

## Nutrition Minor

Current Program (18 credits)	New Revised Program (18 credits)
<p><b>Core Requirements: (12 credits)</b></p> <ul style="list-style-type: none"> <li>● CHE 209: Chemistry and Public Concern (3 cr)</li> <li>● HSC 315: Nutrition Concepts (3 cr)</li> <li>● HSC 425: Sports Nutrition: (3 cr)</li> <li>● HSC 435: The Science of Nutrition: (3 cr)</li> </ul>	<p><b>Core Requirements (12 cr):</b></p> <ul style="list-style-type: none"> <li>● HSC 120: Human Body Systems (3cr)</li> <li>● HSC 315: Nutritional Concepts (3 cr)</li> <li>● HSC 425: Sports Nutrition: (3 cr)</li> <li>● HSC 435: Science of Nutrition (3 cr)</li> </ul>
<p><b>Elective Requirements (6 cr):</b> Choose 2 of the following elective classes.</p> <ul style="list-style-type: none"> <li>● CPS 308: Issues and Careers in Human Services (3 cr)</li> <li>● CPS 310: Introduction to Counseling (3 cr)</li> <li>● HSC 232: Introduction to Personal Training (3 cr)</li> <li>● HSC 332: Essentials of Exercise Physiology (3 cr)</li> <li>● HSC 397: Practicum in Wellness Management (3 cr)</li> <li>● HSC 512: Weight Management (3 cr) <i>Instructor Permission</i></li> </ul>	<p><b>Elective Requirements (6 cr):</b> Choose 2 of the following electives from the following:</p> <ul style="list-style-type: none"> <li>● CHE 101: Survey of Chemistry (3 cr)</li> <li>● CHE 209: Chemistry in Public Concern (3 cr)</li> <li>● CPS 308: Issues and Careers in Human Services (3 cr)</li> <li>● CPS 310: Introduction to Counseling (3 cr)</li> <li>● HSC 232: Intro to Personal Training (3 cr)</li> <li>● HSC 332: Essentials of Exercise Phy (3 cr)</li> <li>● HSC 358: B. Well NOW and Beyond (3 cr)</li> <li>● HSC 395: Wellness Coach Practicum (3 cr)</li> <li>● HSC 512: Weight Management (3 cr)</li> <li>● SOC 100: Introduction to Sociology (3 cr)</li> </ul>

**\*Courses may have prerequisites**

**Rational for minor revisions:**

- Originally the plan for the nutrition minor was to prepare students for graduate school in nutrition. After offering the minor for four years, we have realized that more students are interested in taking the nutrition minor for either their own personal growth or to develop skills to incorporate nutrition into wellness education careers. Removing the chemistry requirement will allow more students with an interest in nutrition to take the minor and be successful in it. The chemistry courses are still available as electives.

- The addition to new elective courses are based on the need for a more diverse portfolio of courses that students could take to individualize their nutrition experience.
- HSC 120: Human Body Systems has been added to the core curriculum. This addition will provide students a general background of human body. Specifically, the digestive and metabolic systems to better prepare them for the upper level nutrition courses.