

# Nutrition Minor

## Overview

The **Minor in Nutrition** is designed for students interested in understanding food, where it comes from, and how it affects health. Students in the minor develop knowledge and skills that supplement their major, and that are helpful for improving overall health in individuals and communities.

Completing the Nutrition minor improves students' marketability in many professional paths, including public health, nursing, kinesiology, psychology, tourism and hospitality, business, education, health communication and journalism, marketing, health professions, and sports and recreational management. The minor also prepares students to pursue graduate training or research in dietetics and nutrition, and to enhance their personal understanding of rapidly changing messages about diet and health.

**Campus Location:** Main

## Contact Information

To declare this minor, contact:

Laura Windisch, Last Names A-K  
laura.windisch@temple.edu

Brianna Boyd, Last Names L-Z  
brianna.boyd@temple.edu

Learn more about the Nutrition minor.

## Requirements

The requirements for the Nutrition minor are:

| Code  | Title                                    | Credit Hours |
|---|--|--------------|
| <b>Required Courses</b>                     |  |              |
| SBS 1104                                    | Nutrition and Health                     | 3            |
| SBS 1114                                    | Cultural Nutrition                       | 3            |
| SBS 2104                                    | Nutrition in the Lifecycle               | 3            |
| <b>Nutrition Minor Electives</b>            |  |              |
| Select three of the following: <sup>1</sup> |  | 9            |
| SBS 1124                                    | Cooking and Presenting Food Fundamentals |              |
| SBS 2103                                    | Health Psychology and Human Behavior     |              |
| SBS 2105                                    | Nutrition and the Community              |              |
| SBS 2204                                    | Diet and Weight Management               |              |
| KINS 4315                                   | Applied Performance Nutrition            |              |
| CTRP 2251                                   | Sustainable Food Systems Planning        |              |
| HORT 2334                                   | Food Crops I                             |              |
| or HORT 2353                                | Food Crops II                            |              |
| <b>Total Credit Hours</b>                   |  | <b>18</b>    |

<sup>1</sup>

Others by advisement.