

NUTRITIONAL SCIENCES, B.S.

Seven Penn State campuses are scheduled for closure after Spring 2027: DuBois, Fayette, New Kensington, Mont Alto, Shenango, Wilkes-Barre, and York. New students are not being admitted at these campuses.

Begin Campus: Any Penn State Campus

End Campus: University Park

Program Description

Nutrition is a dynamic field that incorporates knowledge of human biology and biochemistry to understand how food and nutrient intake can optimize health throughout the lifecycle. Students gain an understanding of how the interplay of nutrition, lifestyle, and the food environment relate to current public health issues. Students consider nutrition prevention and management of chronic and acute diseases. Students learn the scientific rationale and practice methodology to assess the nutritional status of individuals in the clinical setting and for population analysis. Students will use these skills to implement medical nutrition therapy and understand nutrition guidelines, standards, and policies to improve the health and well-being of the population.

Students may select one option in the Nutritional Sciences Major: Nutrition and Dietetics and Health Sciences. The Nutrition and Dietetics Option is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND).

Nutrition and Dietetics Option

This option offers multi-disciplinary training in the biological sciences, social and behavioral sciences, and business principles to prepare students to work in a variety of settings and to be eligible to continue their education to acquire the Registered Dietitian Nutritionist (RDN) credential. It links nutrition and human behavior by applying nutrition principles, counseling skills, and educational skills to improving the nutritional status and health of individuals and communities. Students gain training that will prepare them to work in a variety of clinical, community, and business settings. It also prepares students for management positions in the nutrition field and food systems settings. Graduates satisfy the current requirements for application to accredited post-baccalaureate dietetic supervised practice programs and Master's degree programs. Upon satisfactory completion of these programs, graduates are eligible to take the registration examination to become a Registered Dietitian Nutritionist (RDN).

Health Sciences Option

With diet-related disease as the leading cause of death in the US, this option prepares pre-health professionals (e.g., pre-medicine, pre-physician assistants, pre-dentistry, pre-public health, pre-health promotion and health coaching, etc) and other nutritional scientists (e.g., immunologists, biochemists, physiologists, etc) with expertise in nutritional sciences. Students will select from a core set of Nutritional Sciences courses and supporting courses across life-, social-, and environment-related health sciences to build a curriculum that fits their individual career goals.

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.

MORE INFORMATION ABOUT NUTRITIONAL SCIENCES (<https://hhd.psu.edu/nutrition>)

You Might Like This Program If...

- You want to learn about nutrition and foods' connection to health.
- You plan to go to medical school, physician assistant school, and other health-related pre-professional programs.
- You want to become a Registered Dietitian Nutritionist.
- You want to work in scientific research related to human health or the food industry.
- You want to advocate for healthier communities using sustainable food practices and access to nutritious food.
- You want to learn about interventions to nutrition-related health problems that affect the world's populations.

MORE INFORMATION ABOUT WHY STUDENTS CHOOSE TO STUDY NUTRITIONAL SCIENCES (<https://hhd.psu.edu/nutrition/undergraduate/career-opportunities>)