

Nutrition Minor Curriculum Guide -18 credit hours

The Nutrition minor at West Chester University (WCU) is designed to impart fundamental nutrition knowledge and an interdisciplinary understanding of the relationship among nutrition, health, physical fitness, and wellbeing. The minor will provide learning experiences that build upon and integrate knowledge from supporting disciplines. The curriculum focuses on nutrition with an emphasis on the application of knowledge regarding the maintenance of human health and well being throughout the life cycle.

A minor in Nutrition requires students to complete two required courses, NTD303 and NTD309. Four additional "NTD" courses must be completed for a total of 18 credit hours. A "C" grade or better must be earned in each of these courses before clearance for graduation with the minor will be granted.

Sem/Yr	Course	Cr	Grade	Req Gr	Prereq
	NTD 303 Intro Prin Human Nutrition	3		C	
	NTD 309 Nutr Thru Lifecycle	3		C	NTD303
	NTD Elective ^A	3		C	
	NTD Elective ^A	3		C	
	NTD Elective ^A	3		C	
	NTD Elective ^A	3		C	

^A NTD electives **exclude** the following nutrition (NTD) courses: 199, 300, 310, 320, 325, 400, 408, 409, 410, 415, 416, 425, 426, 450, and 456. In other words, these courses will not count towards the Nutrition Minor.

NTD electives include: NTD200 (Nutrition and Culture), NTD205 (Principles of Food Selection and Preparation), NTD/ANT277 (Sustainable Food Systems: An Interdisciplinary Approach), NTD301 (Consumer Nutrition), NTD305 (Vegetarian Nutrition), NTD315 (Food-Mind-Spirit), NTD333 (Nutrition: East Meets West), NTD404 (Nutrition and Disease Prevention), NTD420 (Perspectives on Obesity), NTD422 (Nutrition for Health, Fitness, and Sport), NTD435 (with Nutrition Minor advisor approval), and NTD455 (Nutrition Assessment, Education, and Service in Honduras). Course descriptions are on the reverse side of this page.

Note: At least 50 percent of minor course work must be taken at WCU.

Procedures for Declaring and Graduating with a Nutrition Minor

1. Log-in to your myWCU account: <https://my.wcupa.edu>
2. Click on the "Request an Academic Plan Change" link, located under "Plan Information."
3. Select "Add Minor" from the drop-down menu.
4. Click on "Submit."
5. You will be routed to a new page to confirm your request. Click on "Ok" to submit the request. You will receive a message advising that your request has been routed to the appropriate approvers.
6. Monitor your WCU email. You will be notified that your request has been processed or that other action has been taken.

During the process of graduation clearance, the Office of the Registrar will contact the Department of Nutrition for your minor clearance. Before graduation from the University is granted, either the requirements for the minor must have been met or you will need to have removed the minor from your academic plan.

Should you have questions, feel free to call (X3113), e-mail (swalz@wcupa.edu), or visit with Dr. Sandra Walz (SECC 253), Nutrition Minor Program Advisor.

Nutrition Minor Course Descriptions

NTD 200: Nutrition and Culture. J course. Students will increase awareness of the connection between health outcomes, diet and nutrition, and socio-cultural influences. Course studies will lay a foundation for understanding why people eat the foods that they do. Students explore food ways, food scripts, health beliefs and practices, demographic characteristics, and population health across diverse communities within the United States.

NTD 205: Principles of Food Selection and Preparation. A nutrition-based study of the basic principles of food selection and preparation with an emphasis on food safety. Course includes a comparative study and integration of convenience food and traditionally prepared food, enhanced by an experiential lab component.

NTD/ANT 277: Sustainable Food Systems. The primary objective of this inter-disciplinary course, team taught by an anthropologist and a registered dietitian is to examine the interrelationship of **nutrition ecology, anthropology and the political economic** underpinnings of sustainable food systems.

NTD 301: Consumer Nutrition. This course explores the ever-changing frontier of nutrition science and confronts nutrition mysteries and emerging controversies. Practical tips and flexible guidelines to assist consumers in choosing nutritious, flavorful foods to match personal needs, preferences, and lifestyles are discussed. Emphasis is placed on methods of evaluating nutrition-related literature and claims, and interpretation of data and scientific studies relevant to nutrition.

NTD 303: Introductory Principles Human Nutrition. This course introduces students to the biochemical, physiological, and microbiological basis of human nutrition. Topics include dietary guidelines; digestion, absorption, metabolism, and use of carbohydrates, lipids, and proteins; food sources and functions of vitamins and minerals; and the relationship between nutrition and health.

NTD 305: Vegetarian Nutrition. This course will apply basic human nutrition principles to plant-based dietary approaches, addressing both the health-promoting aspects of vegetarianism and concerns about nutritional adequacy at all stages of the life cycle. A variety of vegetarian food preparation methods will be demonstrated, and students will participate in meal planning as well as taste testing recipes. Prerequisite: NTD 303

NTD 309: Nutrition Throughout the Lifecycle. A study of nutrition needs and dietary concerns of people from conception to old age. Prerequisite: NTD 303

NTD 315: Food – Mind – Spirit. A study of the role of food and nutritional status in mental health, mood and memory, and overall well-being throughout the life cycle. Additional topics include nutrients and neurotransmission, appetite

regulation and disordered eating, the gut-brain axis, and herbal supplements. Mindful eating, traditional food belief systems, and dietary practices of major religions are also reviewed. Prerequisites: PSY100 and NTD 303

NTD 333: Nutrition: East Meets West. This course explores the relationships among nutrition, body types, and well-being. Because each individual's journey toward optimum health is unique, the course takes a personalized and integrated food-is-medicine approach to wellness. Ancient eastern and modern western sciences, health promotion, and therapies are blended. Foods, herbs, spices, and affirmative ways of living to restore balance and harmony to the body are emphasized.

NTD 404: Nutrition and Disease Prevention. This course examines nutrition screening and assessment techniques to understand the use of dietary, biochemical, and anthropometric data related to health and disease prevention. The pathophysiology, etiology and prevention of certain medical conditions such as obesity, diabetes, gastrointestinal problems, cardiovascular disease, bone disease, and cancer will be examined. Other topics examined include nutrients and medication interactions and dietary supplements.

NTD 420: Perspectives on Obesity. This course explores the prevalence, origins, assessment, treatments, policy issues, and preventive strategies relative to obesity. The issue disordered eating is introduced, with a special emphasis on Binge Eating Disorder. Prerequisite: NTD 303

NTD 422: Nutrition for Health, Fitness & Sport. Study of nutrition and its effects on health, development, and performance; sound nutrition guidelines for optimal health and physical performance; energy and energy pathways as keys to physical activity; nutrients relative to health and physical performance; dining away from home; substances proposed to enhance performance; body composition and weight control. Prerequisite of NTD 303

NTD 435: Nutrition Workshops. Special workshops on contemporary nutrition and food service related problems and issues. Topics announced at times of offering. *Approve course selection with the Nutrition Minor advisor.*

NTD 455: Nutrition Assessment, Education, and Service in Honduras. This course offers an inter-professional service-learning approach to clinical screenings and assessments, client/community education, and health related service in communities in underdeveloped or developing countries. Students gain exposure to the cultures of communities in underdeveloped or developing countries, thus enhancing the students' cultural competence. Prerequisite: NTD 303