



# NUTRITION AND HEALTH

DEPARTMENT OF FOOD, NUTRITION,  
DIETETICS AND HEALTH

**KANSAS STATE**  
**UNIVERSITY**

College of Health and  
Human Sciences

## OUR PROGRAM

The nutrition and health program is one of the best programs for students seeking an education and training for a health career, with the flexibility to make it adaptable to many different needs. It prepares students for professional schools leading to careers including physician assistant, nurse practitioner and other health professions. Graduates also pursue careers such as public health nutritionists; cooperative extension agents; nutrition experts for mass media; or nutrition specialists in food-related industries.

The large number of elective hours in the program allow students to potentially study abroad; pursue minors/secondary majors; or choose additional courses in dietetics, gerontology, kinesiology, business, food science, leadership studies or a foreign language.

## PROGRAM HIGHLIGHTS

World-renowned faculty • Receive a unique nutrition education that won't be taught in professional school • Undergraduate research opportunities • Education abroad opportunities in Guatemala and around the world • Dedicated health career meet-ups • CAT Community availability • Student organizations with other pre-health students across campus

## POTENTIAL CAREER OPPORTUNITIES

- Community Health Professional
- Physician Assistant
- Dentist
- Nurse
- Optometrist
- Physician
- Public Health Professional
- Corporate Wellness
- Occupational Therapist

\*Some careers require additional education

### Contact us:

College of Health and Human Sciences  
785-532-5500 [fndh@k-state.edu](mailto:fndh@k-state.edu)  
[hhs.k-state.edu/fndh](http://hhs.k-state.edu/fndh)

### Schedule a visit:

K-State Admissions  
785-532-1521 [K-state@K-state.edu](mailto:K-state@K-state.edu)  
[k-state.edu/admissions/visit](http://k-state.edu/admissions/visit)

# BACHELOR OF SCIENCE IN HUMAN NUTRITION

## NUTRITION AND HEALTH

Sample course sequence guide

### Fall

Expository Writing I  
Public Speaking  
General Psychology  
Introduction to Nutrition & Health Professions  
Basic Nutrition  
Introduction to Well-being  
Community Well-being

**14-15 hours**

# 1

### Spring

General Chemistry  
Principles of Biology  
College Algebra  
**OR**  
Analytic Geometry & Calculus I  
Humanities Elective  
Financial Well-being  
Social Well-being

**15-16 hours**

### Fall

Expository Writing II  
Principles of Macroeconomics  
Humanities Elective  
Unrestricted Elective  
Professional Elective

**15 hours**

# 2

### Spring

Human Body I & II  
**OR**  
Anatomy and Physiology  
Introduction to Statistics  
Unrestricted Elective

**14 hours**

### Fall

Science of Food  
Physical Well-being  
Career Well-being  
Unrestricted Elective  
Unrestricted Elective  
Unrestricted Elective

**14 hours**

# 3

### Spring

Human Nutrition  
Nutritional Assessment  
Professional Elective  
Professional Elective  
Professional Elective

**14 hours**

### Fall

Public Health Nutrition  
Unrestricted Elective  
Unrestricted Elective  
Unrestricted Elective  
Unrestricted Elective

**15 hours**

# 4

### Spring

Research in Health Sciences  
Life Span Nutrition  
Unrestricted Elective  
Unrestricted Elective  
Unrestricted Elective  
Unrestricted Elective

**17 hours**

120 hours are required for degree completion. The College of Health and Human Sciences requires a "C" or higher in Professional Studies courses, and the K-State 8 requirements must be met.