NUTRITIONAL SCIENCES, 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.

What is Nutritional Sciences?

Nutritional Sciences uses nutrition as the backbone to integrate physiological science, behavioral sciences, foods and food systems management, and nutrition as medicine to prepare students to help individuals and communities both locally and globally. Students are uniquely prepared to integrate their strong science foundation and nutrition knowledge to help others lead healthier lives through application of nutrition principles to health promotion and wellness, sports nutrition, research and intervention science, medical nutrition therapy, and behavioral interventions.

You Might Like This Program If...

- You are majoring in a health-related discipline such as Biobehavioral Health, Kinesiology, Pre-medicine, Human Development and Family Studies, etc.
- You want to work in a health-related field.
- You want to learn more about nutrition and apply it to your own life.
- You are majoring in agricultural, food science, food systems, sustainability, etc.

MORE INFORMATION ABOUT NUTRITIONAL SCIENCES (http://nutrition.hhd.psu.edu/undergraduate/minor)

Program Requirements

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<th>Requirement</th>
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<td>Requirements for the Minor</td>
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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 (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/59-00-minors-and-certificates/#59-10).

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<td>Prescribed Courses: Require a grade of C or better</td>
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<tr>
<td>NUTR 251</td>
<td>Introductory Principles of Nutrition</td>
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<tr>
<td>NUTR 358</td>
<td>Assessment of Nutritional Status</td>
<td>3</td>
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<tr>
<td>NUTR 445</td>
<td>Energy and Macronutrient Metabolism</td>
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Additional Courses: Require a grade of C or better

Students must take 6 additional 400 level nutritional sciences credits excluding NUTR 495. NUTR 496 (Independent Study) credit may be counted towards the minor up to a 3 credit maximum.

Select 3 additional credits from NUTR courses, excluding NUTR 100

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 (http://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy)

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