

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.

Program Description

The Nutrition Studies minor is a flexible minor designed to help students understand the role of nutrition and foods on health promotion and chronic disease prevention and its application and implementation in the social and behavioral sciences, food systems, community nutrition and policy, and many other related areas. Students will explore various areas of nutrition as it relates to nutrition and food policy at local community, national, and global levels, food access and insecurity, understanding nutrition's role and impact on individuals' health and well-being at various life stages, the application of nutrition principles to target audiences, community health promotion, and delivering nutrition messages to improve the well-being and health of individuals, families, and communities.

You Might Like This Program If...

- You are pursuing a health-related career such as nursing, medicine, or physician assistant studies or majoring in a field like Nursing, Biobehavioral Health, Human Development and Family Sciences, Recreation, Parks and Tourism Management, or another health promotion or wellness discipline.
- You are majoring in a field focused on communication, education, or the social and behavioral sciences, such as Communications, Psychology, Education, Agricultural Education, or Hospitality Management, and want to integrate nutrition knowledge into your work.
- You want to better understand how nutrition influences health and how nutritional principles can be applied to your own life and future career.