

NUTRITION, B.S.

Contact

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Mission

The B.S. with a major in Nutrition reflects the University's commitment as a health sciences institution dedicated to innovation for a healthier planet. The Bachelor of Science with a major in Nutrition Program empowers students to become caring, competent, and collaborative scholars who apply nutrition science to advance health promotion, disease prevention, and quality of life for individuals and diverse populations in a wide variety of settings.

Major Description

The B.S. with a major in Nutrition reflects a broad, generalist degree that explores the principles and practices of nutrition science. The degree provides a foundation for graduates to pursue careers as community nutritionists, nutrition educators, health and wellness coaches, nutrition and local foods coordinators. Additionally, the curriculum supports students in application for graduate study in the field of Applied Nutrition and Dietetics.

The curriculum is organized around four domains of coursework addressing: general education/core curriculum requirements; interprofessional education and collaborative practice; specific to the major; and student-selected electives.

Experiential education is realized through two courses OS 424 Health Edu: Theory to Practice and NUTR 420 Designing & Supporting Healthy Communities. Both courses provide a 45-hour community/population-based practicum to implement nutrition services and education. Students also gain hands-on experience through two laboratory-based courses NUTR 200 Food Science Concepts and Food Safety and NUTR 238 Fundamentals of Healthy Cooking.

Students interested in preparing for future graduate study in dietetics should consult with their advisor/faculty mentor in choosing electives and course sequencing to satisfy prerequisite course requirements.

Admissions

See Undergraduate Admissions (<https://catalog.une.edu/undergraduate/admissions/>) for more information.

Transfer Credit

See Undergraduate Admissions (<https://catalog.une.edu/undergraduate/admissions/>) for more information.

Financial Information

Tuition and fees for subsequent years may vary. Other expenses include books and housing. For more tuition and fee information, please

consult this catalog's Financial Information (<https://catalog.une.edu/undergraduate/financial-information-undergraduate-programs/>) section.

Curricular Requirements

Code	Title	Hours
Nor'easter Core Requirements		
Nor'easter Core Requirements (https://catalog.une.edu/undergraduate/core-curriculum/) ¹		40
Program Required Courses		
BIO 104 & 104L	General Biology and General Biology Lab	4
BIO 208	Intro Anatomy & Physiology I	4
BIO 209	Intro Anatomy & Physiology II	4
BIO 318	Nutrition through the Life Cycle	3
BUEC 203 or BUEC 204	Macroeconomics Microeconomics	3
CHE 130	Principles of Chemistry	4
CMM 122 or SPC 100	(Oral Communication) Effective Public Speaking	3
ENV 104	Sustainability for a Healthy Planet	3
EXS 120	Personal Health And Wellness	3
EXS 322	Metabolism/Bioenergy/Sp Nut	3
IHS 150	Health Promotion Studies Seminar	1
IHS 310	Ethics for Interprofessional Practice	3
MAT 120 or MAT 150	Statistics Statistics for Life Sciences	3
NUTR 200	Food Science Concepts and Food Safety	3
NUTR 220	Nutrition	3
NUTR 238	Fundamentals of Healthy Cooking	3
NUTR 342	Food Systems and Public Health	3
NUTR 350	Nutritional Biochemistry	3
NUTR 400	Medical Nutrition Therapy	3
NUTR 410	Nutrition Across Seven Continents	3
NUTR 420	Designing & Supporting Healthy Communities	4
NUTR 430	Innovations & Special Topics in Nutrition	3
OS 424	Health Edu: Theory to Practice	4
PSY 105	Introduction to Psychology	3
PSY 250	Lifespan Dev in Context	3
PUB 200	Foundations in Public Health	3
PUB 205	Epidemiology	3
PUB 305 or OS 316	Research Methods in Public Health Research Methods	3
SOC 275	Sociology of Food and Health	3
Open Elective Courses (Students complete open elective credits as necessary to meet the University's 120-credit minimum for graduation. The total number of elective credits required will depend on the student's completed program, core, and other degree requirements.)		
Total Hours		120

¹ Some courses fulfill both core and program requirements, the credits earned do not count twice towards the minimum total required credits for the degree.

Academic and Technical Standards

Students in the B.S. with a major in Nutrition are subject to University undergraduate academic standards as well as requirements set forth by the Westbrook College of Health Professions.

In keeping with the guidelines of the University of New England, all undergraduate students must achieve a minimum semester-end grade point average as found on the Academic Policy and Regulations (<https://catalog.une.edu/undergraduate/academic-policy-regulations/>) catalog page.

Failure to maintain the minimum grade point average requirements will result in academic probation as described in the Undergraduate Catalog of the University of New England.

In keeping with the guidelines for the Westbrook College of Health Professions, students must achieve a minimum grade of a C- in the following courses: MAT 120 Statistics/MAT 150 Statistics for Life Sciences, CHE 130 Principles of Chemistry, BIO 104 General Biology, BIO 208 Intro Anatomy & Physiology I, and BIO 209 Intro Anatomy & Physiology II. Students may enroll in these referenced math/science courses a maximum of two times. First time inability to achieve a C- will result in program-level probation. A second unsuccessful attempt will result in program dismissal.

Students additionally need to achieve a grade of C or better in all courses with NUTR and PUB prefix. First time inability to achieve a C will result in program-level probation. A second unsuccessful attempt will result in program dismissal.

Learning Outcomes

At the conclusion of the program, the B.S. with a major in Nutrition graduate will be able to:

- Employ evidence-based approaches to nutrition practice and policy.
- Exhibit professional and ethical behavior in the study and delivery of nutrition practice.
- Design, implement, evaluate and monitor population-based nutrition policies, services, and education.
- Compare and contrast local, state, federal and global health policy with respect to food and nutrition.
- Interpret and explain appropriate nutrition concepts to various audiences employing multiple communication channels.
- Apply a systems-oriented lens as it relates to the application of nutrition science for health promotion and disease prevention.
- Describe and apply core research ethics, principles and analytical techniques for measuring the nutrition status and environment of individuals and communities.