

# NUTRITION, HEALTH AND WELLNESS, MINOR

The minor in nutrition, health, and wellness focuses on whole-person well-being and helps students understand how nutrition, physical activity, culture and lifestyle influence health. Students build skills to navigate today's complex health information landscape by learning how to critically evaluate and dispel nutrition and wellness misinformation. Grounded in Jesuit values of *cura personalis*, or care for the whole person, this minor equips students with foundational knowledge in nutrition, health and wellness they can apply to their own lives, future careers and the communities they serve.

SLU's interdisciplinary 15-credit minor provides a nutrition, health and wellness emphasis. Foundations in Nutrition (DIET 2080) is a prerequisite for Nutrition Across the Lifespan (DIET 2100); other courses may be taken in any sequence.

## Requirements

Code	Title	Credits
<b>Foundation Courses</b>		
BIOL 1460	Exercise and Health <sup>1</sup>	3
DIET 2080	Foundations in Nutrition	3
DIET 2100	Nutrition Across the Lifespan	3
<b>Nutrition, Health and Wellness Electives</b>		<b>6</b>
Choose two courses with the Nutrition, Health, and Wellness minor elective attribute (p. 1)		
<b>Total Credits</b>		<b>15</b>

<sup>1</sup> If a student takes EXSC 3230 Exercise Physiology (3 cr) (or its previous iterations in the form of 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.

## Nutrition, Health, and Wellness Minor attributed courses

Code	Title	Credits
AAM 4361	Art and Science of Human Flourishing	3
ASTD 2800	Sports in American Culture	3
ASTD 3600	American Food and Cultures	3
DIET 2510	The Art and Science of Cooking	0,3
DIET 2511	Food, Culture, and Society	3
DIET 2750	World Cuisines	3
DIET 3250	Baking and Pastry	3
DIET 3600	Food Science	3
DIET 3850	Nutritional Biochemistry and Metabolism	3
DIET 4030	Sustainable Food Systems	3
DIET 4060	Maternal and Child Nutrition & Health	3
DIET 4300	Foundations in Community Nutrition	3
EXSC 4260	Enhancing Human Performance	3
NURS 3370	Essentials of Therapeutic Nutrition: A Nursing Approach	2
PSY 3440	Sports Psychology	3

PSY 4150	Science of Sleep	3
SOC 2110	Sociology of Sport	3

## Madrid

A healthy lifestyle, including a holistic approach to food and exercise, is recommended for people to lead a robust life. An evidence-based approach to health and wellness is important to balance the wealth of information in this always-evolving field and to encourage lifelong learning. This minor aligns with the Jesuit principle of *cura personalis*: the development of a whole person – mind, body and spirit.

SLU-Madrid's nutrition, health and wellness minor has been designed to provide students with a broad background in whole-person well-being. It is an excellent complement to any major related to health sciences, such as public health, nursing or pre-med, or even for students in nonmedical degrees like engineering or business. As a student at SLU-Madrid, you will work with faculty members from across the globe who are committed to excellent teaching, mentoring and scholarship.

All courses are instructed online, with some in-person availability. DIET 2080 Foundations in Nutrition (3 cr) is a prerequisite for DIET 2100 Nutrition Across the Lifespan (3 cr); other courses may be taken in any sequence.

## Curriculum Overview

The nutrition minor requires 15 credit hours of coursework, as follows:

- BIOL 1460 Exercise and Health (3 cr) (SLU-Madrid)
- DIET 2080 Foundations in Nutrition (3 cr) (SLU-St. Louis)
- DIET 2100 Nutrition Across the Lifespan (3 cr) (SLU-St. Louis)
- 6 credits of Nutrition, Health and Wellness Electives (SLU-St. Louis)

## Contact Us

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### Contact Doisy College of Health Sciences

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