

**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 will provide 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 cycle.

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 (<i>complete all three</i>)					
_____	NTD 205 Prin Food Sel and Prep	3	_____	C	
_____	NTD 303 Intro Prin Human Nutrition	3	_____	C	
_____	NTD 309 Nutr Thru Lifecycle	3	_____	C	NTD 303
Elective Courses (<i>select three</i>)					
_____	NTD 200 Nutrition and Culture (J)3	_____	C		
_____	NTD 307 Consumer Nutrition	3	_____	C	NTD 303 or Equiv
_____	NTD 422 Nutr for Health, Fit & Sport	3	_____	C	NTD 303 or permission of instructor
_____	NTD 420 Perspectives on Obesity	3	_____	C	
_____	NTD 435 Nutrition & Diet Workshop	3	_____	C	
_____	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.

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