

NUTRITION MINOR

Offered at: San Luis Obispo Campus

The minor is designed for students majoring in science disciplines (Chemistry, Biological Sciences, Kinesiology), Agribusiness or Agricultural Communications, and other interested majors such as Business or Psychology. Students can enhance career opportunities or qualification for admission into graduate programs or allied health fields. See the department Nutrition minor coordinator for criteria for admission into the Nutrition minor.

Program Learning Objectives

1. Demonstrate critical thinking skills in addressing nutrition issues.
2. Apply the knowledge and technical skills needed to succeed in nutrition-related fields and post-graduate studies.
3. Demonstrate effective written and oral communication skills.
4. Work ethically and effectively as part of a problem-solving team.
5. Compare and contrast cultural expectations for respectful interactions with diverse populations.

Minor Requirements and Curriculum

The minor must be completed prior to, or at the same time as, the requirements for the bachelor's degree. A major and a minor may not be taken in the same degree program, and a minor is not required for a degree. Requirements for the minor include:

- At least half of the units must be from upper-division courses (3000-4000 level).
- At least half of the units must be taken at Cal Poly (in residence).
- No more than one-third of the units will be taken with credit-no credit grading (CR/NC), not counting courses with mandatory CR/NC. Departments may further limit CR/NC grading if desired.
- A minimum 2.0 GPA is required in all units counted for completion of the minor.

Code	Title	Units
REQUIRED COURSES		
FSN 2202	Introduction to Human Nutrition	3
NUTR 3310	Maternal and Child Nutrition	3
NUTR 3315	Nutrition in Aging	2
Emphasis Area		
Select one of the following emphasis areas: ¹		12-15
Medical Nutrition ²		
NUTR 3331	Macronutrient Metabolism	
NUTR 3332	Micronutrient Metabolism	
NUTR 3333	Nutrient Metabolism Lab	
NUTR 4431	Medical Nutrition Therapy I	
NUTR 4432	Medical Nutrition Therapy II	
Community ²		
NUTR 3331	Macronutrient Metabolism	
NUTR 3332	Micronutrient Metabolism	
NUTR 4415	Nutrition Counseling & Education	
NUTR 4416	Community Nutrition	
Culinary Science and Foodservice Management		
FSN 1121	Fundamentals of Food	
FSN 3304	Culinology	
FSN 3346	Institutional Food Service	
NUTR 3321	Experimental Foods	
Sports Nutrition ²		
KINE 3303	Physiology of Exercise	
NUTR 3331	Macronutrient Metabolism	
NUTR 3332	Micronutrient Metabolism	
NUTR 3333	Nutrient Metabolism Lab	
NUTR 4405	Advanced Sport Nutrition & Exercise Metabolism	

or KINE 4451

Nutrition for Fitness and Sport

Total Units**20**

¹ Unit selection for requirements will vary based on students selection of an emphasis area.

² Additional prerequisites may be needed to complete this requirement.