NUTRITION MAJOR, B.S.P.H.

Contact Information

Department of Nutrition
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The bachelor of science in public health (B.S.P.H.) program in nutrition introduces the undergraduate student to the science of nutrition in health and disease and to social and behavioral aspects of eating in the context of public and individual health. The Department of Nutrition is one of the top-ranked nutrition departments in the country. The curriculum offers a range of courses on the nutritional and epidemiological aspects of human diseases. Students who graduate with a B.S.P.H. degree in nutrition have the necessary prerequisites for applying to schools of medicine, dentistry, pharmacy, and veterinary medicine, as well as graduate programs in nutrition and to participate in nutrition research projects or explore other related areas of interest. Students who are admitted to the B.S.P.H. program in nutrition can apply for a B.S.P.H/M.S. dual degree, which can be completed within one year after completion of the B.S.P.H. program.

Admission (http://catalog.unc.edu/undergraduate/schools-college/public-health) to the program is required.

Student Learning Outcomes

Upon completion of the nutrition program, students should be able to:

- Demonstrate knowledge of metabolism of nutrients, nutritional biochemistry, and the nutritional components of diseases
- Demonstrate competency in biostatistics, and knowledge of environmental sciences, health policy management, health behavior and health education, and epidemiology
- Demonstrate basic knowledge in nutritional needs of individuals across the life cycle
- Demonstrate practice skills that involves application of the scientific method in the areas of nutritional biochemistry, nutritional epidemiology, and intervention and policy

Prerequisite Courses Required for Admission

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 101 &amp; 101L</td>
<td>Principles of Biology and Introductory Biology Laboratory¹, H</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 252 &amp; 252L</td>
<td>Fundamentals of Human Anatomy and Physiology and Fundamentals of Human Anatomy and Physiology Laboratory¹</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 101 &amp; 101L</td>
<td>General Descriptive Chemistry I and Quantitative Chemistry Laboratory I</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 102</td>
<td>General Descriptive Chemistry II¹, H</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 102L</td>
<td>Quantitative Chemistry Laboratory II¹</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 261</td>
<td>Introduction to Organic Chemistry I¹, H</td>
<td>3</td>
</tr>
<tr>
<td>MATH 231</td>
<td>Calculus of Functions of One Variable I¹, H</td>
<td>3-4</td>
</tr>
<tr>
<td>or MATH 241</td>
<td>BioCalculus I</td>
<td>1</td>
</tr>
<tr>
<td>NUTR 240</td>
<td>Introduction to Human Nutrition¹</td>
<td>3</td>
</tr>
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</table>

Courses in mathematics not completed during the first two years may be taken during the junior year.

¹ Honors version available. An honors course fulfills the same requirements as the nonhonors version of that course. Enrollment and GPA restrictions may apply.

² Must receive a C (not C-) or better.

Requirements

In addition to the program requirements listed below, students must

- attain a final cumulative GPA of at least 2.0
- complete a minimum of 45 academic credit hours earned from UNC–Chapel Hill courses
- take at least half of their major course requirements (courses and credit hours) at UNC–Chapel Hill

For more information, please consult the degree requirements section of the catalog (http://catalog.unc.edu/undergraduate/general-education-curriculum-degree-requirements/#degreerequirementstext).
Nutrition Major, B.S.P.H.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHYS 115</td>
<td>General Physics II: For Students of the Life Sciences</td>
<td>4</td>
</tr>
<tr>
<td>or PHYS 119</td>
<td>Introductory Calculus-based Electromagnetism and Quanta</td>
<td></td>
</tr>
</tbody>
</table>

Total Hours: 58

H: Honors version available. An honors course fulfills the same requirements as the nonhonors version of that course. Enrollment and GPA restrictions may apply.

1. Must receive a C (not C-) or better.
2. All other courses for the nutrition major, including science required courses, must receive a C (not C-) or better.

**Dual Bachelor’s–Master’s Degree Program**

The Department of Nutrition offers a B.S.P.H.–M.S. dual degree for students who wish to increase their knowledge in nutrition and acquire additional skills in nutrition-based research. This dual degree will be useful for students interested in becoming researchers in industry, program officers for nongovernmental and governmental organizations, project or laboratory managers in academic or nonacademic settings, international workers in nutrition-related programs, and graduate students pursuing a doctoral degree or eventually attending medical or another professional school. B.S.P.H.–M.S students will perform advanced research in nutrition and take graduate nutrition and other courses that will provide the information and experience needed to help them choose their career path. Additionally, for those students who are uncertain about whether they wish to enter the department’s doctoral program, the B.S.P.H.–M.S program offers an excellent opportunity to determine whether a more advanced degree would be appropriate. The B.S.P.H.–M.S degree is not specific to any of the department divisions; rather, it builds on the work (both classroom-based and research) begun in the B.S.P.H. program. In summary, the B.S.P.H.–M.S program in nutrition allows students the opportunity to explore nutritional research at an advanced level. The program can be completed in one calendar year (summer, fall, spring) following completion of the B.S.P.H. in nutrition program.

Nutrition B.S.P.H. students interested in the dual-degree program are strongly advised to consult their research advisor and the director of undergraduate studies in nutrition during their sophomore year to discuss eligibility and an appropriate plan of study. For more information see the B.S.P.H.–M.S Dual Degree Nutrition Handbook (http://www.sph.unc.edu/nutr/degrees).

**Special Opportunities in Nutrition**

**Honors in Nutrition**

The Department of Nutrition provides an opportunity for honors study for qualified students. To be eligible for admission to the honors program students must have, at a minimum, a cumulative grade point average of 3.3 at the beginning of their senior year and must maintain the grade point average throughout the major if they intend to pursue honors. Students register for NUTR 295 (three credits) every semester and then enroll in NUTR 692H (three credits) in their final semester while completing an honors thesis in nutrition.

**Departmental Involvement**

The Nutrition Coalition (http://studentlife.unc.edu/organization/nutritioncoalition) is an organization of students enrolled in one of the department’s five degree programs. The coalition meets several times each semester to address student concerns and to plan service and social activities. Open to the entire University, the coalition strives to broaden the scope of understanding of the various fields and environments in which nutrition is making advances. "A is for Apple" is a student-led, volunteer organization aimed at teaching basic nutrition principles to local elementary school students. Career development workshops are available each year to provide guidance for students applying to graduate and medical schools.

**Experiential Education**

Two courses in nutrition include experiential components (NUTR 245 and NUTR 295). However, NUTR 295, available only to nutrition majors, fulfills the General Education experiential education requirement.

**Undergraduate Awards**

Nutrition honors research students may apply for the honors undergraduate research awards. The application is available on the Honors Carolina (http://honorscarolina.unc.edu) Web site. Students also may be considered for any of the following awards: Chancellor’s Awards for Excellence in Student Activities and Leadership, The Order of the Golden Fleece, The Order of the Grail-Valkyries, The Order of the Old Well, Frank Porter Graham Honor Society, Phi Beta Kappa, and the Joseph Edoziean Outstanding Undergraduate Award in Nutrition.

**Undergraduate Research**

To enhance students’ general education and help them decide whether a research career is something they might pursue, all B.S.P.H. nutrition students are required to complete nutrition research, either as part of the honors thesis or as independent research.