed on understanding the history of their use, their proposed mechanisms of action, and safety concerns using the process of a critical review of the literature. Students will analyze the role of these supplements when making nutritional recommendations to individuals and groups. Prereq: NUTR 376. F (online only)

**465 Community Nutrition (3)** This course focuses on understanding the role of nutrition in public health. It will allow for an understanding of the tools used to design and implement community nutrition programs that promote and protect the public's health. Emphases are placed on community nutrition assessment, program planning, monitoring, and evaluation. Methods to impact the health of the community including nutrition policy making, advocacy, and the legislative process will be discussed. Prereq: NUTR 376 and 396. Sp (in-class and online)

The 18-hour minor in nutrition is designed to complement majors in health professions, physical education and other health-related fields.

However, this minor is open to majors in any area.

For More Information:  
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