

NUTRITIONAL SCIENCES, B.S.

Begin Campus: Any Penn State Campus

End Campus: University Park

Career Paths

The multidisciplinary nature of the Nutritional Sciences degree prepares students for a variety of career options and for graduate study in research and advanced professional training. Armed with an undergraduate degree in Nutritional Sciences, students will leverage their Penn State education and a vast network of like-minded professionals to find a fulfilling career that incorporates the physiological and biochemical aspects of nutritional practices in the context of health and wellness. There are an endless array of positions in healthcare settings, academia, research, management and policy in which nutritional skills and knowledge are needed.

Careers

The Nutrition and Dietetics option prepares students for Nutrition and Dietetics graduate programs that lead to the Registered Dietitian Nutritionist (RDN) credential. With the RDN, students pursue careers in clinical dietetics, nutrition education and counseling, sports nutrition, retail and industry, and related fields. This option also prepares students for accelerated Master's degree programs in Nursing.

The Nutritional Physiology and Biochemistry option provides a strong science foundation for biomedical careers, including medical, dental, physician assistant and other related fields. Students may also seek biomedical careers in research, pharmaceutical or other health related industries.

The Behavioral Nutrition and Public Health option prepares students to work in careers in global and local public health, food systems and sustainability, or health promotion and education.

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES OF THE NUTRITIONAL SCIENCES PROGRAM (<https://hhd.psu.edu/nutrition/graduate-program/careers/>)

Opportunities for Graduate Students

Students seeking the RDN credential are required to complete a master's degree and supervised practice hours to sit for the RDN exam. Penn State students can apply to Penn State's Integrated Undergraduate Graduate program or apply to accredited graduate programs in Nutrition and Dietetics.

Students completing any of the options in Nutritional Sciences are well prepared for either research-focused graduate programs in nutrition and biomedical fields or professional master's degree programs in public health, health education, or similar programs. Students completing the Nutritional Physiology and Biochemistry option are also prepared for graduate programs in clinical fields.

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

Professional Resources

- Academy of Nutrition and Dietetics (<https://www.eatright.org>)
- American Society for Nutrition (<https://nutrition.org>)
- Society for Nutrition Behavior and Education (<https://www.sneb.org>)

- Pennsylvania Academy of Nutrition and Dietetics (<https://eatrightpa.org>)
- American Association of Medical Colleges (allopathic) (<https://www.aamc.org>)
- American Association of Colleges of Osteopathic Medicine (<https://www.aacom.org>)
- Physician Assistant Education Association (<https://paeonline.org>)
- American Dental Education Association (<https://www.adea.org>)
- American Association of Colleges of Nursing (<https://www.aacnursing.org>)
- American Association of Schools & Programs of Public Health (<https://asp-ph.org>)
- ACEND Diversity, Equity, and Inclusion (<https://www.eatrightpro.org/acend/about-acend/diversity-equity-and-inclusion/>)