

Nutrition, Undergraduate Certificate

Visit the Health Sciences page (<https://webstaging.uvu.edu/chps/health-sciences/nutrition.html>) for more information on the program and access to advising.

Program Description

A certificate in nutrition allows students to get a more in-depth understanding of nutritional concepts. 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. For many governmental, healthcare, and non-governmental organization employment opportunities, an understanding of nutrition is advantageous in finding employment.

Program Requirements

Code	Title	Credit Hours
Total Credit Hours		18
Discipline Core Requirements		
NUTR 1020	Foundations of Human Nutrition	3
NUTR 2020	Nutrition Through the Life Cycle	3
NUTR 3000	Nutrition and Disease	3
Choose 9 credits from the following:		9
NUTR 2000	Body Image and Mindful Eating	
NUTR 3100	Community Nutrition	
NUTR 3200	Nutrition and Culture	
NUTR 4900R	Special Topics in Advanced Nutrition	
HLSC 1300	Medical Terminology and Functional Anatomy	
CA 1000	Culinary Basics	

Graduation Requirements

1. Completion of a minimum of 18 semester credits.
2. Minimum grade of C- required in all courses.
3. Overall grade point average of 2.0 (C) or above.
4. Residency hours: minimum of 5 credit hours through course attendance at UVU.

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
Semester 1		
NUTR 1020	Foundations of Human Nutrition	3
NUTR 2020	Nutrition Through the Life Cycle	3
Electives from list		3
Credit Hours		9
Semester 2		
NUTR 3000	Nutrition and Disease	3
Electives from list		6
Credit Hours		9
Total Credit Hours		18

Program Learning Outcomes

1. Identify nutritional principles and their application to health and wellness.
2. Assess specific nutritional needs for different populations of people.
3. Explain nutritional requirements and challenges.

Family and consumer sciences teachers, postsecondary

- Total Positions 3,300
- Field Growth 4.3%
- Median Salary \$78,410
- Average Openings 0.3

Dietitians and nutritionists

- Total Positions 81,300
- Field Growth 7.4%
- Median Salary \$69,680
- Average Openings 6.1

Dietetic technicians

- Total Positions 25,000
- Field Growth 4.3%
- Median Salary \$36,520
- Average Openings 3.2