2021 - 2022 Minor Map
Nutrition and Healthy Living

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

Program Requirements

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)
- 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 448: Community Nutrition (L) (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.