

### **MINOR INFORMATION:**

- If you're passionate about nutrition but not sure if the nutrition majors are right for you, consider the minor! A nutrition minor may complement your major and increase your skill set. It also gives you a competitive edge in the job market, since nutrition is relevant to many different careers, including nursing, pharmacy, medicine, and other healthcare fields.

### **MINOR REQUIREMENTS:**

- Complete eighteen (18) units
- Nine (9) units of the eighteen must be upper division (300-499 level)
- NSC 101 or NSC 170C1 is a recommended first course and is a pre-requisite to the nutrition elective courses

### **MINOR POLICIES:**

- For students who matriculated prior to Spring 2022, per the general education policy, NSC 170C1 may only satisfy one requirement, the Tier I Natural Sciences or Intro to Human Nutrition requirement. If you choose to use NSC 170C1 towards your Tier I Natural Sciences requirement, you will need to take another nutrition elective in its place to reach the required minor units.
- For students who matriculated prior to Spring 2022, a maximum of two Tier Two general education courses may also be used to satisfy the minor requirements.
- For students who matriculated in Spring 2022 or beyond, up to nine (9) units may double count to fulfill requirements in a major, pre-major, minor, and General Education requirement, provided the units are taken in courses that are approved General Education Exploring Perspectives or Building Connections courses.
- The minor electives listed have been approved for the Nutritional Sciences minor. No other courses may satisfy the electives requirement, unless approved by your Nutritional Sciences minor advisor.

### **DECLARING THE MINOR:**

- Email: [nscadvising@arizona.edu](mailto:nscadvising@arizona.edu) to declare the Nutritional Sciences minor.

### **MINOR ADVISING:**

- For general questions, please email: [nscadvising@arizona.edu](mailto:nscadvising@arizona.edu).

**REQUIRED INTRODUCTORY COURSE (complete three (3) units) :**  
NSC 101 or NSC 170C1 - Introduction to Human Nutrition (3 units)

**ELECTIVES (complete a minimum of fifteen (15) units) :**

NSC 255 - Food & Culture (3 units)  
NSC 301 - Nutrition & The Life Cycle (3 units)  
NSC 308 - Nutrition & Metabolism (3 units)  
NSC 310 - Health & Disease (3 units)  
NSC 315 - Sports Nutrition (3 units)  
NSC 353 - Food Science & Safety (3 units)  
NSC 375 - Diet, Genes & Disease (3 units)  
NSC 376 - Bioactive Food Compounds (3 units)  
NSC 455 - Mediterranean Diet & Health Study Abroad (6 units)  
NSC 475 - Nutrigenomics (3 units)

### **PLAN YOUR MINOR COURSES HERE:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_ (upper division)
- 5) \_\_\_\_\_ (upper division)
- \_\_\_\_\_ (upper division)

\_\_\_\_\_ /18 units

*Minimum units required: 18*

*Upper division units required: 9*

\*This is provided as a guide only. Please meet regularly with your Nutritional Sciences minor advisor to monitor your progress.\*