

Nutrition Minor

Department of Consumer & Family Sciences

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Description

The minor in Nutrition (reference number 425) consists of 22-23 hours, of which 12 hours must be upper division. This minor provides a basic foundation of nutrition principles for students pursuing health-related careers. Core requirements are CFS 111, CHEM 109, and CFS 261. Students must select at least 12 hours from the following elective courses: CFS 361, 364, 365, 367, 368, or CHEM 304. A grade point average of 2.0 or better must be achieved in the minor. Required prerequisites must be met for all courses.

Nutrition Minor Objectives

Students are to:

- * Acquire an understanding of the functions, properties, requirements and food sources of essential nutrients.
- * Understand the biochemical and physiological aspects of nutrient metabolism.
- * Discuss the role of nutrition in the prevention of diseases influenced by diet.
- * Know the basic steps of nutrition assessment.
- * Examine the educational principles involved in sharing nutrition recommendations, emphasizing the importance of nutrition research and reliable sources of health information.

Potential Usefulness

Students who minor in nutrition will gain a foundational knowledge of nutrition and its application. With this applied approach, students will have the skills to disseminate nutrition information in their future places of employment. The type of application will depend upon the student's choice of electives. This minor serves as a complement to multiple majors across campus, especially science and health-related majors.

Nutrition Minor - Curriculum Overview

The minor in Nutrition consists of 22-23 hours, of which 12 hours must be upper division.

Core Requirements

CFS 111 Human Nutrition	3
CHEM 109 Chemistry for the Health Sciences	4
CFS 261 Advanced Nutrition*	3
<u>Electives</u>	<u>12-13</u>

Total hours for completion of minor 22-23

*Prerequisite: BIOL 131 Anatomy and Physiology

Electives (Select four of the following)

CFS 361 Life Stage Nutrition	3
CFS 364 Sports Nutrition	3
CFS 365 Community Nutrition	3
CFS 367 Nutrition for the Aging Population	3
CFS 368 Dietary and Herbal Supplements	3
CHEM 304 Biochemistry for the Health Sciences	4