

**The University of North Carolina at Greensboro  
School of Health and Human Sciences  
Department of Nutrition**

**Nutrition and Wellness Concentration**

*The Nutrition and Wellness Concentration* provides instruction and experience in the basic nutritional sciences, community nutrition, public health education, and exercise and sport science. Graduates may work in a variety of settings such as voluntary and community health organizations, health care, government, education, and the fitness industry. This concentration also prepares students for graduate training in nutrition, public health education, and exercise and sport science.

The purpose for this concentration is to target students who have a strong interest in nutrition, especially as it relates to exercise and health. This concentration is unique as it allows students the opportunity to take a variety of classes that are not limited to nutrition, but include public health education, and exercise and sport science. Students will graduate with a Bachelor of Science in Nutrition and a minor in Health Studies. Although students will be trained in providing nutrition and wellness information, they will not be able to provide medical nutrition therapy as this concentration does not meet the requirements of the American Dietetic Association.

Although this curriculum includes the courses to fulfill a minor in Health Studies, each student must officially declare a minor in Health Studies through the University Registrars Office. A student can declare the minor in Health Studies after he/she has completed 12 credit hours at UNCG and has maintained at least a 2.2 GPA. See the Public Health section of the Undergraduate Bulletin for further details on the minor in Health Studies.

**The University of North Carolina at Greensboro**  
**School of Health and Human Sciences**  
**Curriculum Guide for Nutrition**

**Nutrition and Wellness**  
**Concentration Requirements**

	<u>Semester Hours</u>
<b><u>GENERAL EDUCATION CORE</u> .....</b>	<b>37</b>
<b>HUMANITIES AND FINE ARTS</b>	<b>12</b>
One course from Literature list (GLT)	3
One course from Fine Arts list (GFA)	3
One course from Philosophical/Religious/ Ethical Perspectives list (GPR)	3
One additional course from any of the above	3
<b>HISTORICAL PERSPECTIVES (GHP)</b>	<b>3</b>
One course from Historical Perspectives list	3
<b>SOCIAL AND BEHAVIORAL SCIENCES (GSB)</b>	<b>6</b>
PSY 121 General Psychology	3
One course from Social and Behavioral Science list	3
<b>NATURAL SCIENCES (GNS)</b>	<b>7</b>
BIO 111 Principles of Biology I	4
CHE 103 General Descriptive Chemistry I	3
<b>MATHEMATICS (GMT)</b>	<b>3</b>
STA 108 Elementary Introduction to Probability and Statistics	3
<b>REASONING AND DISCOURSE (GRD)</b>	<b>6</b>
English Composition (ENG 101, FMS 115, or RCO 101)	3
CST 105 Introduction to Communication Studies	3

**GEC MARKER REQUIREMENTS**

**Fulfill the following requirements:**

Two writing intensive courses (indicated WI)\*one must be in the major: NTR 302

Two speaking intensive courses (indicated by SI)\*one must be in the major: NTR 302

Four Global Perspectives courses (indicated by GL or GN)

\*At least one of the courses must have a GN marker (nonwestern course)

