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

https://colsa.unh.edu/agriculture-nutrition-food-systems/program/bs/nutrition-major-nutrition-wellness-option

Description

Nutrition is the study of how nutrients and food components function at molecular, cellular, and whole-body levels to impact human health and disease. Students are grounded in fundamental sciences as they develop nutrition-specific competencies in nutrition and health, foods, nutritional assessment, wellness, life cycle nutrition, and/or metabolic biochemistry.

The nutrition program prepares students for entry-level positions in health care, education, research, or the biotechnology industry, or entry into post-baccalaureate professional programs. Nutrition faculty have expertise in clinical nutrition, sports nutrition, telehealth, epidemiology, and food science, as well as assessing risk factors of chronic disease risk (i.e. obesity, diabetes, cardiovascular, cognitive) in diverse populations (pediatric, young adult, older adult).

Students who complete the Nutrition and Wellness option are prepared for jobs in agencies or businesses that have an emphasis on health and wellness, including schools, fitness centers, and non-profit or community organizations.

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

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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BMS 507</td>
<td>Human Anatomy and Physiology I</td>
<td>4</td>
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<tr>
<td>BMS 508</td>
<td>Human Anatomy and Physiology II</td>
<td>4</td>
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<tr>
<td>SOC 400</td>
<td>Introductory Sociology</td>
<td>4</td>
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<tr>
<td>or PSYC 401</td>
<td>Introduction to Psychology</td>
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<tr>
<td>BIOL 528</td>
<td>Applied Biostatistics I</td>
<td></td>
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<tr>
<td>PSYC 402</td>
<td>Statistics in Psychology</td>
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<tr>
<td>SOC 402</td>
<td>Statistics</td>
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</tbody>
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Nutrition and Wellness Capstone Experience

One capstone experience, supervised and approved within the major, is required of all seniors. The capstone explores areas of interest based on the integration of prior learning. The capstone requirement for Wellness students is satisfied through the completion of NUTR 720 Community Nutrition or NUTR 755 Concepts and Controversies in Weight Management during their senior year.

Both NUTR 720 and NUTR 755 are required courses; one of these courses must be taken during the student's senior year to fulfill the university's capstone requirement.

Degree Plan

SAMPLE Course Sequence for Nutrition and Wellness

First Year

Fall
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 or PSYC 401 or Introduction to Psychology  4
ENGL 401 First-Year Writing  4

Credits  17

Spring
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

Fall
CHEM 411 Introductory Chemistry for Life Sciences  4
NUTR 403 Culinary Arts Skills Development  4
OT 513  Stressed Out: The Science and Nature of Human Stress  4
Inquiry course  4

Credits  16

Spring
NUTR 506  Nutrition and Wellness  4
BMCB 501  Biological Chemistry  4
Select one of the following:  4
BIOL 528  Applied Biostatistics I
PSYC 402  Statistics in Psychology
SOC 402  Statistics
Elective (WI)  4

Credits  16

Third Year
Fall
NUTR 546  Nutrition in Exercise and Sports  4
NUTR 610  Nutrition Education and Counseling  4
BMS 501  Microbes in Human Disease  4
EXSC 620  Physiology of Exercise
or HPE 648  Current Issues in Teaching Health

Credits  16

Spring
NUTR 650  Life Cycle Nutrition  4
ENGL 502  Professional and Technical Writing
or ENGL 503  Persuasive Writing
HMP 501  Epidemiology and Community Medicine  4
Discovery Course  4

Credits  16

Fourth Year
Fall
NUTR 755  Concepts and Controversies in Weight Management  3
NUTR 758  Practicum in Nutrition and Wellness  2
Discovery Course  4
Discovery Course or Elective  4
Elective (any course)  3-4

Credits  16-17

Spring
NUTR 720  Community Nutrition  4
700-level Elective  4
Discovery Course  4
Elective (any course)  3-4

Credits  15-16

Total Credits  128-130

Student Learning Outcomes

- Demonstrate cultural humility, awareness of personal biases and an understanding of cultural difference they contribute to diversity, equity, and inclusion.
- Articulate aspects of nutrition and wellness for various populations across the lifespan.
- Discuss the impact of policies and guidelines on food and nutrition services.

• Locate, interpret, evaluate and use professional literature to make ethical, evidence-based conclusions and decisions.
• Apply critical thinking skills.
• Deliver effective and professional oral and written communication.