

# NUTRITION MAJOR (B.S.)

<https://colsa.unh.edu/agriculture-nutrition-food-systems/program/bs/nutrition-major>

## Description

Nutrition is the study of food, the nutrients found in food, and the body's metabolism of these nutrients to maintain and promote health. Nutrition is an interdisciplinary science based on biochemistry and physiology, but also integrates sociology, psychology, molecular biology, and genetics.

Students have three curriculum options within the major to pursue a bachelor's degree in nutrition. The option is declared within the nutrition major before the end of the second year in the program. Options include:

- **Dietetics option** - is the first step to becoming a registered dietitian. The Didactic Program in Dietetics (DPD) curriculum is accredited by The Accreditation Council for Education in Nutrition and Dietetics (ACEND). It prepares you for a master's degree and dietetic internship.
- **Health and Wellness option** - provides a foundation in chemistry, anatomy, physiology and microbiology and includes courses on wellness and community health. Students gain real-world experience providing hands-on nutrition and health guidance.
- **Nutritional Sciences option** - provides a comprehensive background in biology, chemistry, physiology, nutrition, biochemistry and physics, and includes courses on nutritional assessment, life cycle nutrition, nutrition and health, and careers in nutrition.

The program prepares students for success by offering real-world learning opportunities throughout the curriculum. These opportunities include applied research, field experiences, internships, community engagement, and study abroad offerings. Our diverse group of faculty are dedicated to student success in and outside of the classroom. Coursework supports diverse postgraduate pathways including allied health programs, medical and dental schools, and graduate school. The rigorous curriculum is designed to offer a science-based foundation and foster critical-thinking and strong communication skills for future professional success of our students.

## Requirements

### Degree Requirements

**Minimum Credit Requirement:** 128 credits

**Minimum Residency Requirement:** 32 credits must be taken at UNH

**Minimum GPA:** 2.0 required for conferral\*

**Core Curriculum Required:** Discovery & Writing Program Requirements

**Foreign Language Requirement:** No

All Major, Option and Elective Requirements as indicated.

\*Major GPA requirements as indicated.

### Major Requirements

Students take 16-18 credits per semester. All students complete foundational courses in the sciences, nutrition core courses, and

additional option-specific requirements as noted in the program descriptions (i.e. Dietetics, Nutrition and Wellness, and Nutritional Sciences). Discovery Program requirements (including the Inquiry requirement in the first two years) and elective courses are taken as well.

Code	Title	Credits
NUTR courses:		
NUTR 400	Nutrition in Health and Well Being	4
NUTR 401	Professional Perspectives on Nutrition	1
NUTR 476	Nutritional Assessment	4
NUTR 650	Life Cycle Nutrition	4
Foundation courses:		
BMS 507	Human Anatomy and Physiology I	4
BMS 508	Human Anatomy and Physiology II	4
SOC 400	Introductory Sociology	4
or PSYC 401	Introduction to Psychology	
Statistics course (choose one):		
BIOL 528	Applied Biostatistics I	
HMP 540	Statistics for Health and Human Service Professionals	
PSYC 402	Statistics in Psychology	
SOC 402	Statistics	

## Student Learning Outcomes

Student Learning Outcomes are outlined within the Nutrition Major program options pages, see:

- Nutrition: Dietetics Option (B.S.)
- Nutrition: Health and Wellness Option (B.S.)
- Nutrition: Nutritional Sciences Option (B.S.)