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.

Career Paths

Completing a minor in nutrition studies offers career opportunities as a nutrition educator, health coach, or dietary aide in healthcare settings, wellness programs, or community organizations. Graduate school options include pursuing a Master's in Nutrition or Dietetics for specialized knowledge in clinical nutrition, public health, or sports nutrition. Alternatively, students may pursue a Master's in Public Health (MPH) with a focus on nutrition, preparing for roles in public health policy, nutrition research, or community nutrition programs. These pathways provide avenues for advancing knowledge and skills in promoting healthful eating habits and addressing nutritional challenges.

Careers

Completing a minor in nutrition studies offers career roles educating individuals or groups about healthy eating, providing guidance on nutrition and lifestyle changes, assisting in meal planning, developing wellness programs, or creating content related to nutrition and healthy eating habits.

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES WITH A MINOR IN NUTRITION STUDIES (https://hhd.psu.edu/nutrition/undergraduate/career-opportunities)

Opportunities for Graduate Studies

A minor in nutrition studies enhances graduate school opportunities by providing a solid foundation in dietary sciences, which can be valuable for various graduate programs. It demonstrates a commitment to understanding health-related topics, making candidates more competitive for programs in public health, nutrition science, dietetics, clinical health profession or related fields. Additionally, it may fulfill prerequisites or provide a strong background for advanced coursework in these areas, preparing students for success in graduate studies and future careers focused on improving health outcomes through nutrition interventions.

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES (https://hhd.psu.edu/nutrition/graduate-program)