

# Bachelor of Science in Nutrition Studies

## Department of Nutrition

### 303.615.0990

The Nutrition Studies baccalaureate degree is a degree option for students wishing to study of the science of nutrition without pursuing the registered dietitian nutritionist (RDN) credentials. This B.S. degree is intended for students who are interested in the scientific foundation of nutrition principles. The program is comprised of a 50 credit Nutrition core, which provides students with the nutrition knowledge necessary to be nutrition professionals, including nutrition biochemistry and metabolism, food safety, nutrition education and counseling and nutrition research and evaluation, among others. Students have the flexibility to choose electives and a minor to prepare for further areas of study in health or related fields to enhance their studies, such as exercise science, public health, or entrepreneurship while receiving a strong background in nutrition.

Graduates from the Nutrition Studies B.S. Program will have many career options, such as working in the Supplemental Nutrition Program for Women, Infants and Children (WIC), Food Stamp Nutrition Education (FSNE), corporate wellness, nutrition corporate food industries or nutrition-related entrepreneurial ventures, among others. This is a major for those who are not pursuing dietetic registration. A grade of C- or better is required in all major courses.

*The Nutrition Studies major is housed in the Nutrition Department. Students enrolling in the major must confer with a department advisor as soon as possible. For more information, call 303-615-0990.*

### General Studies Course Requirements

#### Quantitative Literacy (3 hours required for graduation):

MTH 1210 Introduction to Statistics ..... 4

#### Written Communication (6 hours required):

ENG 1010 Composing Arguments.....3

ENG 1020 Research and Argument Writing.....3

#### Oral Communication (3 hours required):

(Course chosen by student) ..... 3

#### Historical (3 hours required; also see Global Diversity requirement below):

(Course chosen by student) \*\*..... 3

#### Arts and Humanities (6 hours required; also see Global Diversity requirement below):

(Courses chosen by student) \*\* ..... 6

#### Natural and Physical Sciences (6 hours required for graduation; 9 hours required by major):

BIO 1080 General Biology I ..... 3

BIO 1090 General Biology Laboratory I ..... 1

CHE 1100 Principles of Chemistry ..... 4

CHE 1150 Principles of Chemistry Laboratory..... 1

- MTH 1110 College Algebra for Calculus is a prerequisite

#### Social and Behavioral Sciences (6 hours required; also see Global Diversity requirement below):

6 (Courses chosen by student) \*\* ..... 6

Global Diversity (3 hours required)

Nutrition Studies majors may fulfill the global diversity requirement by taking an approved course within one of the following categories: arts and humanities; historical; or social and behavioral sciences I. If a course is used to fulfill both the global diversity requirement and another general studies category, only 3 semester hours will apply to the student's degree requirements.....(3)

**Total general studies hours for major.....37**

**Nutrition Studies Major for Bachelor of Science**

REQUIRED COURSES .....	SEMESTER HOURS
BIO 2310 Human Anatomy and Physiology I .....	4
BIO 2320 Human Anatomy and Physiology II.....	4
CHE 2100 Introduction to Organic and Biological Chemistry.....	4
CHE 2150 Introduction to Organic and Biological Chemistry Laboratory.....	1
NUT 1800 Careers in Nutrition and Dietetics.....	1
NUT 2040 Introduction to Nutrition.....	3
NUT 3040 Nutrition Concepts and Controversies.....	3
NUT 3050 Concepts of Lifecycle Nutrition .....	3
NUT 3150 Advanced Nutrition – Macronutrients.....	3
NUT 3160 Advanced Nutrition – Micronutrients .....	3
NUT 3300* Cultural Aspects of Nutrition.....	3
NUT 3500 Food Safety.....	3
NUT 3700 Nutrition Education and Counseling.....	3
NUT 3800 Nutrition and Chronic Disease.....	3
NUT 4040 Nutrition Research Design and Evaluation.....	3
NUT 4720 Nutrition Capstone.....	3
NUT 490C Nutrition and Public Health.....	3
<b>Total hours for major.....</b>	<b>50</b>

*\*This course satisfies the Multicultural Requirement and is also a required course for this major*

*\*\* One of these courses must satisfy the Global Diversity requirement*

**Major Electives**

*Select 6 credits from the list*

HCM 3150 Health Care Organization and Management .....	3
NUT 3101 Body Image: Concepts and Approaches.....	3
NUT 3200 Nutrition and Sports Performance.....	3
NUT 3350 Global Nutrition and Health.....	3
NUT 3400 Nutrition and Weight Management.....	3
NUT 3810 Nutrition and Social Media.....	1
NUT 3820 Plant Based Nutrition.....	1
NUT 390V Nutrition: Past and Present.....	3
NUT 4300 Management in Dietetics .....	3

NUT 4800 Medical Nutrition Therapy.....	4
RST 1200 Basic Cooking Skills.....	3
<b>Total hours for major electives.....</b>	<b>6</b>

**Degree Totals:**

Credit hours for major.....	50
Credit hours for General studies.....	37
Credit hours for major electives.....	6
Credit hours for additional electives.....	27
Total credit hours.....	120

**Minor Options**

Credit hours vary. Minors that pair well with a nutrition major include: Public Health; Entrepreneurship; Non-Profit Studies; Integrative Healthcare/Lifestyle Medicine; Psychology and Human Performance and Sport. Please discuss with an advisor and use interest inventory resources at the C2 Hub. Please see the catalog and individual departments to investigate minors.

**For more information, please visit [msudenver.edu/nutrition](https://msudenver.edu/nutrition) or  
schedule an appointment with a nutrition advisor 303-615-0990**

