NUTRITION MINOR

This program is on Administrative hold as of Fall 2024. No new students may enroll at this time.

The Nutrition Minor provides course offerings that will enable students to learn about the discipline of nutrition and its relationship to the health and wellness of individuals and groups, and quality of life. The minor will provide students with the opportunity to broaden and deepen their skill sets to optimize career paths. The program provides a curriculum with a strong scientific foundation that emphasizes evidence-based practice, research, and cultural competency.

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Code	Title	Credits	Completed
Minor Requirements (20 credits)			_____
Core Courses			_____
INHLSC-175	Essentials of Nutrition Sci	4	_____
HLSC-215	Nutrition Sci & Application	4	_____
IIHLSC-216	Food Culture in Communities	4	_____
HLSC-318	Lifespan Nutrition	4	_____
Select **one** of the following:		4	_____
HP-344	Sports Nutrition		_____
ISHLSC-285	Health in Society		_____
INHLSC-310	Food Science		_____
HLSC-313	Food Service Management		_____
IIHLSC-330	Resiliency for Well-Being		_____
IIHLSC-350	Women and Health		_____
HLSC-380	Addiction & Behavior Change		_____
IIHLSC-445	Human Sexuality		_____
HLSC-473	Practicum		_____
Total Credits		**20**	_____

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Upon completion of the Nutrition Minor, students will be able to:

- Describe the functions of essential nutrients and identify dietary sources.
- Evaluate nutrient intake and diet quality.
- Describe the economic and cultural factors related to food choice.
- Explain the relationship between food habits, nutritional status, and health and wellness.
- Discuss, contrast, and evaluate the roles of nutrition and wellness within the processes of pregnancy, lactation, child development, and aging.
- Recognize and discuss the relationship between nutrition and the prevention of chronic diseases.