

MINOR IN NUTRITION

Program Contact: Dana White (dana.white@qu.edu) 203-582-6440

Nutrition is a fundamental pillar of health, wellness and health care. Dietitians and nutritionists are experts in the use of food and nutrition to promote health and manage disease. The Commission on Dietetic Registration is raising the minimum required education for prospective registered dietitians from a bachelor's degree to a graduate degree. Students typically need a six-course undergraduate sequence along with a strong chemistry background to be qualified candidates into the graduate-level programs.

The content includes general nutrition (HSC 262, 460), lifespan nutrition (HSC 317) and community nutrition (HSC 318). Areas of additional cognate can include obesity (BMS 221) nutrition for athletic performance (AT 330), health care counseling (HSC 230) and biochemistry (BMS 304 or CHE 315).

Upon completion of the minor, students will have completed many of the prerequisite courses for entrance into graduate programs in dietetics. Nutrition is also a popular addition to many graduate school preparatory programs in health care (Medicine, Nursing, Public Health).

Outcomes

1. Students will describe and apply the functions of the nutrients in the health of humans.
2. Students can assess dietary needs for both healthy and special needs populations.
3. Students will apply nutritional principals in the evaluation of information and policies concerning food and dietary practices.
4. Students will critique and effectively communicate evidence-based nutrition information.

Nutrition Minor Curriculum

The Nutrition minor consists of a minimum of 18 credits, all with a grade of "C" or better. No more than two classes may be transferred in from other institutions.

Graduate courses may count for the minor with permission from the department chair.

Code	Title	Credits
Courses		
HSC 262	Nutrition in Health and Illness	3
AT 460	Advanced Nutrition (HSC 460)	3
HSC 317	Nutrition Across the Life Cycle	3
HSC 318	Community Nutrition	3
HSC 230	Counseling and Teaching for Health Care Professionals	3
AT 330	Nutrition for Sport and Fitness	3
BMS 221	Physiology and Effects of Obesity in Society	3
BMS 304	Biological Chemistry	3
CHE 315	Biochemistry I	3

¹ Take BMS 304 or CHE 315, not both.