

## **Minor - Nutrition**

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### **Description**

The nutrition minor is designed to provide evidence-based nutrition information to a broad student audience to enhance students' knowledge of nutrition and provide a nutrition foundation to benefit their future careers. test

The minor consists of a 6-hour core and 12 hours of suggested electives based on nutrition interest areas.

### **Course Requirements**

6 hours core courses:

- NHM 309 - Menu Planning and Analysis
- NHM 311 - Nutrition

12 hours selected from the following courses:

- NHM 319 - Sports Nutrition
- NHM 373 - Consumer and Food Economics
- NHM 412 - Nutrition Therapy and Pathophysiology
- NHM 511 - Advanced Nutrition
- NHM 518 - Maternal, Child, & Adolescent Nutrition
- NHM 515 - Nutrition Along the Weight Continuum
- NHM 522 - Nutrition Policy
- NHM 468 - Nutrition/Hospitality Mgmt Study Tour\*\*
- NHM 531 - Applied Experiences in Community Nutrition
- NHM 532 - Applied Experiences in Nutrition Counseling & Education
- NHM 493 - Individual Group Study\*\*
- Hon 402 - Senior Honors Research (only students in Honors College (max 3 hours))

\*\*By NHM department chair approval only (max 3 hours)

The nutrition minor has suggested paths for electives for students interested in specific areas. Please note these interest areas will not print on the transcript or diploma. Only the title of the minor will appear.

#### **Suggested electives - Clinical/Health Care:**

The courses below would benefit students who are interested in working in a health profession that provides direct patient care.

- NHM 319 - Sports Nutrition
- NHM 412 - Nutrition Therapy and Pathophysiology
- NHM 511 - Advanced Nutrition
- NHM 518 - Maternal, Child, & Adolescent Nutrition
- NHM 515 - Nutrition Along the Weight Continuum
- NHM 532 - Applied Experiences in Nutrition Counseling & Education
- NHM 493 - Individual Group Study (by NHM department chair approval only (max 3 hours))
- Hon 402 - Senior Honors Research (only students in Honors College (max 3 hours))

#### **Suggested electives - Nutrition Policy:**

These courses would benefit students who are interested in careers related to health or health care, including (but not limited to) public health, health care administration, and health communications.

- NHM 373 - Consumer and Food Economics
- NHM 515 - Nutrition Along the Weight Continuum
- NHM 522 - Nutrition Policy
- NHM 531 - Applied Experiences in Community Nutrition
- NHM 493 - Individual Group Study (by NHM department chair approval only (max 3 hours))
- Hon 402 - Senior Honors Research (only students in Honors College (max 3 hours))

