

MINOR IN NUTRITION

The minor in Nutrition provides a rigorous and flexible curriculum for students interested in various aspects of nutrition. The minor can enhance students' understanding of nutrition and broaden career opportunities for students in any discipline. Flexibility of the minor allows students to tailor the curriculum toward numerous aspects of nutrition, including sports nutrition, clinical nutrition, nutrition and health equity, community and public health nutrition, childhood nutrition, and nutrition and aging.

Learning Objectives

Students will:

1. Demonstrate an understanding of the structures, digestion, and metabolism of the macro- and micro-nutrients.
2. Demonstrate skills related to evaluating and prescribing nutritional recommendations for individuals.
3. Integrate information from nutritional sciences and apply that information to clinically relevant nutrition disorders and diseases.
4. Describe their understanding of nutritional needs throughout the lifecycle and its importance to optimize human health.

Learn more about the Minor in Nutrition on the Department of Food Science and Human Nutrition website.