

Community Nutrition and Wellness Concentration (revised 8/19/24)

The *Community Nutrition and Wellness Concentration* provides instruction and experience in the foundations of nutritional sciences and then allows students to further customize their education in **non-clinical** areas related to Community Nutrition & Policy, Communication & Entrepreneurship, and Fitness. Elective options include classes in Public Health Education, Kinesiology, Communications, and Business. Graduates may work in various settings such as community health, education, fitness, food services, government, and entrepreneurial enterprises. The *Community Nutrition and Wellness* concentration also prepares students for graduate training in Nutrition, Public Health Education, and Kinesiology. Although students will be trained to provide community nutrition and wellness information, they cannot provide medical nutrition therapy as this concentration does not meet requirements of the Accreditation Council for Education in Nutrition and Dietetics.

Tips for Success:

- To graduate in 4 years, you should be taking 15 credit hours most semesters.
- Prioritize completing ALL of the Natural Science courses by the end of your sophomore year as these are pre-requisites for courses that begin in your junior year.
- Success in college requires 2-3 hours of studying for every 1 credit hour (so a 3-credit class requires 6-9 hours per week outside the classroom). Please plan accordingly!
- NTR495 provides culminating field experience in Community Nutrition & Wellness concentration and requires additional planning during your last semesters.

COURSEWORK

Minerva Academic Curriculum (MAC)

Credit Hours

33 to 34

Concentration Requirements*

Natural Sciences

15

BIO 111 & 111L Principles of Biology 1 and Lab

4

CHE 103 & CHE110 General Descriptive Chemistry I and Lab

4

CHE 104 General Descriptive Chemistry II

3

BIO 277 & 277L Human Physiology (or KIN 292/292L) and Lab

4

Additional Required Courses

18

CST 105 Introduction to Communication Studies

3

ENG 101 Exploring Writing in College Contexts

3

PSY 121 General Psychology

3

MAT 115 College Algebra or MAT 118 Algebra w/ Business Applic.

3

STA 108 Elementary Introduction to Probability and Statistics

3

CED 310 Helping Skills

3

Nutrition Required Courses

34 to 38

NTR 101 Find Your Way in Nutrition (Fall only)

1

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 Processes**

3

*Minimum grade requirements of C for NTR courses; C- for other required courses.

**Course has pre-requisites.

***Specialize by taking electives within a cluster, or seek more broad training by taking electives across clusters.



NTR 313 Nutrition Throughout the Life Cycle**	3
NTR 403 & 403L Food Science and Technology**	3
NTR 413 Intermediate Nutrition** (Fall only)	3
NTR 421 International Nutrition and Cultural Food**	3
NTR 423 Community Nutrition** (Spring only)	3
NTR 450 Nutrition Assessment** (Fall only)	3
NTR 476 Sports Nutrition** (Spring only)	3
NTR 495 Field Experience in Nutrition**	2 to 6

Selected Electives* (select at least 6 of the following) 18+**

Communication & Entrepreneurship Related Courses

CST 200 Communication and Community	3
CST 210 Communicating Ethically	3
CST 408 Health Communication**	3
ENT 240 Introduction to the Entrepreneurial Experience	3
ENT 275 Entrepreneurial Personal Branding	3
MST 305 Digital Media	3

Community & Policy Related Courses

HEA 201 Personal Health	3
HEA 310 Mental Health and Well-Being	3
HEA 315 Epidemiology**	3
HEA 316 Environmental Health	3
HEA 350 Race, Ethnicity, and Health	3
HEA 447 Income, Social Status, and Health	3
HEA 450 Current Health Problems	3
HEA 471 Immigrant and Refugee Health	3
NUR 390 Culture and Health Care	3

Fitness Related Courses

KIN 220 Lifetime Wellness	3
KIN 230 Psychological Skills for Optimal Performance	3
KIN 265 & 265L Strength Training and/or Conditioning and Lab	4
KIN 286 Foundations of Sports Coaching	3
KIN 287 Coaching in Community-Based Sport Programs	3
KIN 291 and KIN291L Clinical Human Anatomy**	4
KIN 375 and 375L Physiology of Sport and Physical Activity**	4
KIN 376 Biomechanics of Sport and Physical Activity**	3
KIN 388 Psychology of Physical Activity**	3
KIN 420 Physical Activity Programs for Underserved Youth	3

Total required credits (including 36 in 300-level or higher courses) 120

Prerequisites for NTR Courses		
NTR203 – MAT115; NTR103	NTR413 – BIO111/L; BIO277/L;	NTR423 – NTR302; NTR313
NTR302 – ENG101; NTR213	CHE103; CHE104; CHE110;	NTR450 – NTR313; NTR413
NTR313 – NTR213	NTR213	NTR476 – NTR413
NTR403 – CHE103/110; NTR302	NTR421 – NTR313	NTR495 – NTR413

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