

NUTRITION AND METABOLISM, MINOR

Program Overview

The minor in nutrition and metabolism is designed to provide students with foundational knowledge in nutrition and metabolism, equipping them with the skills necessary to optimize health, understand the evidence behind gold standards related to manage metabolic processes, and advocate for effective dietary and food intake practices.

This minor program addresses the increased need for expertise in the field of nutrition and metabolic health which can help prepare the undergraduate students for careers in medicine, all aspects of healthcare, nutrition, public health, their own well-being and professional healthcare. This program will give students a comprehensive understanding of how nutrition impacts metabolic functions, including regulation and dysregulation, and the impact on health outcomes. By completing this minor, students will be better prepared to contribute to advancements in metabolic health, addressing chronic diseases, and enhancing public health as well.

Learning Outcomes

- Identify the biochemical processes involved in the digestion, absorption, transport, storage, and utilization of nutrients, and explain their relevance in health and disease.
- Summarize and critically evaluate current research in nutrition and metabolism, applying this knowledge to real-world health scenarios.
- Comprehend the metabolic functions of carbohydrates, dietary fibers, lipids, proteins, and minerals, along with their interactions and implications for health.
- Gain knowledge of methods for assessing nutritional status, including an understanding of their strengths and limitations.
- Identify factors that affect food choices, including the impact of poor diet and sedentary lifestyle on health, and discuss key dietary concerns in the United States.
- Define nutrition and essential terms such as essential nutrients, classes of nutrients, nutrient and energy density, RDA, and AI.
- Explain the roles, food sources, associated diseases, and key steps in the digestion and absorption of macronutrients and micronutrients.
- Explain energy balance and its components, and identify key nutrition concerns relevant to each stage of the life cycle.

Undergraduate Policies

For undergraduate policies and procedures, please review the [Undergraduate Academics](#) section of the General Bulletin.

Program Requirements

Nutrition majors are not eligible for this minor.

Non-Nutrition majors may only take one minor offered by the Department of Nutrition.

Code	Title	Credit Hours
Required Courses:		
NTRN 201	Nutrition	3

NTRN 352	Nutritional Biochemistry and Metabolism	3
NTRN 363	Human Nutrition I: Energy, Protein, Minerals	3
Choose two of the following:		6
NTRN 344	Personalized Nutrition: Genes and Diet in Health and Disease Prevention	
NTRN 355	Molecular Nutrition	
NTRN 362	Exercise Physiology and Macronutrient Metabolism	
NTRN 370	Metabolic, Health, and Nutrition Assessments	
NTRN 454	Advanced Nutrition and Metabolism: Investigative Methods	
NTRN 356	Obesity - Addressing the Epidemic through Nutrition, Drugs, and Bariatric Surgery	
Total Credit Hours		15