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 2101  Special Topics in 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:**
Enette Larson-Meyer, PhD, RD, LD, FASCM  Michael Liebman, PhD  Rhoda Schantz, PhD, RD, LD
Associate Professor  Professor  Associate Professor
Ag 3013  Ag 3012  Ag 3016
enette@uwyo.edu  liebman@uwyo.edu  schantz@uwyo.edu