

NUTRITIONAL SCIENCES, 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.

What is Nutritional Sciences?

Nutritional Sciences uses nutrition as the backbone to integrate physiological science, behavioral sciences, foods, food systems management, and nutrition as medicine to prepare students to help individuals and communities locally and globally. Students are uniquely prepared to integrate their strong science foundation and nutrition knowledge to help others lead healthier lives. Areas of study include the application of nutrition principles to health promotion and wellness, sports performance, research and intervention science, medical nutrition therapy, and behavioral interventions.

You Might Like This Program If...

- You are majoring in a health-related discipline such as Biobehavioral Health, Kinesiology, Pre-medicine, Human Development and Family Studies, Biology, Biochemistry, Chemistry, and other majors connected to the health professions.
- You want to pursue a career as a physician, dentist, physician assistant, nurse or other health professional.
- You are majoring in Agricultural Sciences, Food Science, Food Systems, Sustainability, and other majors connected to agriculture and foods.
- You want to learn more about nutrition and apply it to your own life.

MORE INFORMATION ABOUT NUTRITIONAL SCIENCES (<https://hhd.psu.edu/nutrition/undergraduate/minor/>)

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
NUTR 358	Assessment of Nutritional Status	3
NUTR 445	Energy and Macronutrient Metabolism	3
Additional Courses		
<i>Additional Courses: Require a grade of C or better</i>		

Students must take 6 additional 400 level nutritional sciences credits excluding NUTR 495. NUTR 496 (Independent Study) credit may be counted towards the minor up to a 3 credit maximum.

Select 3 additional credits from NUTR courses, excluding NUTR 100 3

Academic Advising

The objectives of the university's academic advising program are to help advisees identify and achieve their academic goals, to promote their intellectual discovery, and to encourage students to take advantage of both in-and out-of class educational opportunities in order that they become self-directed learners and decision makers.

Both advisers and advisees share responsibility for making the advising relationship succeed. By encouraging their advisees to become engaged in their education, to meet their educational goals, and to develop the habit of learning, advisers assume a significant educational role. The advisee's unit of enrollment will provide each advisee with a primary academic adviser, the information needed to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (<https://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy/>)

University Park

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Career Paths

Information about Career and Graduate Studies opportunities can be found on the College of Health and Human Development website (<https://hhd.psu.edu/nutrition/undergraduate/career-opportunities/>).

Contact

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