

Nutrition and Healthy Living, Minor

NUNHLMIN

Learn how to lead and educate others on healthy lifestyles and disease prevention. Select your courses based on personal interest, complement your degree and boost your knowledge of nutrition and overall wellness.

Description

The nutrition and healthy living minor provides students with a greater understanding of how nutrition contributes to healthy lifestyles and disease prevention.

Students have the opportunity to mix and match classes in areas such as:

- body image and wellness
- counseling and communication in different mediums
- eating for lifelong health
- the history and cultural aspects of food
- nutrition in the community
- sports nutrition

At a glance

- **College/School:** [College of Health Solutions](#)
- **Location:** [Downtown Phoenix](#)

Program requirements

[2024 - 2025 Minor Map](#)

[Minor Map \(Archives\)](#)

The minor requires a total of 18 credit hours. A grade of "C" (2.00 on a 4.00 scale) or better is required for each course in the minor.

Some courses in this minor require CHM 101 (or CHM 113) as a prerequisite. Please ensure all prerequisites are met when planning this minor.

Required Courses -- 9 credit hours

[NTR 100: Introduction to Nutrition Science](#) or [NTR 241: Human Nutrition](#) (3)

[NTR 345: Development of Healthy Cuisines](#) (3)

[NTR 450: Nutrition in the Life Cycle \(SOBE OR SB\)](#) or [HSC 355: Eating for Lifelong Health \(SOBE OR SB\)](#) (3)

Upper-Division Electives (select three) -- 9 credit hours

[HEP 380: Body Image and Wellness](#) (3)

[NTR 320: History of Human Nutrition \(HUAD OR H\)](#) (3)

[NTR 348: Cultural Aspects of Food \(GCSI OR SB & C & G\)](#) (3)

[NTR 350: Nutrition Counseling](#) (3)

[NTR 351: Nutrition Communication \(L\)](#) (3)

[NTR 353: The Western Diet](#) (3)

[NTR 390: Current Nutrition Research](#) (3)

[NTR 448: Community Nutrition \(L\)](#) (3)

[NTR 453: Nutrition and the Media](#) (3)

[NTR 457: Sports Nutrition](#) (3)

[NTR 480: Integrative and Functional Nutrition](#) (3)

Prerequisite courses may be needed in order to complete the requirements of this minor.

Enrollment requirements

GPA Requirement: 2.00

Incompatible Majors: BS in dietetics; BS in food and nutrition entrepreneurship; BS in health sciences (healthy lifestyles and fitness science); BAS in food and nutrition entrepreneurship; BS in nutritional science

Other Enrollment Requirements: None

Current ASU undergraduate students may pursue a minor and have it recognized on their ASU transcript at graduation. Minor requirements appear on the degree audit once the minor is added. Certain major and minor combinations may be deemed inappropriate by the college or department of either the major or the minor program. Courses taken for the minor may not count toward both the major and the minor.

Career opportunities

Minor programs allow students to develop additional competencies that complement the marketable knowledge and skills they acquire in their majors.

Graduates of the minor in nutrition and healthy living have a basic understanding of nutrition needs through the life cycle and how to put that knowledge to use in the community, which is of particular benefit to those pursuing careers in public health, the medical field or workplace wellness.

Many graduates participate in activities such as:

- conducting academic research
- developing and preparing recipes that meet nutritional guidelines
- informing the community about food through social media and web platforms
- providing people of all ages with general nutrition information

Contact information

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