

# NUTRITION MAJOR: NUTRITION AND WELLNESS OPTION (B.S.)

<http://colsa.unh.edu/anfs/nutrition/nutrition-wellness-option>

## Description

Students choosing the Nutrition and Wellness option take: (i) four Foundation courses; (ii) three Science Core courses; (iii) four Nutrition Core courses; and (iv) thirteen courses in Nutrition and other subject areas. One capstone experience, supervised and approved within the major, is required of all seniors. In addition, all other university academic requirements, including those for the Discovery Program (<http://catalog.unh.edu/archives/2017-2018/undergraduate/university-academic-requirements/discovery-program>) and the University Writing Requirement, (<http://catalog.unh.edu/archives/2017-2018/undergraduate/university-academic-requirements/writing>) must be completed.

Nutrition and Wellness students are strongly encouraged to complete a minor or concentration depending on career goals and interests.

## Requirements

A minimum grade of C-minus or better must be earned in all NUTR courses required by the major.

### Foundation Courses

BMS 507	Human Anatomy and Physiology I <sup>1</sup>	4
BMS 508	Human Anatomy and Physiology II	4
SOC 400	Introductory Sociology <sup>2</sup>	4
	or PSYC 401 Introduction to Psychology	
	Choose ONE statistics course <sup>3</sup>	4
	BIOL 528 Applied Biostatistics I	
	PSYC 402 Statistics in Psychology	
	SOC 502 Statistics	

<sup>1</sup> BMS 507 fulfills the Biological Science Discovery requirement and Discovery Laboratory requirement

<sup>2</sup> Either SOC 400 or PSYC 401 fulfills the Social Science Discovery requirement

<sup>3</sup> The statistics course fulfills the Quantitative Reasoning Discovery requirement

### Science Core Courses

CHEM 411	Introductory Chemistry for Life Sciences <sup>4</sup>	4
BMS 501	Microbes in Human Disease	4
BMCB 501	Biological Chemistry	5

<sup>4</sup> CHEM 411 fulfills the Physical Science Discovery requirement

### Nutrition Core Courses

NUTR 400	Nutrition in Health and Well Being	4
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NUTR 401	Professional Perspectives on Nutrition	1
NUTR 476	Nutritional Assessment	4
NUTR 650	Life Cycle Nutrition	4

### Nutrition and Wellness Courses

NUTR 506	Nutrition and Wellness	4
NUTR 546	Nutrition in Exercise and Sports	4
NUTR 610	Nutrition Education and Counseling	4
NUTR 720	Community Nutrition	4
NUTR 755	Treatment of Adult Obesity	3
NUTR 758	Practicum in Weight Management	2
OT 513	Stressed Out: The Science and Nature of Human Stress	4
ENGL 502	Professional and Technical Writing	4
	or ENGL 503 Persuasive Writing	
HMGT 403	Introduction to Food Management	4
HMP 401	United States Health Care Systems	4
HMP 501	Epidemiology and Community Medicine	4
KIN 620	Physiology of Exercise	4
	or KIN 648 Current Issues in Teaching Health	
	700-level elective	4-5

### NUTR Capstone

The capstone explores areas of interest based on the integration of prior learning. The capstone requirement may be satisfied through NUTR 720 Community Nutrition or NUTR 755 Treatment of Adult Obesity, a created work or product, or some form of experiential learning (e.g., honors thesis, mentored research project, or other special student activity).

## Degree Plan

### SAMPLE Course Sequence for Nutrition and Wellness

Course	Title	Credits
<b>First Year</b>		
<b>Fall</b>		
NUTR 400	Nutrition in Health and Well Being	4
NUTR 401	Professional Perspectives on Nutrition	1
BMS 507	Human Anatomy and Physiology I	4
SOC 400	Introductory Sociology	4
	or PSYC 401 or Introduction to Psychology	
ENGL 401	First-Year Writing	4
	Credits	17
<b>Spring</b>		
NUTR 476	Nutritional Assessment	4
BMS 508	Human Anatomy and Physiology II	4
HMP 401	United States Health Care Systems	4
	Discovery course	4
	Credits	16

### Second Year

<b>Fall</b>		
CHEM 411	Introductory Chemistry for Life Sciences	4
HMGT 403	Introduction to Food Management	4

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Select one of the following:	4
BIOL 528 Applied Biostatistics I	
PSYC 402 Statistics in Psychology	
SOC 502 Statistics	
Inquiry course	4
Credits	16
<b>Spring</b>	
NUTR 506 Nutrition and Wellness	4
BMCB 501 Biological Chemistry	5
OT 513 Stressed Out: The Science and Nature of Human Stress	4
Elective (WI)	4
Credits	17
<b>Third Year</b>	
<b>Fall</b>	
NUTR 546 Nutrition in Exercise and Sports	4
NUTR 610 Nutrition Education and Counseling	4
BMS 501 Microbes in Human Disease	4
Discovery Course	4
Credits	16
<b>Spring</b>	
NUTR 650 Life Cycle Nutrition	4
ENGL 502 Professional and Technical Writing or ENGL 503 or Persuasive Writing	4
HMP 501 Epidemiology and Community Medicine	4
Discovery Course	4
Credits	16
<b>Fourth Year</b>	
<b>Fall</b>	
NUTR 755 Treatment of Adult Obesity	3
NUTR 758 Practicum in Weight Management	2
KIN 620 Physiology of Exercise or KIN 648 or Current Issues in Teaching Health	4
Discovery Course	4
Elective (any course)	3-4
Credits	16-17
<b>Spring</b>	
NUTR 720 Community Nutrition	4
700-level Elective	4
Discovery Course	4
Elective (any course)	2-4
Credits	14-16
Total Credits	128-131