

**The University of North Carolina at Greensboro
School of Health and Human Sciences
Department of Nutrition**

Nutrition and Wellness Concentration

The Nutrition and Wellness Concentration provides instruction and experience in the basic nutritional sciences, community nutrition, Public Health Education, Kinesiology and other wellness courses representing disciplines such as Community and Therapeutic Recreation, Human Development and Family Studies and Sociology. Graduates may work in a variety of settings such as voluntary and community health organizations, health care, government, education, and the fitness industry. This concentration also prepares students for graduate training in nutrition, Public Health Education, and Kinesiology.

The purpose for this concentration is to target students who have a strong interest in nutrition, especially as it relates to exercise and health. This concentration is unique as it allows students the opportunity to take a variety of classes that are not limited to nutrition, but include Public Health Education, and Kinesiology. Students will graduate with a Bachelor of Science in Nutrition. Although students will be trained in providing nutrition and wellness information, they will not be able to provide medical nutrition therapy as this concentration does not meet the requirements of the Academy of Nutrition and Dietetics.

The University of North Carolina at Greensboro
School of Health and Human Sciences
Curriculum Guide for Nutrition

Nutrition and Wellness
Concentration Requirements

	<u>Semester Hours</u>
<u>GENERAL EDUCATION CORE</u>	37
HUMANITIES AND FINE ARTS	12
One course from Literature list (GLT)	3
One course from Fine Arts list (GFA)	3
One course from Philosophical/Religious/ Ethical Perspectives list (GPR)	3
One additional course from any of the above	3
HISTORICAL PERSPECTIVES (GHP)	3
One course from Historical Perspectives list	3
SOCIAL AND BEHAVIORAL SCIENCES (GSB)	6
PSY 121 General Psychology	3
One course from Social and Behavioral Science list	3
NATURAL SCIENCES (GNS)	7
BIO 111 Principles of Biology I	4
CHE 103 General Descriptive Chemistry I	3
MATHEMATICS (GMT)	3
STA 108 Elementary Introduction to Probability and Statistics	3
REASONING AND DISCOURSE (GRD)	6
College Writing I (ENG 101, FMS 115, or RCO 101)	3
CST 105 Introduction to Communication Studies	3

GEC MARKER REQUIREMENTS

Fulfill the following requirements:

Two writing intensive courses (indicated WI)*one must be in the major: NTR 302

Two speaking intensive courses (indicated by SI)*one must be in the major: NTR 302

Four Global Perspectives courses (indicated by GL or GN)

*At least one of the courses must have a GN marker (nonwestern course)

*May include a maximum of two-3 hour courses in a foreign language

Concentration Requirements

	<u>Semester Hours</u>
General Education Core (See Page 1).....	37
Natural Sciences	12
BIO 271 Human Anatomy (or KIN 291)	4
BIO 277 Human Physiology (or KIN 292)	4
CHE 104 General Descriptive Chemistry II	3
CHE 110 Introductory Chemistry Laboratory	1
Courses in the Department of Nutrition	31
NTR 103 Introduction to Food Science	3
NTR 203 Basic Quantitative Principles in Food and Nutrition	1
NTR 213 Introductory Nutrition	3
NTR 302 Nutrition Education and Application Process (WI & SI)	3
NTR 313 Nutrition Throughout the Life Cycle	3
NTR 403&403L Food Science and Technology and lab	3
NTR 413 Intermediate Nutrition	3
NTR 421 International Nutrition and Cultural Foods	3
NTR 423 Community & Nutrition	3
NTR 450 Nutrition Assessment	3
NTR 476 Sports Nutrition	3
Courses in the Department of Public Health Education	15
HEA 201 Personal Health*	3
Please Choose at Least Two Courses from the Following List:	
HEA 307 Global Health	3
HEA 310 Emotional Health	3
HEA 316 Environmental Health	3
HEA 450 Current Health Problems	3
HEA 471 Immigrant and Refugee Health	3
Please choose at least two additional elective courses from the following list:	
CTR 102 Creating a Meaningful Life	
CTR 201 Introduction to Community Leadership	
KIN 230 Psych Skills Performance Excellence	
KIN 520 Phys Activity Programs for Underserved Youth	
HDF 211 Human Development Across Life Span	
SOC 361 Health and Society	
HEA (same as listed above)	
Courses in the Department of Kinesiology	10
KIN 220 Physical Fitness for Life	3
KIN 375 Physiology of Sport and Physical Activity	4
KIN 376 Biomechanics of Sport and Physical Activity	3
Courses in Counseling and Education Development	3
CED 310 Helping Skills	3
Courses in Department of Mathematics	3
MAT 115 College Algebra	3
Electives	9
	Total: 120

