

# Nutrition Minor

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## 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:

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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>

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Others by advisement.