



FAMILY & CONSUMER SCIENCES
HUMAN NUTRITION MINOR
2017-2018

A minor in human nutrition strengthens degrees in kinesiology and health, food science, nursing, animal science, and related fields. Students who minor in human nutrition learn how food choices can influence their health and well-being. While the coursework provides a foundation for making positive lifestyle choices, it does not prepare students to provide nutrition counseling or medical nutrition therapy.

1. Required Courses:

CHEM 2300	Introduction to Organic Chemistry*	4 credit hours
FCSC 1141	Principles of Nutrition	3 credit hours
ZOO 3115	Human Systems Physiology*	4 credit hours

2. Choose one of the following:

FCSC 4145	Advanced Nutrition*★	4 credit hours
MOLB 3610	Principles of Biochemistry*	4 credit hours

3. Choose three (3) courses from the following electives:

FCSC 1101	FYS: Human and Environmental Health	3 credit hours
FCSC 1150	Scientific Study of Food	3 credit hours
FCSC 2141	Nutrition Controversies*	2 credit hours
FCSC 3142	Geriatric Nutrition*	2 credit hours
FCSC 3145	Sports Nutrition and Metabolism*	3 credit hours
FCSC 3147	Community Nutrition*	3 credit hours
FCSC 4044	Maternal, Infant and Adolescent Nutrition*	3 credit hours
FCSC 4145	Advanced Nutrition*★	4 credit hours
FCSC 4147	Nutrition and Weight Control*	3 credit hours

TOTAL 23-25 CREDIT HOURS

* Indicates courses with prerequisites.

★This course can be used to fulfill only one category above.

Contact:

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