

# NUTRITION MINOR

**Banner Code:** NUTR

## Academic Advising

Website: <https://chhs.gmu.edu/students/academic-advising/undergraduate-advising/nutrition-and-food-studies-advisor>

This minor is intended to increase knowledge of nutrition issues for students from all disciplines. Students pursuing degrees related to nutrition, health, and education may be interested in completing this minor.

Note: This minor is *not* equivalent to the registered dietitian license and does not provide a license to practice therapeutic nutrition.

GCH 205	Global Health (Mason Core)
GCH 360	Health and Environment
GCH 411	Health Program Planning and Evaluation
GCH 412	Fundamentals of Epidemiology
PSYC 211	Developmental Psychology (Mason Core)
PSYC 231	Social Psychology (Mason Core)
Other course as approved by advisor	
<b>Total Credits</b>	<b>3-4</b>

## Admissions & Policies

### Policies

To complete the minor, students are required to pass at least 15 credits of undergraduate coursework. At least 6 credits must be completed at Mason, and no more than 3 credits of C- or D in the minor are accepted.

Students should be familiar with university-wide requirements for minors described in AP5.3.4 Minors.

## Requirements

### Minor Requirements

Total credits: minimum 15

Students are required to take an introductory nutrition course such as NUTR 295 Introduction to Nutrition (Mason Core) before beginning coursework in this minor.

### Required Courses

Code	Title	Credits
NUTR 420	Strategies for Nutrition Education <sup>1</sup>	3
NUTR 421	Community Nutrition <sup>1</sup>	3
NUTR 422	Nutrition throughout the Life Cycle	3
NUTR 423	Nutrition and Chronic Illnesses	3
<b>Total Credits</b>		<b>12</b>

<sup>1</sup> NUTR 466 Nutrition and Weight Management: Obesity, Anorexia, and Bulimia can be used to substitute for either NUTR 420 or NUTR 421.

### Elective

Code	Title	Credits
<b>Select at least three credits from the following list:</b>		<b>3-4</b>
CHEM 102	Chemistry for Changing Times (Mason Core)	
CHEM 463	General Biochemistry I	
NUTR 466	Nutrition and Weight Management: Obesity, Anorexia, and Bulimia	
NUTR 583	Food and Culture	