

Minors & Certificates

Department of Food, Nutrition
Dietetics and Health

NUTRITION MINOR

The nutrition minor provides specific nutrition training to individuals seeking knowledge and training in nutrition and is designed to complement most pre-health degrees.

The minor provides enhanced nutrition content and experiences for health-focused students.

COURSES (16-18 HOURS)

Core Courses:

FNDH 132- Basic Nutrition (3)

FNDH 400- Human Nutrition (3)

FNDH 450- Nutritional Assessment (2)

FNDH 340- Food and Health: Safety,
Allergies and Intolerances (3)

OR

FNDH 413- Science of Food (4)

Elective Courses (select two):

FNDH 510- Life Span Nutrition (2)

FNDH 600- Public Health Nutrition (3)

FNDH 620- Nutrient Metabolism (3)

FNDH 635- Sports Nutrition (3)



COMMUNITY HEALTH CERTIFICATE

The community health certificate provides specific training to individuals seeking knowledge and experiences to become a community health worker. A community health worker is someone who works with and educates small groups and communities to improve the health of their constituents.

COURSES (15 HOURS)

Core Courses:

FNDH 115- Introduction to health and Nutrition Professions (2) | FNDH 352- Personal Wellness (3) | HDFS 301- The Helping Relationship (3)

Elective Courses (select two):

FNDH 132- Basic Nutrition (3) | GERON 315- Introduction to Gerontology (3)
GNHE 310- Human Needs (3) | HDFS 552- Families and Diversity (3) | KIN 220- Biobehavioral Bases of Physical Activity (4) | PFP 105- Introduction to Personal Financial Planning (3)

Practical Requirement:

FNDH 650- Practicum in Food, Nutrition, Dietetics and Health (1-6)
OR HDFS 411- HDFS Practicum (0-3)

HEALTH COACH CERTIFICATE

The health coach certificate provides specific training to individuals seeking work as a health coach. A health coach is someone who educates and mentors individuals or small groups to improve their health behaviors.

COURSES (15-16 HOURS)

Core Courses:

FNDH 352- Personal Wellness (3) | FNDH 450- Nutritional Assessment (2) |
FNDH 515- Counseling Strategies in Dietetics Practice (3) |
PSYCH 110- General Psychology (3)

Elective Courses (select two):

FNDH 413- Science of Food (4) | FNDH 320: Care and Prevention of Athletic Injuries (3) | EDCI 300- Principles of Coaching (3) | GERON 315- Introduction to Gerontology (3) | PSYCH 505- Abnormal Psychology (3) | PSYCH 518- Introduction to Health Psychology (3) | PSYCH 520- Life Span Personality Development (3)

Practical Requirement:

FNDH 650- Practicum in Food, Nutrition, Dietetics and Health (1-6)