NUTRITION MINOR

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

Course Requirements

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

Code	Title	Hours
Core Courses		
NAHM 3090	Menu Planning and Analysis	3
NAHM 3110	Nutrition	3
Additional Courses		
Select 12 hours of the following:		12
NAHM 3190	Foundations in Sports Nutrition	
NAHM 3730	Consumer and Food Economics	
NAHM 4120	Nutrition Therapy and Pathophysiology	
NAHM 5110	Advanced Nutrition	
NAHM 5180	Maternal, Child, & Adolescent Nutrition	
NAHM 5150	Nutrition Along the Weight Continuum	
NAHM 5220	Nutrition Policy	
NAHM 4680	Nutrition/Hospitality Mgmt Study Tour [1]	
NAHM 5310	Community Nutrition: Theory and App	
NAHM 5320	Nutrition Edu and Coun: Theory & Practic	
NAHM 4930	Individual / Group Study (only students in Honors College (max 3 hours)) [1]	
Total Hours		**18**

[1] By NAHM 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.

Code	Title	Hours
NAHM 3190	Foundations in Sports Nutrition	3
NAHM 4120	Nutrition Therapy and Pathophysiology	3
NAHM 5110	Advanced Nutrition	3
NAHM 5180	Maternal, Child, & Adolescent Nutrition	3
NAHM 5150	Nutrition Along the Weight Continuum	3
NAHM 5320	Nutrition Edu and Coun: Theory & Practic	3
NAHM 4930	Individual / Group Study (by NHM department chair approval only (max 3 hours))	1-3
HONR 4020	Senior Honors Research (only students in Honors College (max 3 hours))	3

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.

Code	Title	Hours
NAHM 3730	Consumer and Food Economics	3
NAHM 5150	Nutrition Along the Weight Continuum	3
NAHM 5220	Nutrition Policy	3
NAHM 5310	Community Nutrition: Theory and App	3
NAHM 4930	Individual / Group Study (By NHM department chair approval only (max 3 hours))	1-3
HONR 4020	Senior Honors Research (only students in Honors College (max 3 hours))	3