

# NUTRITIONAL SCIENCES, MINOR

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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.

## What is Nutritional Sciences?

The Nutritional Sciences minor uses nutrition in the human body as the backdrop to more fully understand and integrate topics such as physiology, chemistry, biochemistry, and food science to prepare students to help individuals and communities locally and globally. Students will be uniquely prepared to integrate their strong basic science foundation to the human body 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.

## You Might Like This Program If...

- You are pursuing a career in the health professions including medicine, pharmacology, nursing, dentistry, physician assistant studies, or you are considering graduate work in the basic sciences.
- You are majoring in a health or science related discipline such as Biobehavioral Health, Kinesiology, Pre Medicine, Biology, Biochemistry, Chemistry, Physics, or Biomedical Engineering and want to strengthen your understanding of how nutrition integrates with human physiology and health.
- You are majoring in Agricultural Sciences or Animal Science, or you have an interest in food systems, sustainability, and other food related topics and want to understand more about nutrition in the context of food and the human body.
- You want to deepen your understanding of nutrition and learn how to apply evidence based principles to your own health and lifestyle.

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