\*May include a maximum of two-3 hour courses in a foreign language

## Concentration Requirements

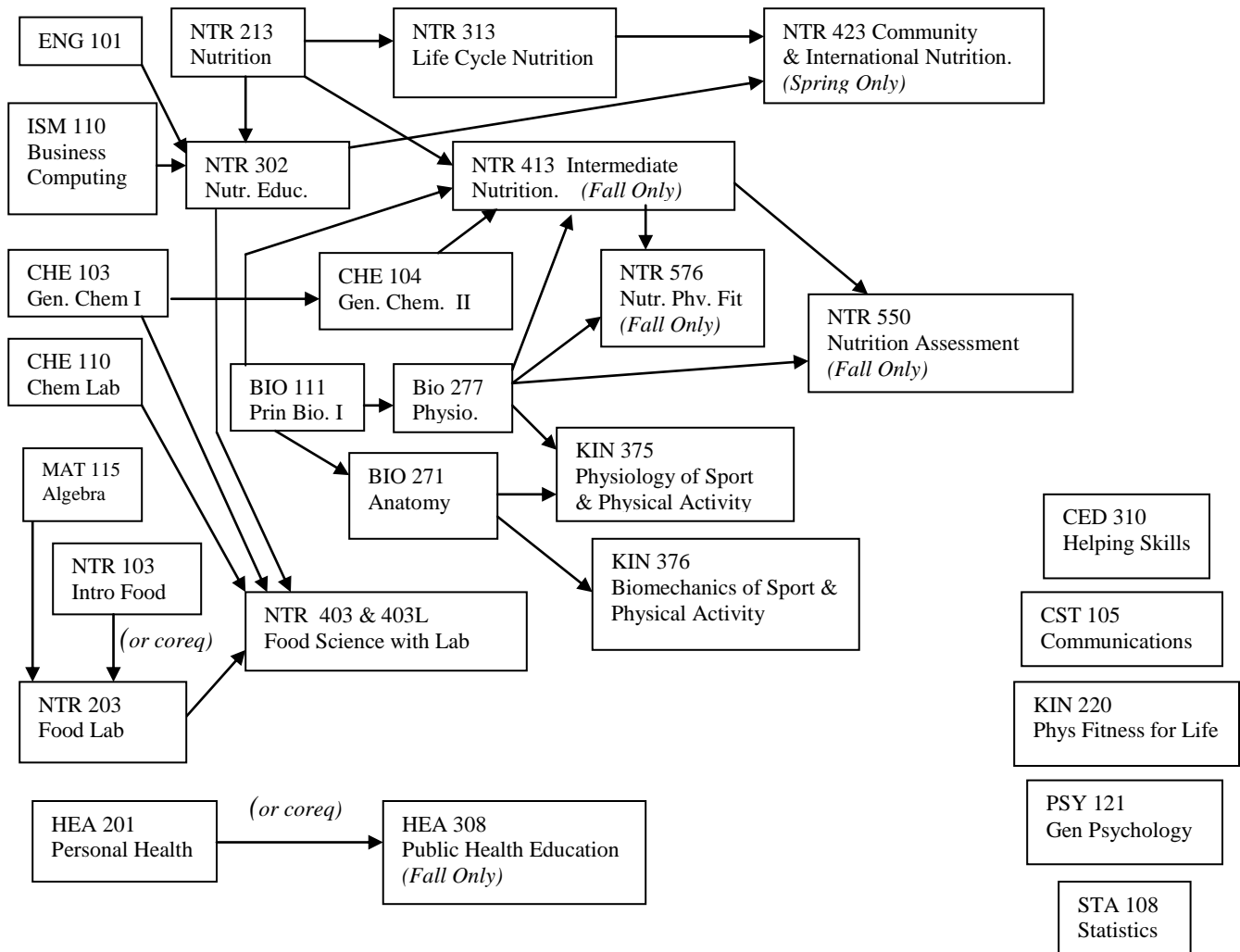
	<u>Semester Hours</u>
<b>General Education Core (See Page 1).....</b>	<b>37</b>
<b>Natural Sciences</b>	<b>12</b>
BIO 271 Mammalian Anatomy	4
BIO 277 Mammalian Physiology	4
CHE 104 General Descriptive Chemistry II	3
CHE 110 Introductory Chemistry Laboratory	1
<b>Courses in the Department of Nutrition</b>	<b>28</b>
NTR 103 Food Selection and Preparation	3
NTR 203 Basic Food Prep and Presentation	1
NTR 213 Introductory Nutrition	3
NTR 302 Nutrition Education and Application Process (WI & SI)	3
NTR 313 Nutrition Throughout the Life Cycle	3
NTR 403&403L Food Science and Technology and lab	3
NTR 413 Intermediate Nutrition	3
NTR 423 Community & International Nutrition	3
NTR 550 Nutrition Assessment	3
NTR 576 Nutrition and Physical Fitness	3
<b>Courses in the Department of Public Health Education</b>	<b>15</b>
HEA 201 Personal Health*	3
HEA 308 Introduction to Public Health Education*	3
<b>Three Courses from the Following List:</b>	
HEA 207 International Health	3
HEA 310 Emotional Health	3
HEA 314 Disease Processes	3
HEA 315 Epidemiology	3
HEA 316 Environmental Health	3
HEA 330 Family Health	3
HEA 333 Health of Women	3
HEA 334 Community Health	3
HEA 347 Health Problems of Lower Income Groups	3
HEA 450 Current Health Problems	3
HEA 470 Adolescent Health	3
HEA 471 Immigrant and Refugee Health	3
<b>Courses in the Department of Exercise and Sport Science</b>	<b>10</b>
KIN 220 Physical Fitness for Life	3
KIN 375 Physiology of Sport and Physical Activity	4
KIN 376 Biomechanics of Sport and Physical Activity	3
<b>Courses in the Department of Information Systems and Operations Management</b>	<b>3</b>
ISM 110 Business Computing I	3
<b>Courses in Counseling and Education Development</b>	<b>3</b>
CED 310 Helping Skills	3
<b>Courses in Department of Mathematics</b>	<b>3</b>
MAT 115 College Algebra	3
<b>Electives</b>	<b>11</b>
	<b>Total: 122</b>

\* Must declare Health Studies minor (See catalog for additional requirements).

Nutrition and Wellness Nutrition and Related Area Courses

The following NTR and related area courses are taken in sequence.

Arrows indicate prerequisite courses required for progression through the major.



Plus any 3 of the following courses in Public Health:

<u>Course</u>	<u>Registration Requirement</u>
HEA 207 International Health.....	none
HEA 310 Emotional Health .....	Junior or Senior standing
HEA 314 Disease Processes .....	Prereq: BIO 111
HEA 315 Epidemiology (Fall only).....	Prereq or Coreq: MAT 115 or STA 108
HEA 316 Environmental Health (Spring Only).....	none
HEA 333 Health of Women.....	none
HEA 334 Community Health .....	Sophomore standing
HEA 347 Health Problems of Lower Income Groups.....	Sophomore standing
HEA 450 Current Health Problems.....	none
HEA 470 Adolescent Health (Spring Only).....	Junior or Senior standing
HEA 471 Immigrant and Refugee Health (Spring Only).....	Junior or Senior standing