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>
</tr>
</thead>
<tbody>
<tr>
<td>BMS 501</td>
<td>Microbes in Human Disease</td>
<td>4</td>
</tr>
<tr>
<td>BMS 502</td>
<td>Biological Chemistry</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 400</td>
<td>Nutrition in Health and Well Being</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 401</td>
<td>Professional Perspectives on Nutrition</td>
<td>1</td>
</tr>
<tr>
<td>NUTR 476</td>
<td>Nutritional Assessment</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 650</td>
<td>Life Cycle Nutrition</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 403</td>
<td>Culinary Arts Skills Development</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 506</td>
<td>Nutrition and Wellness</td>
<td>4</td>
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<tr>
<td>NUTR 546</td>
<td>Nutrition in Exercise and Sports</td>
<td>4</td>
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<tr>
<td>NUTR 610</td>
<td>Nutrition Education and Counseling</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 720</td>
<td>Community Nutrition</td>
<td>4</td>
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<tr>
<td>NUTR 755</td>
<td>Concepts and Controversies in Weight Management</td>
<td>3</td>
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<tr>
<td>NUTR 758</td>
<td>Practice in Nutrition and Wellness</td>
<td>4</td>
</tr>
<tr>
<td>OF 513</td>
<td>Stressed Out: The Science and Nature of Human Stress</td>
<td>4</td>
</tr>
<tr>
<td>ENGL 502</td>
<td>Professional and Technical Writing</td>
<td>4</td>
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<tr>
<td>or ENGL 503</td>
<td>Persuasive Writing</td>
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</tr>
<tr>
<td>HMP 401</td>
<td>United States Health Care Systems</td>
<td>4</td>
</tr>
<tr>
<td>HMP 501</td>
<td>Epidemiology and Community Medicine</td>
<td>4</td>
</tr>
<tr>
<td>EXSC 620</td>
<td>Physiology of Exercise</td>
<td>4</td>
</tr>
<tr>
<td>or HPE 548</td>
<td>Current Issues in Teaching Health</td>
<td></td>
</tr>
<tr>
<td>700-level elective</td>
<td></td>
<td>4-5</td>
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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

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
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<tbody>
<tr>
<td>NUTR 400</td>
<td>Nutrition in Health and Well Being</td>
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<tr>
<td>NUTR 401</td>
<td>Professional Perspectives on Nutrition</td>
</tr>
<tr>
<td>BMS 507</td>
<td>Human Anatomy and Physiology I</td>
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<tr>
<td>or PSYC 401</td>
<td>Introductory Sociology</td>
</tr>
<tr>
<td>ENGL 401</td>
<td>First-Year Writing</td>
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</tbody>
</table>

Credits: 17

Second Year

<table>
<thead>
<tr>
<th>Spring</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>NUTR 476</td>
<td>Nutritional Assessment</td>
</tr>
<tr>
<td>BMS 508</td>
<td>Human Anatomy and Physiology II</td>
</tr>
<tr>
<td>HMP 401</td>
<td>United States Health Care Systems</td>
</tr>
<tr>
<td>Discovery course</td>
<td></td>
</tr>
</tbody>
</table>

Credits: 16

Fall

| CHEM 411| Introductory Chemistry for Life Sciences | 4 |
| NUTR 403| Culinary Arts Skills Development | 4 |

Credits: 8
### 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.

### Course Descriptions

**OT 513**  
Stressed Out: The Science and Nature of Human Stress  
Inquiry course  
Credits 4

**Spring**

- **NUTR 506**  
  Nutrition and Wellness  
  Credits 4
- **BMCB 501**  
  Biological Chemistry  
  Credits 4
- **Select one of the following:**
  - **BIOL 528**  
    Applied Biostatistics I  
    Credits 4
  - **PSYC 402**  
    Statistics in Psychology  
    Credits 4
  - **SOC 402**  
    Statistics  
    Credits 4
  - **Elective (WI)**  
  
  Credits 16

**Third Year**

**Fall**

- **NUTR 546**  
  Nutrition in Exercise and Sports  
  Credits 4
- **NUTR 610**  
  Nutrition Education and Counseling  
  Credits 4
- **BMS 501**  
  Microbes in Human Disease  
  Credits 4
- **EXSC 620**  
  Physiology of Exercise  
  or Current Issues in Teaching Health  
  Credits 4

  Credits 16

**Spring**

- **NUTR 650**  
  Life Cycle Nutrition  
  Credits 4
- **ENGL 502**  
  Professional and Technical Writing  
  or Persuasive Writing  
  Credits 4
- **HMP 501**  
  Epidemiology and Community Medicine  
  Credits 4
- **Discovery Course**  
  
  Credits 16

**Fourth Year**

**Fall**

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

  Credits 16-17

**Spring**

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

  Credits 15-16

**Total Credits**  
128-130

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**Student Learning Outcomes**

- 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.