NUTRITION, B.S.

We offer three distinct concentrations within our B.S. Nutrition degree:

- **Human Nutrition and Dietetics**—develops and educates students for clinical roles in nutrition including as dietitians in hospitals, long-term care facilities, and public health programs; nutrition education specialists; sports nutrition; consultants and entrepreneurs. This concentration meets the Academy of Nutrition and Dietetics (AND) academic requirements for Didactic Program in Dietetics (DPD) and is currently granted accreditation by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). The DPD prepares students for the next steps in the pathway to becoming a Registered Dietitian: completion of a graduate degree, and a supervised practice program such as UNCG's Dietetic Internship (DI) program.
- **Nutrition Science**—prepares students for entry into medical, physician's assistant, dental, chiropractic or graduate school; trains students for research and development in the biomedical, biotechnical, and pharmaceutical industries.
- **Community Nutrition and Wellness**—provides instruction and experience in the foundations of nutritional sciences and then allows students to further customize their education in **non-clinical** areas related to Community Nutrition & Policy, Communication & Entrepreneurship, and Fitness. Although students will be trained to provide community nutrition and wellness information, they cannot provide medical nutrition therapy as this concentration does not meet the requirements of the Accreditation Council for Education in Nutrition and Dietetics.

Criteria for Progression in the Major

The B.S. Nutrition requires that students maintain an overall GPA of 2.50 or higher. If your GPA drops below 2.50, students will be given a probationary semester to bring up their GPA.

Students must earn a minimum grade of C (a C- is not acceptable) or better in all required NTR-prefixed courses. A C- or higher must be earned in all non NTR-prefixed required courses (eg. BIO 111). A student may not receive credit for any NTR course by special examination.

No NTR course or related area course for which a minimum grade has not been earned may be taken more than twice. Students who receive an unacceptable grade twice in the same course will be dropped from the major.

Suggested Academic Workload Guidelines

The faculty of the Department of Nutrition recognizes that many of its students must hold jobs to support college expenses. The faculty wishes to emphasize that academic excellence and scholastic achievement usually require a significant investment of time in study and out-of-class projects. To provide guidance to students in planning their academic and work schedules, the faculty have endorsed the following recommendations:

1. In general, students should plan to devote between 2–3 hours outside of class for each hour spent in class. Thus, students with a 15 credit hour course load should schedule between 30–45 hours weekly for completing outside-of-class reading, study, and homework assignments.
2. Students who are employed more than 5–10 credits each week should consider reducing their course loads (semester hours), depending upon their study habits, learning abilities, and course work requirements.

Overall Requirements

- 120 credit hours, to include at least 36 credits at or above the 300 course level
- Students must earn grades of C (2.0) or better in all major and related area required courses.
- A C- or higher must be earned in all non NTR-prefixed required courses (eg. BIO 111).

Degree Program Requirements

Code	Title	Credit Hours
University Requirements (https://catalog.uncg.edu/academic-regulations-policies/undergraduate-requirements/undergraduate-degrees-and-degree-requirements/)		
General Education Requirements - Minerva's Academic Curriculum (MAC) (https://catalog.uncg.edu/academic-regulations-policies/undergraduate-requirements/general-education-program/)		

Major Requirements

Select one of the concentrations as detailed following the major requirements.

- Human Nutrition and Dietetics
- Community Nutrition and Wellness
- Nutrition Science

Electives

Electives sufficient to complete total 120 credit hours required for degree.

Human Nutrition and Dietetics Concentration Requirements

Code	Title	Credit Hours
Required		**94**
NTR 101	Find Your Way in Nutrition	
NTR 203	Culinary Skills for Food Selection and Menu Planning	
NTR 213	Introductory Nutrition	
NTR 282	Introduction to Dietetics	
NTR 302	Nutrition Education and Application Processes	
NTR 309 & 309L	Quantity Food Procurement and Production and Qty Food Procuremnt / Prod Lab	
NTR 313	Nutrition Throughout the Life Cycle	
NTR 320	Micronutrients: Assessment, Bioavailability & Deficiencies	
NTR 403 & 403L	Integrated Food Science and Culinary Medicine and Integrated Food Science and Culinary Medicine Laboratory	
NTR 420	Diet and Disease	
NTR 421	Cultural Foods and Global Nutrition	
NTR 423	Community Nutrition	
NTR 426	Management Practices for Dietetics	

NTR 431	Nutrition and Human Metabolism
NTR 460	Advanced Nutrition
NTR 474	Medical Nutrition Therapy 1
NTR 475	Medical Nutrition Therapy 2
NTR 482	Professionalism in Dietetics
BIO 111 & 111L	Principles of Biology I and Principles of Biology I Laboratory
BIO 271 & 271L	Human Anatomy and Human Anatomy Laboratory
or KIN 291 & 291L	Clinical Human Anatomy and Clinical Human Anatomy Laboratory
BIO 277 & 277L	Human Physiology and Human Physiology Laboratory
or KIN 292 & 292L	Clinical Human Physiology and Clinical Human Physiology Laboratory
BIO 280 & 280L	Fundamentals of Microbiology and Fundamentals of Microbiology Laboratory
CED 310	Helping Skills
CHE 103	General Descriptive Chemistry I
CHE 104	General Descriptive Chemistry II
CHE 110	Introductory Chemistry Laboratory
CHE 205 & CHE 206	Introductory Organic Chemistry and Introductory Organic Chemistry Laboratory
ENG 101	Exploring Writing in College Contexts
MAT 115	Algebra for Precalculus
or MAT 118	Algebra with Business Applications
PSY 121	General Psychology
STA 108	Elementary Introduction to Probability and Statistics

