Nutrition Education (BS)

The Department of Athletic Training and Nutrition (ATN) within the Moyes College of Education offers an undergraduate program in Nutrition Education with two emphasis options: Sports Nutrition; and Integrative Nutrition. Students may declare one or both emphases. The Nutrition Education major program prepares students for a variety of non-Registered Dietitian Nutritionist (RDN) job outcomes and for graduate school to pursue advanced degrees.

The Sport’s Nutrition Educator graduate will have demonstrated competence and knowledge in chemistry, anatomy, physiology, diet analysis and design, sports and fitness nutrition, diet therapy, lifespan nutrition, research, and related exercise science topics with cultural application and sensitivity for individuals and athletes. Information is provided for typical graduate Registered Dietitian Nutritionist (RDN) program pre-requisites. The prerequisites vary somewhat from one graduate program to another and it is the student’s responsibility to ensure that all pre-professional courses fulfill entrance requirements.

Integrative nutrition includes nutrition as it intersects with other related fields to support health and wellbeing of individuals and groups. The Integrative Nutrition Educator graduate will have demonstrated competence and knowledge in diet analysis and design, fitness nutrition, lifespan nutrition, sustainable cooking, and related exercise science, health, child and family studies, botany, microbiology, physical education, recreation, and/or psychology topics with cultural application and sensitivity.

- **Program Prerequisites:** Not required.
- **Minor:** Not required.
- **Grade Requirements:** A GPA of 2.75 or higher in all courses required for this major. The overall GPA must be 2.00 or better. No more than one “D” is acceptable.
- **Credit Hour Requirements:** A total of 120 credit hours is required for graduation; a total of 60 credit hours for this major. This includes 12-17 credit hours of required general education requirements. A total of 40 upper division credit hours are required for graduation with 29-30 upper division hours possible within the required courses for the major track options.

Advisement

All Nutrition Education students are encouraged to meet the ATN department academic advisor at least twice a year. Call 801-626-6696 or send a message to rachelbrock@weber.edu for more information or to schedule an appointment.

Admissions Requirements

Make application with the ATN Department and declare the program of study (see Enrollment Services and Information).

General Education

Refer to Degree and General Education Requirements for Bachelor of Science requirements.
Major Course Requirements for BS Degree (60 credit hours)

Complete the Nutrition Education required core, select the Integrative Nutrition emphasis or Sports Nutrition emphasis and complete the required, elective, and general education and support courses in the selected emphasis.

**Nutrition Education Required Core Courses (17 credit hours, 12 Upper Division credits)**

- **NUTR 2320 - Food Values, Diet Design and Health** Credits: (3)
- **NUTR 2420 - Childhood and Adolescent Nutrition** Credits: (2)
- **NUTR 3320 - Health and Nutrition in the Older Adult** Credits: (3)
- **NUTR 3420 - Multicultural Health & Nutrition** Credits: (3)
- **NUTR 4420 - Nutrition and Fitness** Credits: (3)
- **NUTR 4320 - Current Issues in Nutrition** Credits: (2)
- **NUTR 4990 - Senior Seminar** Credits: (1)

**INTEGRATIVE NUTRITION Emphasis**

**Required General Education Courses (17 credit hours, 0 Upper Division, 17 General Education)**

- **CHEM 1210 PS - Principles of Chemistry I** Credits: (5) or **CHEM 1110 PS - Elementary Chemistry** Credits: (5)
- **COMM 2110 HU - Interpersonal and Small Group Communication** Credits: (3)
- **HLTH 1030 SS - Healthy Lifestyles** Credits: (3)
- **NUTR 1020 LS - Science and Application of Human Nutrition** Credits: (3)
- **PSY 1010 SS - Introductory Psychology** Credits: (3) or **CHF 1500 SS/DV - Human Development** Credits: (3)

**Required Courses (10 credit hours, 2 Upper Division credits)**

- **ESS 2300 - Health/Fitness Evaluation and Exercise Prescription** Credits: (3)
- **NUTR 1240 - Nutrition and Sustainable Cooking** Credits: (3)
- **NUTR 2220 - Prenatal and Infant Nutrition** Credits: (2)
- **NUTR 4860 - Field Experience** Credits: (1-2) (2 credits required)

**Electives (16 credit hours required, 16 Upper Division credits possible, check requirements for Upper Division)**

- **AT 3080 - Statistics and Evidence-Based Practice** Credits: (3)
- **BTNY 2303 - Ethnobotany** Credits: (3)
- **BTNY 3583 - Herbal Medicines** Credits: (3)
- **CHF 3150 - Consumer Rights and Responsibilities** Credits: (3)
- **CHF 4400 - The Family in Stress** Credits: (3)

