College of Human Ecology

Food, Nutrition, Dietetics and Health

Overview

Americans are vitally interested in living longer and healthier lives. Proper nutrition is a key factor essential for growth, health and well-being. A healthy diet can reduce the risk of heart disease, cancer, stroke and diabetes, four of the top 10 causes of death in the United States.

Interest in nutrition and fitness is at an all-time high. Kansas State University’s nutrition programs can help graduates find rewarding, well-paying careers helping others.

Professional options

Kansas State University nutrition graduates work in diverse fields such as health care, nutrition education, fitness counseling and athletic training.

Careers

Graduates from the Department of Food, Nutrition, Dietetics and Health have found careers as:
- Physicians or physician assistants
- Physical therapists
- Dentists
- Registered nurses
- Extension agents
- Directors of corporate and public wellness centers
- Public health nutritionists
- Fitness consultants
- Researchers
- Public relations spokespersons for commodity boards

Academics

K-State human nutrition students are well prepared to advance into graduate and professional programs.

- Most course requirements for admission to medical, dental and optometry school can be met through the nutritional sciences curriculum.
- Most course requirements for admission to physician assistant or nursing schools can be met through the nutrition and health curriculum.
- Most course requirements for admission to physical therapy school can be met through the nutrition and kinesiology curriculum. Additionally, students in this curriculum are eligible to apply to one of several concurrent B.S./M.S. programs at K-State, including programs in nutrition or kinesiology, or the concurrent B.S./Master of Public Health degree.

Degree options

Bachelor of Science in human nutrition

The nutrition and health program prepares students for professional schools, including physician assistant, nursing, nurse practitioner and other pre-health paths. Graduates also pursue non-healthcare careers such as public health nutritionists; Extension agents, mass-media nutrition experts; or nutrition specialists in food-related industries, trade associations, food commodity groups or pharmaceutical companies.

- Nutritional sciences (pre-medicine and pre-dentistry)

The nutritional sciences program prepares students for professional schools, including medical, dental, optometry and pharmacy schools.

This rigorous, science-based program fulfills most of the basic requirements for these professional programs, and is also an excellent background for graduate study in the biological or nutritional sciences. Students in this major can also take additional courses for minors or secondary majors in gerontology, biology, chemistry, business or leadership studies.

- Nutrition and kinesiology

This program requires five years to complete, depending on course load and summer school enrollment. This program is one of the largest of its kind at the undergraduate level in the United States, making K-State a leader in the combined areas of nutrition and exercise science.

If you choose this option, you may find career opportunities in gyms/fitness centers, athletic/health clubs, recreation and leisure, wellness centers, public and private clinics, and public health settings. Most course requirements for admission to physical therapy schools can be met through this curriculum.

- Nutrition and health (pre-nursing, pre-physician assistant and other pre-health emphases)

This curriculum emphasizes nutrition and health promotion. Graduates of this program work in a variety of settings to promote diet and health among the general public. Their positions include public health nutritionists; cooperative extension agents; nutrition experts for mass media; or nutrition specialists in food-related industries, trade associations, food commodity groups or pharmaceutical companies.

The large number of elective hours in the degree allows students to potentially study abroad; pursue minors/secondary majors; or choose additional courses in dietetics, gerontology, exercise science, business, food science, leadership studies or a foreign language.
The nutrition and health program may also be completed online. K-State’s Global Campus administers online course delivery. For more information, visit global.k-state.edu/.

**Bachelor of Science in athletic training**

Athletic training combines the love of sports medicine and the science of exercise. The study of athletic training can lead to a career as a certified athletic trainer. Athletic training is not the same thing as personal training.

Students in the athletic training education program study the concepts and develop the skills needed to manage health care problems associated with physical activity in individuals.

K-State’s cooperative program is housed in the College of Human Ecology’s Department of Food, Nutrition, Dietetics and Health, with support from the Division of Intercollegiate Athletics.

Admission to the athletic training program is both selective and limited.

**Preparation**

If you meet university qualified admission requirements, you are prepared to enter the program. Three years of high school mathematics and three years of science, including chemistry and biology, are recommended.

**Facilities**

The department has a variety of laboratories to support research in nutrition and physical activity, athletic training, chronic disease prevention and management, functional foods and supplements, sensory analysis, and public health nutrition.

**Activities**

**Research**

You will be able to participate in research projects. Research laboratories are equipped for physical and biochemical analyses.

**Financial assistance**

In addition to university and college scholarships, the Department of Food, Nutrition, Dietetics and Health offers more than $25,000 in scholarships to our students.

Out-of-state students interested in the nutrition and kinesiology option may be eligible for the Midwest Student Exchange Program.

For more information, contact:
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For information about transferring coursework from other institutions, contact:
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For more information about Kansas State University, contact:
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Post-Graduation Statistics
k-state.edu/postgrad-stats
ksdegreestats.org