

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/>)