

NUTRITION SCIENCE - BA, BS

The nutrition science program develops scientifically literate professionals who can confidently articulate the integration of food, nutrition, health, and societal issues. This flexible program pairs a rich nutrition foundation with interdisciplinary and research experiences.

The nutrition science program prepares students for a variety of entry-level jobs. It also serves as excellent preparation for graduate studies in nutrition, food science, and public health – and can also be considered as a foundation for advanced studies in fields such as health communication, biotechnology, or health care administration. Nutrition science also offers a natural transition into professional programs such as: medical, dental, physical therapy, occupational therapy, physician assistant, or chiropractic programs.

The foundation of the nutrition science degree includes biology, chemistry, biochemistry, and physiology courses. The science-based courses serve as a gateway into the advanced nutrition courses, while also meeting the necessary requirements for admission into most graduate and professional programs.

This curriculum keeps nutrition and food at its core while placing emphasis on health and policy related issues. The following courses are just a few highlights within the nutrition science program.

- o **Advanced Nutrition** provides a critical look into government food guidelines, integrated metabolism, and the impact of nutritional status on risk for chronic disease.
- o **Experimental Foods and Nutrition** allows students to complete an original research project.
- o **Health Behavior Psychology** introduces theories and models used to explore an individual's health-related behaviors.

The nutrition science program can accommodate the needs and interests of many students including those interested in pursuing a minor program of study. For example, complementary studies in business, communication, or integrated marketing would be an excellent minor for a nutrition science student.

The nutrition science program encourages field work, volunteer, and/or internship positions that will help students network and identify career paths. As well, nutrition science students are encouraged to participate in undergraduate research with faculty. These research experiences are designed to be collaborative in nature, meaningful to both students and faculty.

See also: Dietetics (<http://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/dietetics-ba-bs/>), Exercise Science and Nutrition (<http://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/exercise-science-nutrition-ba-bs/>), 3 + 2 Master of Public Health program (<http://catalog.stkate.edu/undergraduate/preprofessional-programs/prepublic-health/>)

This major is offered in the College for Women only.

Curriculum

Code	Title	Credits
Major courses:		
EXSS 3200	Health Behavior Psychology	4

FSNU 2300	Nutrition Foundations	4
FSNU 2900	Food Science	4
FSNU 3350	Lifelong Nutrition	4
FSNU 4270	Current Issues in Foods and Nutrition	4
FSNU 4300	Advanced Nutrition	4
FSNU 4310W	Experimental Foods and Nutrition with Lab	4
FSNU 4604	Internship	4
IPE 4200W	Healthcare Teams - Evidence-Based Practice	4
Select eight credits from the following:		8
FSNU 3400	Sports Nutrition	
FSNU 3600	Foodservice Operations Management with Lab	
FSNU 3770	Nutrition Education and Counseling	
FSNU 3800	Intercultural and Community Nutrition with Lab	
FSNU 4350	Medical Nutrition Therapy I	
FSNU 4375	Medical Nutrition Therapy II with Lab	
Total Credits		44

Code	Title	Credits
Required supporting courses		
BIOL 1710	Foundations of Biology I with Lab	4
BIOL 1720	Foundations of Biology II with Lab	4
BIOL 2610	Human Anatomy and Physiology I with Lab	4
BIOL 2620	Human Anatomy and Physiology II with Lab	4
CHEM 1110	General Chemistry I with Lab	4
CHEM 1120	General Chemistry II with Lab	4
CHEM 2010	Organic Chemistry I with Lab	4
CHEM 2400	Nutritional Biochemistry	4
PSYC 1001	General Psychology with Lab	4
Select one from the following:		4
ECON 1090	Statistical Analysis for Decision Making	
HLTH 1090	Biostatistics	
PSYC 1090	Statistical Methods in Psychology	
STAT 1089	Statistical Analysis with Corequisite	
STAT 1090	Statistical Analysis	
Total Credits		40

Nutrition science majors satisfy the Writing Requirement for Majors and the fourth writing requirement by completing IPE 4200W Healthcare Teams - Evidence-Based Practice and FSNU 4310W Experimental Foods and Nutrition with Lab. They complete the Liberal Arts and Sciences Core Writing Requirement with two other writing-intensive courses (CORE 1000W The Reflective Woman or CORE 2000W The Reflective Woman, and CORE 3990W Global Search for Justice).

Code	Title	Credits
Fall Term		
BIOL 1710	Foundations of Biology I with Lab	4
CHEM 1110	General Chemistry I with Lab	4
Spring Term		
BIOL 1720	Foundations of Biology II with Lab	4
CHEM 1120	General Chemistry II with Lab	4
FSNU 2300	Nutrition Foundations	4

PSYC 1001	General Psychology with Lab	4
Fall Term		
BIOL 2610	Human Anatomy and Physiology I with Lab	4
CHEM 2010	Organic Chemistry I with Lab	4
FSNU 2900	Food Science	4
Select one from:		4
ECON 1090	Statistical Analysis for Decision Making	
HLTH 1090	Biostatistics	
PSYC 1090	Statistical Methods in Psychology	
STAT 1090	Statistical Analysis	
Spring Term		
BIOL 2620	Human Anatomy and Physiology II with Lab	4
CHEM 2400	Nutritional Biochemistry	4
EXSS 3200	Health Behavior Psychology	4
Fall Term		
FSNU 3350	Lifelong Nutrition	4
Spring Term		
FSNU 4300	Advanced Nutrition	4
IPE 4200W	Healthcare Teams - Evidence-Based Practice	4
Fall Term		
FSNU 4270	Current Issues in Foods and Nutrition	4
3000- or 4000-level FSNU elective		4
Spring Term		
FSNU 4310W	Experimental Foods and Nutrition with Lab	4
Total Credits		76