Minor in Nutrition

(The new minor was recommended by the Academic Senate on February 11, 2022 and approved by the President on February 24, 2022.)

The Minor in Nutrition requires 19 units. Students are responsible to adhere to all course prerequisites (as designated in the catalog). This may increase the total number of units required to complete the minor. For more information and to develop a plan of study, please contact CHHS advising.

Complete the following courses (13 units):

- NUTR 132. Introductory Nutrition (3 units);
  Prerequisite: one GE Foundation course

- BIOL 207. Human Physiology (4 units):
  Prerequisites: GE Foundation requirements.

- NUTR 331. Nutrition Throughout the Lifecycle (3 units);
  Prerequisites: BIOL 207, NUTR 132. NUTR majors and minors only. Exclude Freshmen;
  Prerequisites/Corequisites: For Dietetics Concentration only: NUTR 234.

- NUTR 336. Social and Cultural Aspects of Food & Health (3 units);
  Prerequisites: NUTR 132 and open to Dietetics, Nutritional Science, and Food Science majors and minors only.
  Prerequisite/Corequisites: Dietetics and Nutritional Science majors: SOC 335; Food Science majors and minors: SOC 335 or PSY 100.

Complete 6 units from the following courses:

- NUTR 337. Introduction to Nutrition Research Methods (3 units)
  Prerequisite: NUTR 331.

- NUTR 436A. Advanced Nutrition I (3 units)
  Prerequisites: CHEM 220B or CHEM 227; Prerequisites/Corequisites: NUTR 331.

- NUTR 436B. Advanced Nutrition II (3 units)
  Prerequisites: NUTR 436A.

- NUTR 439. Nutrition and Aging (3 units)
  Prerequisites: NUTR 132.

- NUTR 461. Community Nutrition (3 units)
  Prerequisites: NUTR 331, NUTR 336.

- NUTR 468. Nutrition for Exercise and Performance (3 units)
  Prerequisites: NUTR 132, KIN 301 and KIN Fitness majors only. Freshman excluded. Open to Kinesiology undergraduate students in the Fitness and Exercise Science options and to the Nutrition and Dietetics option and minor in Family and Consumer Sciences.

- NUTR 470. Applied Sports Nutrition (3 units)
  Prerequisites: Nutrition and Dietetics and Food Science majors and minors: NUTR 331; Kinesiology majors: NUTR 132 and KIN 301.

- NUTR 490. Selected Topics in Family and Consumer Sciences (1-3 units)
  Prerequisites: Nutrition and Dietetics and Food Science

This course will count towards the minor electives upon approval by FCS department faculty advisor only.

- NUTR 497. Directed Studies (1-3 units)
  This course will count towards the minor electives upon approval by FCS department faculty advisor only.

Additional courses may be counted toward the elective unit count with approval of FCS faculty advisor.

EFFECTIVE: Fall 2023

- Campus Code: FCS_UM09U1
- College: 15, College of Health and Human Services
- Career: UNGR – Minor
- Department: Nutrition and Dietetics // Family and Consumer Sciences
- Delivery Type: Hybrid