

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

Code	Title	Credits
Foundation Courses		
BIOL 1460	Exercise and Health	3
DIET 2100	Nutrition in the Lifecycle	3
DIET 2080	Foundations in Nutrition	3
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:

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