- **COMM 3820 - Persuasive Communication** Credits: (3) or
- **NET 3250** - Business Communication Credits: (3) or
- **MGMT 3200** - Managerial Communications Credits: (3)

- **HLTH 1110** - Stress Management Credits: (3)
- **HLTH 2400** - Mind/Body Wellness Credits: (3)
- **HLTH 3400** - Substance Abuse Prevention Credits: (3)
- **HLTH 4700** - Wellness Coaching Credits: (3)
- **MICR 3203** - The Immune System in Health & Disease Credits: (3)
- **NUTR 3020** - Sports Nutrition Credits: (3)
- **NUTR 4440** - Advanced Human Nutrition Credits: (3)
- **NUTR 4520** - Directed Undergraduate Nutrition Research Credits: (1-4)
- **PE 1080** - Strength Training, Level I Credits: (1)
- **PEP 3280** - Methods of Teaching Strength and Conditioning Credits: (3)
- **PEP 3290** - Methods of Teaching Fitness for Life Credits: (3)

- **PSY 3000** - Child Psychology Credits: (3) or
- **PSY 3140** - Adolescent Psychology Credits: (3) or
- **PSY 3560** - Group Dynamics and Counseling Credits: (3)

- **PSY 3255** - Conditioning, Learning, & Behavior Modification Credits: (3)

- **PS 3203** - Customer Service Techniques Credits: (3) or
- **PS 3563** - Principles of Sales Supervision Credits: (3)

- **OCRE 3230** - Wilderness Nutrition & Backcountry Cooking Credits: (4)

**SPORTS NUTRITION Emphasis**

**Required General Education and Support Courses (16 credit hours, 12 General Education, 0 Upper Division)**

- **CHEM 1210 PS** - Principles of Chemistry I Credits: (5) (w/ lab)

- **HTHS 1110 LS** - Integrated Human Anatomy and Physiology I Credits: (4) or
- **ZOOL 2100** - Human Anatomy Credits: (4)

- **HTHS 1111** - Integrated Human Anatomy and Physiology II Credits: (4) or
- **ZOOL 2200 LS** - Human Physiology Credits: (4)

- **NUTR 1020 LS** - Science and Application of Human Nutrition Credits: (3)

**Required Courses (21 credit hours, 11 Upper Division credits)**

- **CHEM 1220** - Principles of Chemistry II Credits: (5) (w/ lab)
- **CHEM 2310** - Organic Chemistry I Credits: (4)
- **CHEM 2315** - Organic Chemistry I Lab Credits: (1)
- **CHEM 3070** - Biochemistry I Credits: (3)
- **NUTR 3020** - Sports Nutrition Credits: (3)
Electives (6 credit hours required, 6 Upper Division credits possible)

- AT 2430 - Prevention and Care of Musculoskeletal Injuries Credits: (3)
- ESS 2300 - Health/Fitness Evaluation and Exercise Prescription Credits: (3)
- ESS 3450 - Structural Kinesiology Credits: (3)
- ESS 3500 - Biomechanics Credits: (3)
- ESS 3510 - Exercise Physiology Credits: (3)
- ESS 3600 - Measurement and Statistics in Exercise Science Credits: (3)
- ESS 4370 - Clinical Exercise Physiology Credits: (3)
- NUTR 1120 - Nutrition for the Athlete Credits: (2)
- NUTR 1240 - Nutrition and Sustainable Cooking Credits: (3)
- NUTR 4530 - Directed Undergraduate Nutrition Research Credits: (1-4)
- NUTR 4860 - Field Experience Credits: (1-2)
- PE 1080 - Strength Training, Level I Credits: (1)
- PEP 3280 - Methods of Teaching Strength and Conditioning Credits: (3)

- PEP 3400 - Sport Psychology for Coaches Credits: (3) or
- PSY 3010 - Abnormal Psychology Credits: (3) or
- AT 3200 - Psychology of Sport, Injury & Rehabilitation Credits: (3)

- OCRE 3230 - Wilderness Nutrition & Backcountry Cooking Credits: (4)

Additional Suggested Courses Needed for many Graduate Registered Dietitian programs (includes General Education)

- ECON 1010 SS - Economics as a Social Science Credits: (3) or
- ECON 2010 SS - Principles of Microeconomics Credits: (3) or
- SOC 1010 SS/DV - Introduction to Sociology Credits: (3) or
- PSY 1010 SS - Introductory Psychology Credits: (3)

- ENGL 2010 EN - Intermediate College Writing Credits: (3)
- MATH 1040 QL - Introduction to Statistics Credits: (3)
- MATH 1050 QL - College Algebra Credits: (4)
- PHYS 1010 PS - Elementary Physics Credits: (3)
- ZOOL 1020 LS - Human Biology Credits: (3)