

# Nutrition, Minor

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A minor in nutrition allows students to get a more in-depth understanding of nutritional concepts, adding value to their major field and increasing potential employability. In addition to the general nutrition course, students will take courses exploring nutritional needs at various life stages, issues surrounding body image and weight management, the ways in which nutrition impacts disease, public health nutritional approaches, and cultural aspects of health and nutrition. Students will learn practical application skills, allowing for nutritional integration into their field of study. For many governmental, healthcare, and non-governmental organization employment opportunities, an understanding of nutrition is advantageous in finding employment.

## Matriculation Requirements

Admission into a bachelor's degree program at UVU.

## Program Requirements

Code	Title	Credit Hours
<b>Total Credit Hours</b>		<b>18</b>
Discipline Core Requirements		
NUTR 1020	Foundations of Human Nutrition	3
NUTR 2020	Nutrition Through the Life Cycle BB	3
NUTR 3000	Nutrition and Disease	3
NUTR 3100	Public Health Nutrition	3
NUTR 3200	Cultural Aspects of Health and Nutrition	3
NUTR 2000	Body Image and Weight Management	3

## Graduation Requirements

Completion of discipline core and electives with a C- grade or higher.

## Graduation Plan

This graduation plan is a sample plan and is intended to be a guide. Your specific plan may differ based on your Math and English placement and/or transfer credits applied. You are encouraged to meet with an advisor and set up an individualized graduation plan in Wolverine Track (<http://www.uvu.edu/wolverinetrack/>).

First Year		Credit Hours
<b>Semester 1</b>		
NUTR 2000	Body Image and Weight Management	3
NUTR 1020	Foundations of Human Nutrition	3
<b>Credit Hours</b>		<b>6</b>
<b>Semester 2</b>		
NUTR 2020	Nutrition Through the Life Cycle BB	3
NUTR 3000	Nutrition and Disease	3
NUTR 3100	Public Health Nutrition	3
NUTR 3200	Cultural Aspects of Health and Nutrition	3
<b>Credit Hours</b>		<b>12</b>
<b>Total Credit Hours</b>		<b>18</b>

## Program Learning Outcomes

1. Explain the fundamental nutritional principles, concepts, language and history.
2. Evaluate research in nutrition.
3. Communicate nutritional information to patients, families, and healthcare providers.
4. Identify culturally appropriate nutritional needs for individuals in various life stages.
5. Explain interventions for nutrition-related diseases and conditions.