

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 majoring in a health professions or health-related discipline such as Nursing, Biobehavioral Health, Human Development and Family Sciences, Recreation Parks and Tourism Management, and other majors connected to health promotion and wellness.
- You are majoring in Psychology, Education, Agricultural Education, Hospitality Management, and other majors connected to education, sustainable systems, social and behavioral sciences, and/or food systems.
- You want to learn more about nutrition and apply it to your own life.

Program Requirements

Requirement	Credits
Requirements for the Minor	18

Requirements for the Minor

A grade of C or better is required for all courses in the minor, as specified by Senate Policy 59-10 (<https://senate.psu.edu/students/policies-and-rules-for-undergraduate-students/59-00-minors-and-certificates/>). In addition, at least six credits of the minor must be unique from the prescribed courses required by a student's major(s).

Code	Title	Credits
Prescribed Courses		
<i>Prescribed Courses: Require a grade of C or better</i>		
NUTR 251	Introductory Principles of Nutrition	3
Additional Courses		
<i>Additional Courses: Require a grade of C or better</i>		
Select 9 credits from the following list of courses. Please check the listed prerequisites to ensure you meet the criteria to enroll in the course.		9
NUTR 123S	First Year Seminar in Nutritional Sciences	
NUTR 144	Our Plates: Exploring Food and Healthy Eating Patterns Through Cooking	
NUTR 170	Careers in Nutrition	

NUTR 175N	Healthy Food for All: Factors that Influence What we Eat in the US
NUTR 320	Science and Methods of Food Preparation
NUTR 358	Assessment of Nutritional Status
NUTR 360	Nutrition Education and Behavior Change Theory
NUTR 361	Community and Public Health Nutrition
NUTR 386	Managing Quality in Food and Nutrition Services
NUTR 390	Nutritional Biochemistry and Physiology

Supporting Courses and Related Areas

Supporting Courses and Related Areas: Require a grade of C or better

Select 6 credits from the following list of 400-level courses. Please check the Bulletin to understand the required prerequisite courses to ensure you meet the criteria to enroll in the courses listed below. 6

NUTR 400	Introduction to Nutrition Counseling
NUTR 407	Nutrition for Exercise and Sports
NUTR 410	Eating and Weight Disorders
NUTR 421	Biocultural Perspectives on Public Health Nutrition
NUTR 425	Global Nutrition Problems: Health, Science, and Ethics
NUTR 445	Energy and Macronutrient Metabolism
NUTR 446	Micronutrient Metabolism
NUTR 451	Nutrition throughout the Life Cycle
NUTR 452	Nutritional Aspects of Disease
NUTR 460	Nutritional Neuroscience

Academic Advising

The objectives of the university's academic advising program are to help advisees identify and achieve their academic goals, to promote their intellectual discovery, and to encourage students to take advantage of both in-and out-of class educational opportunities in order that they become self-directed learners and decision makers.

Both advisers and advisees share responsibility for making the advising relationship succeed. By encouraging their advisees to become engaged in their education, to meet their educational goals, and to develop the habit of learning, advisers assume a significant educational role. The advisee's unit of enrollment will provide each advisee with a primary academic adviser, the information needed to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (<https://senate.psu.edu/students/policies-and-rules-for-undergraduate-students/32-00-advising-policy/>)

University Park

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Career Paths

Completing a minor in nutrition studies offers career opportunities as a nutrition educator, health coach, or dietary aide in healthcare settings, wellness programs, or community organizations. Graduate school options include pursuing a Master's in Nutrition or Dietetics for specialized knowledge in clinical nutrition, public health, or sports

nutrition. Alternatively, students may pursue a Master's in Public Health (MPH) with a focus on nutrition, preparing for roles in public health policy, nutrition research, or community nutrition programs. These pathways provide avenues for advancing knowledge and skills in promoting healthful eating habits and addressing nutritional challenges.

Careers

Completing a minor in nutrition studies offers career roles involve educating individuals or groups about healthy eating, providing guidance on nutrition and lifestyle changes, assisting in meal planning, developing wellness programs, or creating content related to nutrition and healthy eating habits.

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES WITH A MINOR IN NUTRITION STUDIES (<https://hhd.psu.edu/nutrition/undergraduate/career-opportunities/>)

Opportunities for Graduate Studies

A minor in nutrition studies enhances graduate school opportunities by providing a solid foundation in dietary sciences, which can be valuable for various graduate programs. It demonstrates a commitment to understanding health-related topics, making candidates more competitive for programs in public health, nutrition science, dietetics, clinical health profession or related fields. Additionally, it may fulfill prerequisites or provide a strong background for advanced coursework in these areas, preparing students for success in graduate studies and future careers focused on improving health outcomes through nutrition interventions.

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES (<https://hhd.psu.edu/nutrition/graduate-program/>)

Contact

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