

FOOD AND NUTRITIONAL SCIENCES MINOR

Program Description

The Food and Nutritional Sciences minor provides a broad background in nutrition topics such as culinary nutrition, metabolism, lifecycle nutrition, sports nutrition, and research. This customizable track allows students to gain a good understanding of how the body works while selecting courses that fulfill their interests and needs.

Entering and Completing the Minor

In order to earn a degree, you must complete at least one academic major. Minors are not required except for students in the Professional Studies (BA). SPU encourages students to explore various academic paths, including minors, so if you change your mind about a minor or want to include an additional minor, you are able to do so as outlined below.

Note that the University encourages you to enter your chosen minor(s) as soon as you have determined it and are eligible to join it, especially by the start of your junior year. Students who transfer as juniors and seniors should enter a minor within their first two quarters at SPU.

- If this is your first quarter at SPU, request entrance to your minor in Banner by following these instructions (<https://spu.atlassian.net/l/cp/Th4S0jCE/>).
- If you are an SPU student with an SPU cumulative GPA of 2.0 or better, follow these instructions (<https://spu.atlassian.net/l/cp/Th4S0jCE/>) to enter a minor in this department.
- The University requires a grade of C- or better in all classes that apply to a minor; however, programs may require higher minimum grades in specific courses. You may repeat an SPU course only once for a higher grade.
- To advance in this program, meet with your faculty advisor regularly to discuss your grades, course progression, and other indicators of satisfactory academic progress. If your grades or other factors indicate that you may not be able to successfully complete the minor, your faculty advisor can work with you to explore options, which may include choosing a different minor.
- You must complete the minor requirements that are in effect in the SPU Undergraduate Catalog for the year you enter the minor.

Food and Nutritional Sciences Minor

55 Credits Minimum, Including 15 Upper Division (UD)

Code	Title	Credits
Food and Nutritional Sciences Core		
BIO 2129	Human Anatomy and Physiology	5
BIO 2130	Human Anatomy and Physiology	5
CHM 1211	General Chemistry I	5
or CHM 1310	Survey of General Chemistry	
CHM 1330	Survey of Organic Chemistry	5
CHM 1360	Survey of Biological Chemistry	5
FCS 3340	Human Nutrition	5
FCS 4330	Advanced Nutrition and Metabolism	5
FCS 2365	Food Science	5

Section Credits Required	40
Elective Courses	
Select 15 credits of the following:	15
FCS 3321	Nutrition Through the Life Cycle
FCS 3365	Nutrition and Meal Planning
FCS 4310	Sports and Exercise Nutrition
FCS 4340	Medical Nutrition Therapy I
FCS 4341	Medical Nutrition Therapy II
FCS 4367	Experimental Foods
FCS 4370	Nutrition Research
Section Credits Required	15
Total Credits	55