Community Nutrition and Wellness Concentration Requirements

Code	Title	Credit Hours
Required		**35-39**
NTR 101	Find Your Way in Nutrition	
NTR 203	Culinary Skills for Food Selection and Menu Planning	
NTR 213	Introductory Nutrition	
NTR 302	Nutrition Education and Application Processes	
NTR 313	Nutrition Throughout the Life Cycle	
NTR 320	Micronutrients: Assessment, Bioavailability & Deficiencies	
NTR 403 & 403L	Integrated Food Science and Culinary Medicine and Integrated Food Science and Culinary Medicine Laboratory	
NTR 420	Diet and Disease	
NTR 421	Cultural Foods and Global Nutrition	
NTR 423	Community Nutrition	
NTR 450	Nutrition Assessment	
NTR 476	Sports Nutrition	
NTR 495	Field Experience in Nutrition	
Natural Sciences Courses		**8**
BIO 277 & 277L	Human Physiology and Human Physiology Laboratory	
or KIN 292 & 292L	Clinical Human Physiology and Clinical Human Physiology Laboratory	
CHE 104	General Descriptive Chemistry II	
CHE 110	Introductory Chemistry Laboratory	
Counseling and Education Course		**3**
CED 310	Helping Skills	
Mathematics Course		**3**
MAT 115	Algebra for Precalculus *	
or MAT 118	Algebra with Business Applications	
Selected Electives		**18-20**
Select six of the following courses:		
CST 200	Communication and Community	
CST 310	Communicating Ethically	
CST 408	Health Communication	
ENT 240	Introduction to the Entrepreneurial Experience	
HEA 201	Personal Health	
HEA 307	Global Health	
HEA 310	Mental Health and Well-Being	
HEA 315	Epidemiology	
HEA 316	Environmental Health	
HEA 350	Race, Ethnicity, and Health	
HEA 447	Income, Social Status, and Health	
HEA 450	Current Health Problems	
HEA 471	Immigrant and Refugee Health	
HHS 275	Entrepreneurial Personal Branding	
KIN 220	Lifetime Wellness	
KIN 230	Psychological Skills for Optimal Performance	
KIN 265 & 265L	Strength Training and/or Conditioning and Strength Training and/or Conditioning Laboratory	
KIN 286	Foundations of Sport Coaching	
KIN 287	Psychosocial Aspects of Community-Based Sport Coaching	
KIN 291 & 291L	Clinical Human Anatomy and Clinical Human Anatomy Laboratory	
KIN 375 & 375L	Physiology of Sport and Physical Activity and Physiology of Sport and Physical Activity Laboratory	
KIN 376	Biomechanics of Sport and Physical Activity	
KIN 388	Psychology of Physical Activity	
KIN 420	Physical Activity Programs for Underserved Youth	
NTR 304	Nourish Kitchen: Cooking with Nutrition in Mind	
NUR 390	Culture and Health Care	
Additional Requirements		**19**
BIO 111 & 111L	Principles of Biology I and Principles of Biology I Laboratory	
CHE 103	General Descriptive Chemistry I	
CST 105	Introduction to Communication Studies	
ENG 101	Exploring Writing in College Contexts	
PSY 121	General Psychology	
STA 108	Elementary Introduction to Probability and Statistics	

* *Completion of the course listed or pass placement exam.*

Nutrition Science Concentration Requirements

Code	Title	Credit Hours
Required		**72**
NTR 213	Introductory Nutrition	
NTR 302	Nutrition Education and Application Processes	
NTR 313	Nutrition Throughout the Life Cycle	
NTR 413	Intermediate Nutrition	
NTR 431	Nutrition and Human Metabolism	
NTR 450	Nutrition Assessment	
NTR 460	Advanced Nutrition	
NTR 473	Medical Nutrition Therapy	
BIO 111 & 111L	Principles of Biology I and Principles of Biology I Laboratory	
BIO 112 & 112L	Principles of Biology II and Principles of Biology II Laboratory	
BIO 277 & 277L	Human Physiology and Human Physiology Laboratory	
or KIN 292 & 292L	Clinical Human Physiology and Clinical Human Physiology Laboratory	
BIO 280 & 280L	Fundamentals of Microbiology and Fundamentals of Microbiology Laboratory	
BIO 355	Cell Biology	
BIO 375	Cell Biology and Genetics Laboratory	
BIO 392	Genetics	
CHE 111 & CHE 112	General Chemistry I and General Chemistry I Laboratory	
CHE 114 & CHE 115	General Chemistry II and General Chemistry II Laboratory	
CHE 205 & CHE 206	Introductory Organic Chemistry and Introductory Organic Chemistry Laboratory	
ENG 101	Exploring Writing in College Contexts	
MAT 115	Algebra for Precalculus	
or MAT 118	Algebra with Business Applications	
STA 108	Elementary Introduction to Probability and Statistics	

Disciplinary Honors in Nutrition

Requirements

- A minimum of 12 credit hours as detailed below.
- A grade of A or B in all course work used to satisfy the Honors requirements in Nutrition with at least a 3.50 overall GPA at graduation.

Code	Title	Credit Hours
Required		**6**
NTR 493	Honors Work *	
Select 6 credits of any 400-level honors contracted NTR course		**6**

* *Taken for 3 credits during fall semester of senior year and 3 credits during spring semester of senior year.*

Recognition

Receive a Certificate of Disciplinary Honors in Nutrition; have that accomplishment, along with the title of the Senior Honors Project, noted on the official transcript; and be recognized at a banquet held at the end of the spring semester.

Honors Advisor

Contact Maryanne Perrin at mtperrin@uncg.edu for further information and guidance about Honors in Nutrition.

To apply: https://honorscollege.uncg.edu/lloyd-international-honors-college/academics/admissions-scholarships/disciplinary-honors-admissons/.