Nutrition and Healthy Living, Minor

NUNHLMIN

Description
The nutrition and healthy living minor program provides students with a greater understanding of how nutrition contributes to healthy lifestyles and disease prevention.

At a Glance

- College/School: College of Health Solutions
- Location: Downtown Phoenix campus

Program Requirements

Minor Map (Archives)
2021 - 2022 Minor Map

The minor requires completion of 18 nutrition credit hours. A grade of "C" (2.00 on a 4.00 scale) or better is required for each course in the minor.

Many courses in this minor require CHM 101 (or CHM 113) as a prerequisite. Please ensure all prerequisites are met when planning this minor.

Not all courses in the minor's electives are available to ASU Online students.

Required Courses -- 9 credit hours

NTR 100: Introduction to Nutrition Science or NTR 241: Human Nutrition (3)
NTR 341: Medical Nutrition Therapy I or NTR 345: Development of Healthy Cuisines (3)
NTR 450: Nutrition in the Life Cycle (SB) or HSC 355: Eating for Lifelong Health (SB) (3)

Upper-Division Electives (select three courses) -- 9 credit hours

NTR 320: History of Human Nutrition (3)
Depending on a student's undergraduate program of study, prerequisite courses may be needed in order to complete the requirements of this minor.

Enrollment Requirements

**GPA Requirement:** None

**Incompatible Majors:** BS in Dietetics, BS in Food and Nutrition Entrepreneurship; BS in Health Sciences (Healthy Lifestyles Coaching); BAS in Food and Nutrition Management

**Other Enrollment Requirements:** None

Current ASU undergraduate students may pursue a minor and have it recognized on their ASU transcript at graduation. Students interested in pursuing a minor should consult their academic advisor to declare the minor and to ensure that an appropriate set of courses is taken. Minor requirements appear on the degree audit once the minor is added. Certain major and minor combinations may be deemed inappropriate by the college or department of either the major program or the minor. Courses taken for the minor may not count toward both the major and the minor. Students should contact their academic advisor for more information.

Career Opportunities

A minor can help students enhance the marketable skills they acquire in their major program and help them develop new skills apart from it, though most career areas do require more training than a minor alone can provide.

Graduates with a minor in nutrition and healthy living have a basic understanding of nutrition needs through the lifecycle and how to put that knowledge to use in the community, which is of benefit to a career in public health, the medical field or in workplace wellness.

After leaving ASU, many graduates participate in activities like these:

- conducting academic research
- coaching people of all ages with health and nutrition concerns
• developing and preparing recipes that meet nutritional guidelines
• informing the community about food through various platforms including social media and written word

Contact Information

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