NUTRITION, HEALTH AND WELLNESS, MINOR

A healthy lifestyle, including a holistic approach to food and exercise, is encouraged for people to lead a robust life. An evidence-based approach to health and wellness is important to balance the abundance of information surrounding this topic and to encourage lifelong learning. Saint Louis University’s Nutrition, Health and Wellness Minor aligns with the Jesuit principle of *cura personalis* — the development of a whole person, mind, body and spirit.

This interdisciplinary 15-credit minor provides a nutrition, health and wellness emphasis. Foundations in Nutrition (DIET 2080) is a prerequisite for Nutrition in the Lifecycle (DIET 2100); other courses may be taken in any sequence. Students are required to gather representative works from each course in the minor and assemble them into a portfolio.

Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 1460</td>
<td>Exercise and Health</td>
<td>3</td>
</tr>
<tr>
<td>DIET 2100</td>
<td>Nutrition in the Lifecycle</td>
<td>3</td>
</tr>
<tr>
<td>DIET 2080</td>
<td>Foundations in Nutrition</td>
<td>3</td>
</tr>
</tbody>
</table>

**Nutrition, Health and Wellness Elective**

Select two courses from the following: 6

- ASTD 2800 Sports in American Culture
- ASTD 3600 American Food and Cultures
- DIET 2510 Principles of Food Preparation
- DIET 3030 Sustainable Food Systems
- EDI 4361 Art and Science of Human Flourishing
- MAT 6160 Enhancing Human Performance
- PSY 4150 Science of Sleep
- PSY 3440 Sports Psychology
- SOC 2110 Sociology of Sport

Total Credits 15

Non-Course Requirements

- Students will be required to gather representative works from each course in the minor and assemble them into a portfolio.
- The portfolio will be due at the end of the last course taken in the minor.

Continuation Standards

A student must maintain an overall 2.00 grade point average.

Contact Us

Apply for Admission (https://www.slu.edu/admission/)

Contact Doisy College of Health Sciences:

Julie Miller
Recruitment Specialist
314-977-2570
dchs@health.slu.edu