NSC MINOR
SUMMER ONLINE
**NUTRITION MINOR**

**THE BENEFITS**

**EXPLORE SOMETHING NEW**
If you are interested in the field of nutrition, but are uncertain if you want to make it your major, a minor is a great start!

**FOLLOW YOUR PASSION**
If you are interested in food and nutrition and how they affect your health, a minor is a great way to learn more about this topic!

**ALTERNATIVE TO A MAJOR**
If you are passionate about nutrition, but are not sure if the NSC major is right for you, consider the minor!

**COMPETITIVE EDGE**
In today’s job market, adding a minor will increase your experience; in addition making you a well-rounded applicant, since nutrition is relevant to many different careers!

**ADD SUBSTANCE**
A nutrition minor may complement your major and increase your skill set!
IMPORTANT MINOR INFORMATION

18 TOTAL NSC UNITS REQUIRED

NSC 101 should be completed before the 300 level NSC courses
NSC 255 counts as a Tier II INDV
NSC 310, NSC 353 and NSC 375 count as Tier II NATS

NSC 170C1 will only be able to count towards a Tier I NATS requirement and not towards the minor.
If you have completed NSC 170C1, you will not need to complete NSC 101. NSC 170C1 will meet the intro
nutrition requirement and satisfy the prerequisite to 300 level NSC courses.
NSC seminars and colloquiums will not count towards the NSC Minor
All courses approved for the minor can be taken online in the summer/winter sessions

NUTRITION.CALS.ARIZONA.EDU
NSC COURSES

Approved for minor

NSC 101 Introduction to Human Nutrition: Covers the principles of human nutrition. Topics include digestion, absorption, metabolism, vitamins, minerals, life cycle nutrition and food safety.

NSC 255 Food and Culture: Role of food in a variety of cultures, including how the surrounding environment influences the tastes and flavors of a region. This course will help students to understand commonalities as well as diversities in cuisines and cultures. Students will also develop an appreciation of regional crops and how they contribute to both cuisine and culture.

NSC 301 Nutrition and the Life Cycle: Role of nutrients in human development. Physiological basis for changes in nutrient requirements throughout the pregnancy, lactation, infancy, childhood, adolescence and aging.

NSC 310 Principles of Human Nutrition in Health and Disease: Explore connections between food and nutrition and health and disease. Application of basic nutritional principles in the selection of normal and therapeutic diets.

NSC 315 Sports Nutrition: Basic physiology as it applies to nutrition and sport, nutrient utilization and body composition. Application of nutrition for different sports in training & competition. Strategies for optimal performance in endurance, court & power sports. Practical applications & guest lectures.

NSC 353 Food Science and Safety: Covers basic food science, with a strong food safety component (students can become ServSafe Certified) as well as menu planning and purchasing with a focus on various care facilities (child and adult) that may qualify for government subsidy.

NSC 375 Diet, Genes and Disease: An introduction to the understanding of how food affects genes that are related to diseases such as cancer and obesity, including an outlook to the future of modern science and medicine.

NSC 376 Bioactive Compounds and Food Additives: Bioactive food compounds (BAFC) are components in food that have biological activity in the body, yet have no disease associated with their absence. Food additives are usually meant to affect a food quality, but by proxy can also have biological effects on the body.

NSC 455 Mediterranean Diet and Health Study Abroad: This 5-week, hands-on Nutritional Sciences course takes place in Verona, Italy, a beautiful and historic northern Italian city. Students will have the opportunity to learn about the approach to food preparation, agriculture and community-based cultural activities characteristic to the Mediterranean region. Excursions include visits to olive oil, pasta, and Parmesan cheese processing plants.
# NSC Minor Course Offerings*

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<th>Semester</th>
<th>Course Name</th>
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<td>Pre-sessional</td>
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<td>Food &amp; Culture</td>
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<td>Summer 1</td>
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<td>Health &amp; Disease</td>
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<td>Nutrition &amp; Life Cycle</td>
<td>NSC 301</td>
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<td>Bioactive Compounds</td>
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<td>Diet, Genes &amp; Disease</td>
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<td>Fall</td>
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<td>Winter</td>
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<td>Spring</td>
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<td>Food &amp; Culture</td>
<td>NSC 255</td>
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*This Minor is intended to be completed primarily over summer. All summer courses are offered online. Online offerings vary during the semester.

THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES
Nutritional Sciences
STUDY ABROAD

Mediterranean Diet and Health

Term: Pre-session and Summer I
Location: Verona, Italy
GPA requirement: 2.75
Courses:
NSC 455 or NSC 455H (6 units)
Program includes:
Excursions
Insurance
Housing

Contact:
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WHAT ARE YOU WAITING FOR?

declare a nutrition minor today

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