

NUTRITION:

»» Academic Minor

The nutrition minor serves undergraduate students who are interested in increasing their knowledge in nutrition.

The program is an ideal component to majors related to nutrition such as exercise science, public health, athletic training, child development, psychology, and other majors that lead into the medical field. The nutrition minor provides students with a foundation for understanding nutrition and its impact on health.

The nutrition minor provides students with a more in-depth study of nutrition in clinical care, nutritional sciences, sports nutrition, and nutrition wellness. This minor addresses nutritional requirements/challenges during pregnancy, lactation, infancy, childhood, adulthood, and older adulthood including the relationship between nutrition and diet-related chronic diseases.

Depending on your major, nutrition as a minor can be complementary, allowing you to gain competencies for success in professions that promote health, wellness, and quality of life.

WHAT CAN I DO WITH A NUTRITION MINOR?

- » Continue with graduate education in the sciences and obtain a Masters or Ph.D.
- » Become a better educator, particularly in health education and science teaching.
- » Graduates are equipped to be agents of change in their communities.
- » Work in public health, with agencies like Women, Infants, and Children (WIC).
- » Work with extended care and long-term care facilities, or skilled nursing homes.
- » Start your private practice or work in a spa setting or fitness establishment.
- » Write or advise for the media or for publishers.
- » Work with institutions and organizations, such as the government or the Peace Corps.
- » Become a consultant for various entities like insurance providers, worksite wellness organizations or corporations.
- » Become a more informed professional in areas such as medicine, cardiac rehabilitation or physical therapy.

NUTRITION MINOR

(B.A., B.A.A., B.F.A., B.S., B.S. IN B.A. DEGREES)

Please note that some courses are offered only once per year. This information can be found in the undergraduate bulletin. Please take this into account while planning your schedule.

Required Course: (3 hours)

» NDS 370 3(3-0) Nutrition

Electives: (19-21 hours)

Select in consultation with advisor:

- » NDS 271 3(3-0) Food and Culture
- » NDS 371 3(3-0) Nutrition and Women's Health
- » NDS 373 3(3-0) Contemporary Nutritional Issues - (Preq: NDS 370)
- » NDS 374 4(4-0) Nutrition in the Life Cycle (Preq: NDS 370)
- » NDS 375 3(3-0) Nutrition and Performance (Preq: NDS 370)
- » NDS 377 3(3-0) Nutrition in Disabilities and Disease (Preq: NDS 370)
- » NDS 378 3(3-0) Maternal and Infant Nutrition (Preq: NDS 370)
- » NDS 470 3(3-0) Applied Nutrition (Preq: NDS 370)
- » NDS 475 3(3-0) Nutritional and Herbal Supplements (Preq: NDS 370)
- » NDS 490 1-6 (Spec) Independent Study in Foods and Nutrition
- » NDS 575 3(3-0) Geriatric Nutrition (Preq: NDS 370)
- » NDS 577 3(3-0) Advanced Topics in Nutrition: Eating Disorders (Preq: FNS 370)
- » HSC 503 3(3-0) Health Implications of Obesity

Total: 22-24 semester hours

REGISTERED STUDENT ORGANIZATION

Student Academy of Nutrition and Dietetics:

SAND is a registered student organization (RSO) at Central Michigan University. Our organization is not for dietetic majors alone! It is open to anyone interested in food and nutrition. Benefits of joining include:

- » Connect with other foods and nutrition students
- » Gain professional development through seminars, conferences and events
- » Experience first-hand what it's like to work in the field

For more information contact about the Nutrition minor, please contact:

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