

NUTRITION STUDIES, MINOR

Requirements for a minor may be completed at any campus location offering the specified courses for the minor. Students may not change from a campus that offers their major to a campus that does not offer their major for the purpose of completing a minor.

Program Description

The Nutrition Studies minor is a flexible minor designed to help students understand the role of nutrition and foods on health promotion and chronic disease prevention and its application and implementation in the social and behavioral sciences, food systems, community nutrition and policy, and many other related areas. Students will explore various areas of nutrition as it relates to nutrition and food policy at local community, national, and global levels, food access and insecurity, understanding nutrition's role and impact on individuals' health and well-being at various life stages, the application of nutrition principles to target audiences, community health promotion, and delivering nutrition messages to improve the well-being and health of individuals, families, and communities.

Program Requirements

Requirement	Credits
Requirements for the Minor	18

Requirements for the Minor

A grade of C or better is required for all courses in the minor, as specified by Senate Policy 59-10 (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/59-00-minors-and-certificates/#59-10>). In addition, at least six credits of the minor must be unique from the prescribed courses required by a student's major(s).

Code	Title	Credits
Prescribed Courses		
<i>Prescribed Courses: Require a grade of C or better</i>		
NUTR 251	Introductory Principles of Nutrition	3
Additional Courses		
<i>Additional Courses: Require a grade of C or better</i>		
Select 9 credits from the following list of courses. Please check the listed prerequisites to ensure you meet the criteria to enroll in the course.		9
NUTR 123S	First Year Seminar in Nutritional Sciences	
NUTR 144	Our Plates: Exploring Food and Healthy Eating Patterns Through Cooking	
NUTR 170	Careers in Nutrition	
NUTR 175N	Healthy Food for All: Factors that Influence What we Eat in the US	
NUTR 320	Science and Methods of Food Preparation	
NUTR 358	Assessment of Nutritional Status	
NUTR 360	Nutrition Education and Behavior Change Theory	
NUTR 361	Community and Public Health Nutrition	
NUTR 386	Managing Quality in Food and Nutrition Services	
NUTR 390	Nutritional Biochemistry and Physiology	

Supporting Courses and Related Areas

Supporting Courses and Related Areas: Require a grade of C or better

Select 6 credits from the following list of 400-level courses. Please check the Bulletin to understand the required prerequisite courses to ensure you meet the criteria to enroll in the courses listed below.

NUTR 400	Introduction to Nutrition Counseling
NUTR 407	Nutrition for Exercise and Sports
NUTR 410	Eating and Weight Disorders
NUTR 421	Biocultural Perspectives on Public Health Nutrition
NUTR 425	Global Nutrition Problems: Health, Science, and Ethics
NUTR 445	Energy and Macronutrient Metabolism
NUTR 446	Micronutrient Metabolism
NUTR 451	Nutrition throughout the Life Cycle
NUTR 452	Nutritional Aspects of Disease
NUTR 460	Nutritional Neuroscience

Contact

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