

## Nutrition, Minor

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### Requirements

A minor in nutrition allows students to get a more in-depth understanding of nutritional concepts, adding value to their major field and increasing potential employability. In addition to the general nutrition course, students will take courses exploring nutritional needs at various life stages, issues surrounding body image and weight management, the ways in which nutrition impacts disease, public health nutritional approaches, and cultural aspects of health and nutrition. Students will learn practical application skills, allowing for nutritional integration into their field of study. For many governmental, healthcare, and non-governmental organization employment opportunities, an understanding of nutrition is advantageous in finding employment.

### Total Program Credits: 18

Matriculation Requirements:			
1. Admission into a bachelor's degree program at UVU.			
Discipline Core Requirements:			18 Credits
	<a href="#">NUTR 1020</a>	Foundations of Human Nutrition	3
	<a href="#">NUTR 2020</a>	Nutrition Through the Life Cycle BB	3
	<a href="#">NUTR 3000</a>	Nutrition and Disease	3
	<a href="#">NUTR 3100</a>	Public Health Nutrition	3
	<a href="#">NUTR 3200</a>	Cultural Aspects of Health and Nutrition	3
	<a href="#">HLTH 2000</a>	Body Image and Weight Management	3

### Graduation Requirements

1. Completion of discipline core and electives with a C- grade or higher.

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### Graduation Plan

This graduation plan is a sample plan and is intended to be a guide. Your specific plan may differ based on your Math and English placement and/or transfer credits applied. You are encouraged to meet with an advisor and set up an individualized graduation plan in [Wolverine Track](#).

Semester 1	Course Title	Credit Hours
HLTH 2000	Body Image and Weight Management	3
NUTR 1020	Foundations of Human Nutrition	3
	Semester total:	6
Semester 2	Course Title	Credit Hours
NUTR 2020	Nutrition Through the Life Cycle BB	3
NUTR 3000	Nutrition and Disease	3
NUTR 3100	Public Health Nutrition	3
NUTR 3200	Cultural Aspects of Health and Nutrition	3
	Semester total:	12
	Degree total:	18