BSHES in Nutritional Sciences

Degree Program Description

Nutritional Sciences focuses on the utilization of nutrients and other dietary components by humans for growth maintenance, and reproduction, in both normal and disease states. Upon becoming a Nutritional Science major, students have three emphasis to choose from. The field of nutritional sciences requires a strong background in biology, chemistry, physiology and biochemistry to allow understanding of the mechanisms through which dietary factors are digested, absorbed, transported, metabolized and used by tissues and cells. The Nutritional Sciences Program offers significant opportunities for undergraduate research. Students majoring in Nutritional Sciences will be well prepared for health-related careers such as medicine and nursing, as well as for graduate study in nutritional sciences.

Major Program Requirements

The BSHES in Nutritional Sciences is offered with three emphasis options: Nutrition and Fitness, Nutrition and Foods, and Nutritional Sciences. All degree requirements are listed at the emphasis level.

Semester Plan

Refer to the Semester Plans in the emphasis areas.