

NUTRITION



PROGRAM REQUIREMENTS

18 Credits Required Including

- Introduction to Nutrition
- Select 15 credits from the following
 - Nutrition and Health Cooking
 - Principles of Meal Management
 - Weight management
 - Food and Science
 - Diet and Nutritional Therapy
- Additional course options and requirements as outlined in the [University Catalog](#).

COMPLEMENTARY DISCIPLINES

- **Coaching:** Facilitate sustainable dietary plans
- **Exercise Science:** Optimize nutrition for athletic performance
- **Public Health:** Implement population-based nutrition strategies
- **Sociology:** Analyze cultural and social influences on dietary practices

CAREER CONNECTIONS

Nutrition gives scholars the knowledge to promote healthy eating habits and improve overall well-being while expanding career opportunities in healthcare, community programs, and wellness to make a positive impact on individuals and communities

- Dietetic Technician
- Nutrition Assistant
- Health Coach
- Clinical Nutrition Aide

**SCAN HERE TO LEARN HOW
YOU CAN
CREATE YOUR OWN MAJOR?**

