



Nutritional Science minor
(15 credit Hours)

The purpose of the Nutritional Science minor is to provide students with knowledge that will allow them to make better informed choices in their personal life as well as be able to educate others about the need for proper nutrition and chronic diseases that are associated with lack of proper nutrition and exercise at various stages in the human life cycle. Nutrition or rather the lack of proper nutrition is becoming a national epidemic. Many medical experts have listed obesity as the number one community health issues in America. These courses will help the student separate facts from fiction; provide insight into food safety and nutrition for the global communities. The student will gain knowledge of the community health systems from local not-for-profits to national governmental agencies that may be helpful in providing nutritional sustenance for those that cannot afford to purchase healthy foods and meals. Other nutritional material taught in this minor will be teaching individuals how to read and interpret labels and apply this knowledge to the FDA and ADA guidelines for daily requirements of nutrients. Sciences will be applied to gaining knowledge of how vitamins, minerals and herbal supplements can contribute to a healthy diet and exercise plans.

Students wishing to apply science and health interests to nutrition will find this minor a perfect complement for many majors. The minor will provide students with knowledge of food, how the body uses nutrients, nutritional issues for personal health, health in the community, as well as the association of nutrition and disease.

A Grade of “C” or better in all courses is required

Required courses (6 credits)

COURSE TITLE	COURSE	Credit Hours	Semester	Grade
Principles of Nutrition	HPER – N 220	3		
Nutrition Through the Life Cycle	AHLT – N 336	3		

Elective Courses (9 credits): Choose additional 9 credits hours from the following:

COURSE TITLE	COURSE	Credit Hours	Semester	Grade
Introduction to Foods	AHLT- N 130	3		
Global Nutrition	AHLT-N 378	3		
Exercise and Nutrition	AHLT-N 442	3		
Cultural Gustatory Perceptions	AHLT – N 271	3		
Foundations of Health Education	AHLT – H 325	3	Available 2014	
Topics in Nutritional Science	AHLT-N 323	3		