

# NUTRITION MINOR

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Students who complete the minor in nutrition will study the connection between nutrition, health, human performance, and disease. An evidence-based approach will be taken to covering topics such as nutrient requirements, weight control, nutritional supplements, popular diets, as well as causes and treatments of eating disorders. Emphasis will be placed on critically analyzing nutritional claims in the marketplace. Through participation in the required laboratory course, students will develop practical skills to assess nutritional status, and to create a nutritional intervention plan to optimize health and human performance.

## Nutrition Minor Requirements:

Required Courses:

SCI 251	Biology I Principles of Biology	3
SCI 354	Fundamentals of Nutrition	3
SCI 367 or SCI 386	Biochemistry Sports Nutrition	3
SCI 402 & SCI L402	Applied Nutrition in Health and Disease and Applied Nutrition in Health and Disease Laboratory	4

A minimum of 13 credits is required for the minor.