

# HUMAN NUTRITION

The Human Nutrition Concentration offers students a strong, science-based foundation in nutrition science, culinary medicine, health behavior, and wellness — with the flexibility to tailor coursework toward their individual career goals. Whether you're pursuing pre-professional pathways in medicine, PA, PT, nursing, OT, or pharmacy; exploring health and wellness coaching; corporate or community wellness; health communications; or graduate study in nutrition or health sciences, this concentration provides a dynamic and adaptable pathway to get you there. With hands-on culinary medicine experiences, flexible elective hours to personalize your degree, meaningful internship opportunities, and real-world application, the Human Nutrition Concentration equips students with the tools, knowledge, and preparation needed to thrive in today's ever-evolving healthcare and wellness landscape.

## PROGRAM HIGHLIGHTS

**Leading the pathway** in undergraduate education, this concentration offers 31 credit hours that prepare students for professional degree programs including medical school, dental school, pharmacy, nursing, PA, and more.

**Hands-on culinary medicine** connect food, cooking, and clinical health in real-world settings

**Internship opportunities** provide invaluable field experience and professional networking in health and wellness settings

**37 Flexible elective hours** allow students to personalize their degree toward individual career and professional goals

## CAREER OPPORTUNITIES

As professional programs in medicine, dentistry, pharmacy, nursing, and beyond increasingly recognize the critical role of nutrition and lifestyle in patient outcomes, a strong foundation in human nutrition has never been more valuable. Today's healthcare landscape is shifting toward prevention, wellness, and whole-person care — making Human Nutrition one of the most versatile and forward-thinking concentrations available.

**Graduates of this concentration are well-positioned for success if they choose to pursue:**

- Professional programs in Dietetics, Medicine, Dentistry, Pharmacy, PA and more
- Registered Dietitian (RD)
- Health & Wellness Coaching
- Corporate or Community Wellness
- Public Health Nutrition
- Nutrition Education
- Select Health Communications Roles
- Clinical Nutrition Support
- Research & Graduate Study in Nutrition

## CORE COURSEWORK

- HMSE 2000 – Health/Sport Science Terminology
- HLSC 4400 – Statistics for Health Sciences
- HLSC 4520 – Health and Lifestyle Counseling
- NUTR 2302 – Introduction to Culinary Nutrition
- NUTR 2303 – Introduction to Culinary Nutrition Lab
- NUTR 3002 – Introduction to Exercise and Nutrient Metabolism
- NUTR 4112 – Lifespan Nutrition
- NUTR 4152 – Current Topics and Trends in Nutrition
- NUTR 4812 – Micronutrient Metabolism
- CHEM 3311 – General Organic Chemistry I
- CHEM 3301 – General Organic Chemistry I Lab
- NUTR 4605 – Internship

