

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 after their second semester 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 dietetic internship.
- **Nutrition and Wellness option** - provides a foundation in chemistry, anatomy, physiology and microbiology and includes courses on stress, wellness and exercise science. 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 dietetic internships, 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 | | 4 |

Student Learning Outcomes

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

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