

Nutrition- Bachelor of Science in Kinesiology, Nutrition, and Health

The Nutrition major leads to a Bachelor of Science in Kinesiology, Nutrition and Health degree. Nutrition, an area of health science, studies human metabolism as it relates to nutrition. An interdisciplinary curriculum with courses in nutrition, food science, food systems management, lifestyle and health, with supporting courses in chemistry, social science and management is provided by this major. Students in this major must complete one of two concentrations, Community Nutrition or Dietetics, which fulfills the Accreditation Council for Education in Nutrition and Dietetics (ACEND) the accrediting body for our Didactic Dietetics Program requirements.

The Nutrition major, with a Community Nutrition concentration, allows the student to complement a foundation of nutrition, chemistry, behavior, physiology, microbiology, and statistics with course selections based on career interest. A graduate, completing this major, may choose from career opportunities in business, industry, education, or research, including medical and pharmaceutical sales, product development and marketing, and food-related businesses. This major may also be appropriate for students planning to pursue careers in health care, corporate wellness, food systems management, government food/nutrition program administration, public policy, and other allied health professions.

The Nutrition major, with a Dietetics concentration, is accredited by ACEND of the Academy of Nutrition and Dietetics (AND). This fulfills the didactic portion of the requirements to become a registered dietitian and a professional member of AND. To become a registered dietitian one must complete an ACEND approved graduate program with a dietetic internship following graduation¹ and pass the registration exam. Dietitians are professionally prepared to perform nutritional assessment, counseling, and education as components of preventive, curative, or restorative health. Students may opt to become a nutrition and dietetics technician, registered (NDTR) through ACEND. For more information see your advisor.

¹ Acceptance rate of clinical experiences dependent upon student academic performance and other experiences.

Program Requirements

(59-75 semester hours)

The Nutrition Major must complete all requirements in the Nutrition Foundation PLUS choose a concentration in either Community Nutrition or Dietetics. The Dietetics Concentration is for students interested in becoming a Registered Dietitian and a professional member of the Academy of Nutrition and Dietetics (AND).

Code	Title	Credit Hours
Nutrition Foundation		
BIO 161	Principles of Human Physiology	4
CHM 141	College Chemistry	3
CHM 142	College Chemistry	3
CHM 144	College Chemistry Laboratory	2

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CHM 231	Fundamentals of Organic Chemistry (3 Lec. 1 Lab)	4
KNH 102	Food, Nutrition & Health	3
KNH 103	Introduction to the Profession of Dietetics	2
KNH 104	Introduction to Food Science	3
KNH 202	Nutrition Across the Life Span	3
KNH 244 & 244L	Functional Anatomy and Functional Anatomy Laboratory	4
or BIO 201	Human Anatomy	
KNH 302	Global and Community Nutrition	3
KNH 405	Advanced Nutrition I: Macronutrient Metabolism	3
KNH 406	Advanced Nutrition II: Micronutrient and Phytochemical Metabolism	3
MBI 111	Microorganisms and Human Disease	3
PSY 111 & PSY 112	Introduction to Psychology and Foundational Experiences in Psychology	4
STA 261	Statistics	4

Concentration

Select a concentration 12-28

Total Credit Hours 65-81

Concentrations

Community Nutrition Concentration: (12-13 hours)

In addition to the Nutrition Foundation requirements, students interested in business, industry, education, research, health care, and corporate wellness, must select a minimum of 12 total hours from the options below. See your advisor for recommendations dependent upon your interests.

Code	Title	Credit Hours
Select two of the following: 6		
ATH 448	Developing Solutions in Global Health	
FSW 261	Diverse Family Systems Across the Life Cycle	
KNH 203	Nutrition in Disease Prevention Management	
KNH 303	Food Systems Management	
KNH 409	Nutrition for Sports and Fitness	
KNH 462	Public Health Planning and Evaluation	
PSY 231	Developmental Psychology	
Select two of the following: 6-7		
APC 231	Small Group Communication	
ECO 201	Principles of Microeconomics	
ECO 202	Principles of Macroeconomics	
ECO 332	Health Economics	
ESP 201	Introduction to Entrepreneurship and Business Models	
KNH 468 & 468L	Physiology of Exercise and Physical Activity and Physiology of Exercise and Physical Activity Laboratory	

KNH 482	Exercise Prescription: Healthy Individuals & Individuals with Chronic Diseases/Disorders
MBI 131	Community Health Perspectives
MGT 111	Introduction to Business
MGT 291	Introduction to Management & Leadership
MGT 303	Human Resource Management
STC 136	Introduction to Interpersonal Communication

Total Credit Hours **12-13**

Dietetics Concentration: (26-28 hours)

In addition to the Nutrition Foundation requirements, student's planning on becoming a Registered Dietitian must also complete the following coursework. Acceptance rate of a clinical experience is dependent upon student academic performance and other experiences.

Code	Title	Credit Hours
Select the following:		
KNH 203	Nutrition in Disease Prevention Management	3
KNH 303	Food Systems Management	3
KNH 403	Nutrition Counseling and Communication Skills	3
KNH 404	Advanced Food Science	3
KNH 411	Medical Nutrition Therapy I	3
KNH 413	Medical Nutrition Therapy II	3
KNH 420	Field Experience	1-4
Select one of the following:		3
MGT 111	Introduction to Business	
MGT 291	Introduction to Management & Leadership	
MGT 303	Human Resource Management	
Total Credit Hours		22-25