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)
2020 - 2021 Minor Map

The minor requires completion of a minimum 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)
NTR 348: Cultural Aspects of Food (SB & C & G) (3)
NTR 350: Nutrition Counseling (3)
NTR 351: Nutrition Communication (L) (3)
NTR 353: Perspectives on the Western Diet: Food, Health and Sustainability (3)
NTR 444: Medical Nutrition Therapy II (3)
NTR 453: Nutrition and the Media (3)
NTR 457: Sports 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 nutrition (dietetics); BS in nutrition; BS in health sciences (healthy lifestyles coaching); BAS in applied science (food service 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.

Contact Information

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