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.

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 AP.5.3.4 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

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>NUTR 420</td>
<td>Strategies for Nutrition Education ¹</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 421</td>
<td>Community Nutrition ¹</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 422</td>
<td>Nutrition throughout the Life Cycle</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 423</td>
<td>Nutrition and Chronic Illnesses</td>
<td>3</td>
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<tr>
<td></td>
<td>Total Credits</td>
<td>12</td>
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</tbody>
</table>

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

Elective

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