

NUTRITION, MINOR

Minor in Nutrition (H40113M)

The field of nutrition is interdisciplinary. A nutrition minor will be beneficial for future academic and employment opportunities, while improving personal nutrition, health, and lifestyle. Students will learn to differentiate evidence based nutrition science from misinformation, the principles of good nutrition and food preparation, sources and recommended amounts of essential nutrients, effects of nutritional deficiencies and excesses, and nutrition throughout the lifecycle. A minor in nutrition will be beneficial for those studying health related fields and those interested in food industry or medical sales.

Requirements for Admission

Admission to the University of Akron and have a 2.0 GPA.

Program Contact

Nutrition Center

210 Schrank Hall South

330-972-2836

nutritioncenter@uakron.edu

The following information has official approval of **The School of Exercise and Nutrition Sciences** and **The College of Health and Human Sciences**, but is intended only as a guide. Completion of this minor is contingent upon many factors, including but not limited to: class availability, total number of required credits, work schedule, finances, family, course drops/withdrawals, successfully passing courses, prerequisites, among others.

The following courses constitute a "Minor in Nutrition" and must be completed with a minimum grade point average of 2.0 overall for the minor to be noted on the student's record. Please refer to the University Requirements for Minor Areas of Study (<https://bulletin.uakron.edu/undergraduate/important-policies/graduation-requirements/#minor-req>) for specific graduation information regarding minors.

Summary

Code	Title	Hours
Core Requirements		9
Electives		9
Total Hours		18

Core Requirements

Code	Title	Hours
NUTR:133	Nutrition Fundamentals	3
NUTR:228	Introduction to Medical Nutrition Therapy	3
NUTR:474	Cultural Dimensions of Food	3
Total Hours		9

Electives

Code	Title	Hours
Complete 9 credits from the following courses:		9
NUTR:132	Early Childhood Nutrition	
NUTR:250	Food Science Lecture	
NUTR:310	Food Systems Management I	
NUTR:321	Experimental Foods	

NUTR:340	Meal Management
NUTR:400	Nutrition Education Skills with the General Public
NUTR:412	Introduction to Regulatory Affairs
NUTR:470	Food Industry: Analysis & Field Study
NUTR:476	Developments in Food Science
EXER:426	Nutrition for Sports

Total Hours 9