



Nutrition/Nutrition Track, BS

Department: [Food and Nutrition](#)
College: [Health and Human Services](#)
Website: <https://www.iup.edu/foodnutrition/undergrad/nutrition-bs/>

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Program Description: The nutrition track prepares students for a professional role in public health, food service administration, culinary arts, journalism, communications, business, and gerontology. This degree also serves as good preparation for furthering your education through graduate studies. The nutrition track is designed as a solid education in nutrition combined with a related discipline as a subject minor or core concentration.

Career Opportunities: According to the Occupational Outlook Handbook from [the Bureau of Labor Statistics](#), nutritionists are experts in the use of food and nutrition to promote health by advising people to lead a healthy lifestyle or achieve a specific health-related goal. Nutritionists work in many settings, including community nutrition, foodservice management (e.g., hospitals, prisons, schools), state and local governments, nonprofit agencies, and healthcare. Health coaching, research, and social media/journalism are upcoming opportunities. Employment is projected to grow 8 percent from 2019 to 2029, much faster than the average of all occupations. In May 2019, the median annual wage (includes dietitians and nutritionists) was \$61,270. The lowest 10 percent earned less than \$38,890, and the highest 10 percent earned more than \$87,360.

Student Organizations: All students are encouraged to become members of the [IUUP Student Association of Nutrition and Dietetics \(SAND\)](#). Student members regularly participate in fundraising and volunteer activities that provide them nutrition education experiences. SAND promotes National Nutrition Month on campus with a variety of events, and throughout the year there are many professional opportunities for leadership and networking. Students may also attend regional dietetic conferences and the national Food and Nutrition Conference and Expo (FNCE), which is one of the largest professional conferences in the field of nutrition. Upper level students may also serve as Department Ambassadors who meet and assist prospective students and represent the department at some university events.

Experiential Learning: Experiential learning is integrated in many courses that include hands-on, interactive components. Students learn through foods laboratory classes and experimental foods classes how food is integral to overall health and well-being. Students have [opportunities](#) to become involved in community-nutrition projects (e.g., Health Huts to Go) as well as with the department's Sports Performance Nutrition Services office and fueling station. Opportunities to engage with faculty through research and service projects are also available.



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Four-year Sequencing:

Four-year Course Sequencing

The below four-year plan outlines the courses required in each semester of your baccalaureate degree. The goal is for you to visualize the years to come and understand what courses or other requirements are needed in order to graduate in four years. This also allows you to plan with your advisor for important engagement activities that support your higher education goals, such as planning for an internship, research, and/or study abroad. The summer and winter terms are also an opportunity to take courses or accomplish other goals.

Freshman Year: Fall			Freshman Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
CHEM 101	College Chemistry I	4	CHEM 102	College Chemistry II	4
(or) BIOL 104	Human Biology: How the Body Works		(or) BIOL 106	Human Genetics & Health	Or 3
FDNT 110	Careers in Food and Nutrition	1	FDNT 150	Foods Lecture	3
HIST (LS)	196, 197, 198	3	FDNT 151	Foods Lab	1
ENGL 101	Composition I	3	XXXX 143	Health & Wellness Requirement	3
LS Req	Any Social Science	3	LS Elective	No course with FDNT prefix	3
Total Fall		14	Total Spring		13-14

Sophomore Year: Fall			Sophomore Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
Fine Arts	LS Requirement	3	MATH 217	Probability & Statistics	3
ENGL 202	Composition II	3	FDNT 213	Lifecycle Nutrition	3
FDNT 212	Nutrition	3	ENGL 121	Humanities Literature	3
PHIL/RLST	Philosophy or Relig. Studies	3	FDNT XXX	200 level or above	3
LS Req	Any Social Science	3	XXX	2 nd major/minor/cert course	3
Total Fall		15	Total Spring		15

Junior Year: Fall			Junior Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
FDNT 364	Methods of Teaching	3	FDNT 402	Community Nutrition	3
FDNT XXX	200 level or above	3	XXX	Free Elective	3
XXX	2nd major/minor/cert course	3	FDNT XXX	200 level or above	3
XXX	2nd major/minor/cert course	3	XXX	2nd major/minor/cert course	3
LS Req	Any Social Science	3	XXX	2nd major/minor/cert course	3
Total Fall		15	Total Spring		15

Senior Year: Fall			Senior Year: Spring		
Course	Course Description	Credits	Course	Course Description	Credits
XXX	Free Elective	3	XXX	Free Elective	3
XXX	2nd major/minor/cert course	3	XXX	2nd major/minor/cert course	3
XXX	2nd major/minor/cert course	3	XXX	2nd major/minor/cert course	3
FDNT 493	Internship	3	XXX	2nd major/minor/cert course	3
XXX	Free Elective	3	XXX	2nd major/minor/cert course	3
XXX	Free Elective	2-3			
Total Fall		17-18	Total Spring		15

Total Credits for Degree: 120



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Summary of Requirements

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Summary of Requirements: As part of the Nutrition track, students choose a second major, minor, or certificate to complement the nutrition degree. Minor options include anthropology, biochemistry, biology, biomedical sciences, business administration, chemistry, child development and family relations, communications media, community health, exercise science, global health, hospitality management, journalism and public relations, psychology, sociology, or sustainability studies. Students that desire certification as a Certified Health Education Specialist (CHES) must also choose KHSS 341 Evaluation in Health and Physical Education and NURS 410 Health Promotion and Social Issues. Depending on career goals, different chemistry and biology coursework may be needed in addition to the Natural Science Liberal Studies requirements. Students that desire to change to the dietetics track should select CHEM 101/102.

Liberal Studies (43-44 credits)

Course	Credits	Grade
Learning Skills: English Composition (6 credits)		
ENG 101 Composition	3	
ENGL 202 Composition II	3	

Learning Skills: Mathematics (3 credits)		
MATH 217 Probability and Statistics	3	

Humanities (9 credits)		
HIST 196 or 197 or 198	3	
ENGL 121 Humanities Literature	3	
PHIL/RLST Select one from the course list	3	

Fine Arts (3 credits)		
Select one from the list	3	

Natural Sciences (7-8 credits) *Choose One Below		
CHEM 101/102 College Chemistry I & II	8	
BIOL 104/106 Human Biology & Human Genetics	7	

Social Sciences (9 credits)		
Select one from the list	3	
Select one from the list	3	
Select one from the List (Global/Multicultural)	3	

Health and Wellness (3 credits)		
Select from the course list	3	

Liberal Studies Electives (3 credits) – No FDNT prefix		
BIOL 106 Human Genetics & Health – if not above	3	
Global/Multicultural (if not completed above)		

Nutrition/Nutrition Track Core Requirements

Course	Credits	Grade
FDNT 110 Careers in Food and Nutrition	1	
FDNT 150 Foods Lecture	3	
FDNT 151 Foods Lab	1	
FDNT 212 Nutrition	3	
FDNT 213 Lifecycle Nutrition	3	
FDNT 364 Methods of Teaching	3	
FDNT 402 Community Nutrition	3	
FDNT 493 Internship	3	
Total Required Courses	20	

Controlled Electives	
FDNT Electives (200 level and above)	6-12
Minor, certificate, or core concentration	18-21
Total	27-30

Summary by Category (Total = 120)	Credits
Liberal Studies	43-44
Nutrition/Nutrition Tract Core	20
Controlled Electives	27-30
Free Electives	23-32

- [Global/Multicultural](#), 3 credits required but if you complete in the Social Sciences category, this is completed.
- Writing Intensive requirement is built into the program.
- Review [Degree Works](#) for your progress toward the degree.