

**Nutrition Minor
Curriculum Guide
(18 credit hours)**

The Nutrition minor at West Chester University is designed to impart fundamental nutrition knowledge and an interdisciplinary understanding of the relationship between nutrition, health, physical fitness, and well-being. The minor provides learning experiences that build upon and integrate knowledge from supporting disciplines. The curriculum focuses on foods and nutrition with attention given to knowledge application to the maintenance of health and well being of humans throughout their life.

A minor in Nutrition requires students to complete three core courses, as well as, three elective courses from the selections that follow. A "C" grade or better must be earned in each of these courses before clearance for graduation with a minor will be granted.

Sem/Yr	Course	Cr	Gr	Req	Prereq
Core Courses (<u>complete all three</u>)					
_____	NTD 205 Prin Food Sel and Prep	3	_____	C	
<i>NTL 205 (foods lab) is not required for minors. The lab is for nutrition majors only.</i>					
_____	NTD 303 Intro Prin Human Nutrition	3	_____	C	
_____	NTD 309 Nutr Thru Lifecycle	3	_____	C	NTD 303
Elective Courses (<u>select three</u>)					
_____	NTD 200 Nutrition and Culture (J) 3	_____	C		
_____	NTD 301 Consumer Nutrition	3	_____	C	
_____	NTD 302 Vegetarian Nutrition	3	_____	C	
_____	NTD 311 Current Topics in Dietetics	3	_____	C	NTD 309
_____	NTD 420 Perspectives on Obesity	3	_____	C	
_____	NTD 422 Nutr for Health, Fit & Sport	3	_____	C	NTD 303 or permission of instructor
_____	NTD 435 Nutrition & Diet Workshop	3	_____	C	Chosen under advisement with Minor advisor
_____	PSY 481 Eating Disorders	3	_____	C	PSY 257 or 375

Note: Prior to Fall 2005 the prefix for NTD courses was HEA

Procedures for Declaring a Nutrition Minor

1. Students who want to minor in Nutrition must complete an *Application For Minor* form.
2. Consult with your major advisor and department chairperson. Obtain approval to minor in Nutrition; signatures are required (see Application For Minor form).
3. Take the *Application For Minor* form to Dr. Roger Mustalish, H207, for his signature.
4. Submit the completed *Application For Minor* form to the Office of the Registrar (Bull Center).
5. When you initiate the process for graduation clearance, the Office of the Registrar also contacts the Department of Health for your minor clearance.
6. Once the Application For Minor form is submitted, either the requirements for the minor must be met or the minor must be removed (Remove a Minor Form) before graduation from the University is granted.

Should you have questions, feel free to call (X3113), e-mail (swalz@wcupa.edu), or visit with (H312) Dr. Sandra Walz, Nutrition Minor Program Advisor.