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>
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<tbody>
<tr>
<td>BIOL 1460</td>
<td>Exercise and Health *</td>
<td>3</td>
</tr>
<tr>
<td>DIET 2080</td>
<td>Foundations in Nutrition</td>
<td>3</td>
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<tr>
<td>DIET 2100</td>
<td>Nutrition in the Lifecycle</td>
<td>3</td>
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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
- EXSC 4260  Enhancing Human Performance
- PSY 4150  Science of Sleep
- PSY 3440  Sports Psychology
- SOC 2110  Sociology of Sport

Total Credits 15

* If a student takes EXSC 3230 Exercise Physiology (3 cr) (or DPT 3230 or MAT 3230) it will qualify for the BIOL 1460 Exercise and Health (3 cr) requirement.

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
Recruitment specialist
314-977-2570
dchs@health.slu.edu