

Nutrition Concentration within the BS, Health Sciences degree

Nutrition is an important component of a well-rounded Health Sciences undergraduate degree. The nutritional science concentration allows for the Health Sciences major to understand the value of food, food preparation and substances within what is consumed and the relationship to personal and community health.

A concentration in nutritional science provides a foundation for Health Science majors to pursue careers that improve lives, prevent diseases, and promotes general healthy living in individuals and our communities. What you eat not only has the ability to promote health, it also influences your risk of many diseases. Students who earn this concentration develop a knowledge based in science and nutrition to understand and explore the relationship between what we eat and health. Courses specific to this concentration emphasize the fundamentals of nutrition, food preparation, the metabolism of nutrients in health and disease. If you want to make a difference in helping people lead healthier lives a concentration in nutritional science may be for you.

This concentration can lead the Health Sciences graduate being eligible for graduate program in Dietetics. Dietetics is a specialized area of nutrition. Registered Dietitians (RD) need a program that includes additional chemistry courses as well as an internship. Dietetics focus is on prevention of disease and chronic processes.

Objectives:

The objectives for students pursuing the Nutritional Science concentration are to:

- Evaluate nutritional content in foods and compare to evidenced based guidelines for health and fitness
- Explain dietary needs of people with chronic diseases and how improved nutrition will decrease morbidity and in increase longevity
- Integrate nutritional science principles into everyday food consumption in order to promote health and wellness

COURSES FOR CONCENTRATION IN NUTRITIONAL SCIENCE:

Five courses are necessary for Concentration in Nutritional Sciences:

COURSE	COURSE TITLE	CREDIT HOURS
AHLT-- N 130	Introduction to Foods	3
HPER – N 220	Nutrition for Health	3
AHLT – N 404	Medical Nutrition Therapy I	3
AHLT – N 405	Medical Nutrition Therapy II	3
AHLT – N 490	Senior Nutrition Seminar	3
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Please choose 3 from below		
AHLT – N 260	Nutrition Education and Counseling	3
AHLT – N 271	Cultural Gustatory Perceptions	3
AHLT – N 336	Nutrition Through the Life Cycle	3
AHLT – N 378	Global Nutrition	3
AHLT – N 442	Exercise and Nutrition	3
Electives Total		9
Total for Concentration		24