

NUTRITION MINOR

Department of Nutrition

303.615.0990

The minor in nutrition is designed to complement a major chosen by a student and/or for individuals who wish to establish a basic understanding of nutrition. A minimum of 18 semester hours is required to complete the minor. A letter grade of at least “C-” must be attained in each of the courses in the nutrition minor. Students should note that programs differ in the minimum grade required.

The nutrition minor will not meet educational requirements for qualification as a registered dietitian nutritionist (RDN). Specific coursework from an accredited institution, an approved internship, and passing a national exam are all requirements to obtain the RDN credential.

<u>REQUIRED Courses:</u>		<u>Credit Hours</u>
NUT 2040	Introduction to Nutrition	3
NUT 3040	Nutrition Concepts and Controversies	3
NUT 3050	Concepts of Lifecycle Nutrition	3
<u>ELECTIVE Courses:</u> Select 9 (nine) credits from the following:		
HIS 3450	Food in U.S. History	3
HIS 3715	Food in World History	3
NUT 3150	Advanced Nutrition-Macronutrients*	3
NUT 3160	Advanced Nutrition-Micronutrients*	3
NUT 3200	Nutrition and Sports Performance	3
NUT 3300	Cultural Aspects of Nutrition**	3
NUT 3310	Nutrition and Food of Mexico	3
NUT 3350	Global Nutrition and Health***	3
NUT 3375	Food Cultures***	3
NUT 3400	Nutrition and Weight Management	3
NUT 3500	Food Safety*	3
RST 3530	Healthy International Cooking	3
Omnibus Courses Available (See advisor for more information)		3
Special Topics Courses Available (See advisor for more information)		1
 <u>TOTAL CREDITS for the minor:</u>		 18

*This course has prerequisites in *addition* to NUT 2040

**This course also satisfies the Multicultural requirement.

***This course also satisfies the Global Diversity requirement. Please see a Nutrition advisor.

For questions or further information, please schedule an advising appointment with a nutrition advisor in the Department of Nutrition, WC 240, 303-615-0990.