

NUTRITIONAL SCIENCES, B.S.

Begin Campus: Any Penn State Campus

End Campus: University Park

Program Description

Nutrition is a dynamic science that incorporates knowledge of human biology and biochemistry to understand how the body utilizes nutrients and related substances for optimal health throughout the lifecycle. Students gain an understanding of how the interplay of nutrition and lifestyle relate to current public health issues as well as the development and nutrition 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. They will use these skills to implement medical nutrition therapy or 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: Behavioral Nutrition and Public Health, Nutritional Physiology and Biochemistry, and Nutrition and Dietetics. The Nutrition and Dietetics Option is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND).

Behavioral Nutrition and Public Health Option

This option integrates knowledge of social and behavioral sciences with human nutrition. Students learn to apply knowledge of nutrition to improve the health and well-being of individuals, families, and communities by applying nutrition principles in different practice settings. Graduates of this option can seek employment in public health and policy, non-profit businesses domestically and globally, community nutrition and education settings, technology organizations addressing nutrition behavior, and with local, state, and governmental agencies. Students are also prepared to continue to graduate study in public health, nutrition, or related fields.

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).

Nutritional Physiology and Biochemistry Option

This option incorporates knowledge from biology, chemistry, physiology, and physics with nutrition. This option is recommended for students preparing for careers in medicine and other health-related fields such as dentistry, optometry, physician assistant, occupational therapy, pharmacy, and chiropractic. Students are also well-prepared for graduate school in nutritional sciences, physiology, and many other biological and

health-related disciplines. This option prepares students for careers in laboratory research in the pharmaceutical or food industries, government, or academia.

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/>)