

## Nutrition Minor (16-18 credits)

The department of Food, Nutrition, Dietetics & Health (FNDH) is offering an undergraduate Nutrition minor, beginning Spring 2019. The purpose of the minor is to provide information to students seeking knowledge and training in nutrition, as a compliment to academic and professional goals.

### **Who should consider this minor?**

- Pre-health declared students.
- Public health career fields.
- Exercise science career pathways.
- Fitness and health/life coaching professions.
- Educators in the areas of nutrition and health.
- Food science majors.

**To Declare** (beginning January 16, 2019) students will:

- Visit the FNDH Department Office in Justin 212 or this Qualtrics survey link [https://kstate.qualtrics.com/jfe/form/SV\\_ehWqb1VrOEBc50N](https://kstate.qualtrics.com/jfe/form/SV_ehWqb1VrOEBc50N)
- Meet appropriate course pre-requisite requirements, as noted below.

### **CORE COURSES** (11-12 credit hours):

- **FNDH 132 (3) Basic Nutrition** [*No pre-requisite requirement. This minor course is taken first.*]
  - Offered on campus in fall and spring.
  - Offered online fall, spring and summer.
- **FNDH 400 (3) Human Nutrition** [*BIOL 198 & CHM 110/111 or CHM 210 required prior.*]
  - Offered on campus in spring.
  - Offered online fall, spring and summer.
- **FNDH 450 (2) Nutritional Assessment** [*FNDH 132 required prior.*]
  - Offered on campus in spring.
  - Offered online fall and summer.
- **FNDH 340 (3) Food and Health: Safety, Allergies and Intolerances** [*No pre-requisite requirement.*]
  - Offered on campus OR online in fall semesters.

**OR**
- **FNDH 413 (4) Science of Food** [*CHM 110/111 or CHM 210 required prior.*]
  - Offered on campus in fall and spring.
  - Offered online every fall and in spring (odd years only).

### **ELECTIVES** (5-6 credit hours) Select TWO of the Following:

- **FNDH 510 (2) Life Span Nutrition** [*FNDH 400 & FNDH 450 required prior.*]
  - Offered on campus in spring.
  - Offered online in fall.
- **FNDH 600 (3) Public Health Nutrition** [*FNDH 400 & FNDH 450 required prior.*]
  - Offered on campus in fall.
  - Offered online fall and spring.
- **FNDH 620 (3) Nutrient Metabolism** [*FNDH 400, BIOL 341 & 342 OR KIN 360; and BIOCH 265 OR BIOCH 521 or CHM 550 with concurrent enrollment in BIOCH 521.*]
  - Offered on campus in fall.
  - Offered online fall, spring and summer.
- **FNDH 635 (3) Nutrition and Exercise** or **KIN 635 (3) Nutrition and Exercise** [*FNDH 132 or FNDH 400 and a grade of "C" or higher in KIN 310 and KIN 335.*]
  - FNDH 635 (3) Offered on campus in fall semesters.
  - KIN 635 (3) Offered on campus in spring semesters.

## Course Details:

Course Number	Course Name	Description
FNDH 132 (3)	Basic Nutrition	Content focus is on human nutrition concepts as applied to personal food choices and health.
FNDH 400 (3)	Human Nutrition	Content focus is on nutrients, their function, metabolism, and relation to health and disease: digestion, absorption, transport, utilization and storage of nutrients in humans.
FNDH 450 (2)	Nutritional Assessment	Content focus is on methods of assessment in humans to evaluate dietary intake and body composition and the use of biologic markers of human nutritional status.
FNDH 340 (3)	Food and Health: Safety, Allergies and Intolerances	This course offers an overview of the food system, focusing on issues that impact the quality, safety, accessibility, and sustainability of food. The course includes the systems approach, food safety principles, food allergy/intolerances principles, food contamination, religious and cultural issues that affect food safety and health. Specific applications of these topics will be made for the dietetics profession.
FNDH 413 (4)	Science of Food	Content focus is on chemical, physical, sensory and nutritional properties of food related to the processes used in food preparation.
FNDH 510 (2)	Lifespan Nutrition	Content focus is on physiological and environmental influences on nutritional requirements including nutritional problems and eating patterns of age groups throughout the life cycle.
FNDH 600 (3)	Public Health Nutrition	Content focus is on nutrition issues for population segments, nutritional components of community assessment, program planning and evaluation, and policy issues pertaining to the nutritional status of the population.
FNDH 620 (3)	Nutrient Metabolism	Content focus is on mechanisms of actions, interactions and the processes of cellular assimilation and utilization of nutrients in humans. Emphasis on coordinated control of nutrient utilization among major organs is also a focus.
FNDH 635/ KIN 635 (3)	Nutrition & Exercise	Content focus is on interrelationships among diet, nutrition, and exercise. Topics covered include physical fitness, weight control, nutrient metabolism during exercise and athletic performance.

**Questions about the minor can be sent to:**

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