

# NUTRITION MINOR

The Nutrition minor is specifically designed for students who are interested in learning more about one of three specific areas of nutrition, well-being, and preventative health.<sup>1</sup> Students choose one (1) of the three (3) emphases in the minor:

1. Sports Nutrition: exploring the intersections of nutrition, exercise science, and sports conditioning.
2. Community Nutrition: exploring the intersections of nutrition, public health, and sociology.
3. Food Services: exploring the intersections of food, business, marketing, leadership, and management in the food industry.

<sup>1</sup> While the Nutrition minor does not qualify you to offer nutrition counseling services, our Dietetics major (<https://pointloma-public.courseleaf.com/prior-catalogs/2024-2025/tug-catalog/colleges-schools-departments/chs/kin/dietetics-bs/>) does prepare you to do so.

## Emphases

- Community Nutrition (p. 1)
- Food Services Nutrition (p. 1)
- Sport Nutrition (p. 1)

### Nutrition Minor with Community Nutrition Emphasis

Code	Title	Units
<b>Lower-Division Requirements</b>		
NUT 1010	Fundamentals of Food	2
KIN 2030	Lifestyle as Medicine (GE)	2
NUT 2025	Fundamentals of Nutrition	3
<b>Upper-Division Requirements</b>		
NUT 3003	Cultural Foods	2
NUT 3030	Community Nutrition	3
NUT 3031	Community Nutrition Practicum	1
Choose a minimum of six (6) units from the following:		6
NUT 3035	Nutrition Research Through the Life Cycle	
NUT 3040	Nutrition in Women's Wellbeing	
NUT 4014	Practices in Nutrition Education and Dietary Counseling	
PSY 2025	Clinical and Community Interventions	
SOC 4070	Medical Sociology	
<b>Total Units</b>		<b>19</b>

### Nutrition Minor with Food Services Nutrition Emphasis

Code	Title	Units
<b>Lower-Division Requirements</b>		
MGT 2012	Principles of Management	3
NUT 1010	Fundamentals of Food	2
NUT 2025	Fundamentals of Nutrition	3
<b>Upper-Division Requirements</b>		
NUT 3000	Quantity Food Production	3
NUT 4035	Food Service Management	2
Choose a minimum of seven (7) units from the following:		7
MGT 3020	Organizational Behavior	

MGT 3074	Human Resource Management
NUT 3003	Cultural Foods
NUT 3030 and NUT 3031	Community Nutrition and Community Nutrition Practicum
NUT 4055	Food Science
<b>Total Units</b>	<b>20</b>

### Nutrition Minor with Sport Nutrition Emphasis

Code	Title	Units
<b>Lower-Division Requirements</b>		
NUT 1010	Fundamentals of Food	2
KIN 2030	Lifestyle as Medicine (GE)	2
NUT 2025	Fundamentals of Nutrition	3
<b>Upper-Division Requirements</b>		
KIN 3030	Nutrition for Exercise and Sport Performance	3
KIN 3070	Praxis of Strength Training and Conditioning	3
Choose a minimum of six (6) units from the following:		6
KIN 3040 and KIN 3040L	Physiology of Exercise and Physiology of Exercise Lab	
NUT 3035	Nutrition Research Through the Life Cycle	
NUT 3065	Advanced Nutrition	
NUT 4014	Practices in Nutrition Education and Dietary Counseling	
<b>Total Units</b>		<b>19</b>