

NUTRITION MINOR

The Minor in Nutrition is designed for students who are interested in gaining a general understanding of the field of human nutrition. This minor is a great complement for students who are majoring in science disciplines such as biology, chemistry, and exercise physiology, or allied health majors like nursing and public health.

Course Requirements for the Minor

The following courses, or their approved transfer equivalents, are required of all candidates for this minor.

Course	Title	Units
BIOL 104	Human Physiology	4
CHEM 107	General Chemistry for Applied Sciences	4
CHEM 108	Organic Chemistry for Applied Sciences	4
NFSC 340	Human Nutrition	3
Select three of the following:		9
CHEM 350	Introductory Biochemistry	
MCGS/SOCI 240	Food Justice	
NFSC 120	Introduction to Food Science	
NFSC 200	Health at Every Size: A Non-Diet Approach to Wellness	
	or NFSC 200W Health at Every Size: A Non-Diet Approach to Wellness (W)	
NFSC 303	Nutrition and Physical Fitness	
NFSC 310	Global Nutrition	
NFSC 318	Nutrition and Disease	
NFSC 345W	Diet Supplements and Functional Foods (W)	
NFSC 360	Nutrition Throughout the Life Cycle	
NFSC 365	Nutrition Counseling and Education	
NFSC 403	Sports Nutrition	
NFSC 465	Community Nutrition	
NFSC 468	Child Nutrition	
NFSC 469	Nutrition and Aging	
Total Units		24