

# NUTRITION MAJOR, B.S.P.H.

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 nutritional, epidemiological, intervention, and policy aspects of human diseases.

Students may apply to one of two tracks of study:

- **Nutrition Science and Research Track** – An excellent preparation for medical and other health professional graduate programs, this track provides students in-depth exposure to the science of nutrition and metabolism while incorporating required research under the supervision of a faculty member.
- **Nutrition Health and Society Track** – Recognizing the truly interdisciplinary nature of nutrition, this track provides students an opportunity to study nutrition through the lenses of policy, sustainable food systems, and interventions. Students are required to take 18 credits (taken during the junior and senior years of the program) in a field of their choice that complement the nutrition major. The 18 credits could also be used to obtain a second major or minor in the field of their choice.\*

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.

\*Classes taken prior to admission to the nutrition major can contribute towards the second minor or major; however, 18 elective credits must still be taken during the junior and senior year of the nutrition major.

Admission (p. 1) to the program is required.

## Student Learning Outcomes

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

- Describe the nutritional needs of individuals across the life cycle; the psychological, behavioral and social factors that affect food consumption and nutritional status, and the programs and services available to help individuals meet their nutritional needs.
- Communicate public health information, in both oral and written forms and through a variety of media, to diverse audiences.
- Locate, use, evaluate, and synthesize public health information.
- Describe health inequities, identify their root causes at multiple levels of the social ecological framework, and discuss approaches to advancing health equity.

Students who complete the Nutrition Science and Research Track should be able to:

- Demonstrate knowledge of nutritional biochemistry, the metabolism and function of nutrients, and the nutritional components of diseases through advanced courses in nutrition.
- Apply the scientific method in the areas of nutritional biochemistry, nutritional epidemiology, and intervention and policy.

Students who complete the Nutrition Health and Society Track should be able to:

- Understand the role of food and nutrition as an essential element of life – from cell, to an individual, to society.
- Demonstrate effective communication of nutrition information within social, multi-ethnic, and environmental dimensions.
- Demonstrate knowledge of the roles of the individual, society, government, and business in providing accessible, healthy food supplies, and in promoting healthy eating.

Prerequisite Courses Required for Admission to Both Tracks:

Code	Title	Hours
BIOL 101 & 101L	Principles of Biology and Introductory Biology Laboratory <sup>1, H, F</sup>	4
BIOL 252 & 252L	Fundamentals of Human Anatomy and Physiology and Fundamentals of Human Anatomy and Physiology Laboratory <sup>1, H</sup>	4
CHEM 101 & 101L	General Descriptive Chemistry I and Quantitative Chemistry Laboratory I <sup>1, H, F</sup>	4
CHEM 102 & 102L	General Descriptive Chemistry II and Quantitative Chemistry Laboratory II <sup>1, H, F</sup>	4
<b>Total Hours</b>		<b>16</b>

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

F FY-Launch class sections may be available. A FY-Launch section fulfills the same requirements as a standard section of that course, but also fulfills the FY-SEMINAR/FY-LAUNCH First-Year Foundations requirement. Students can search for FY-Launch sections in ConnectCarolina using the FY-LAUNCH attribute.

Additional Prerequisite Courses for the Science and Research Track:

Code	Title	Hours
NUTR 240	Introduction to Human Nutrition <sup>1</sup>	3
CHEM 261	Introduction to Organic Chemistry I <sup>1, H</sup>	3
<b>Total Hours</b>		<b>6</b>

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

<sup>1</sup> Must receive a C (not C-) or better in all prerequisite courses.

## Admission

The Gillings School of Global Public Health offers four undergraduate majors: biostatistics, environmental health sciences, health policy and management, and nutrition. The undergraduate degree offered is the bachelor of science in public health (B.S.P.H.). Enrollment in the B.S.P.H. degree programs is limited, and students must apply for admission. Students typically apply in January of their sophomore year for admission beginning in the fall of their junior year.

For current UNC–Chapel Hill students, the initial step of B.S.P.H. application is available in ConnectCarolina under the "Apply for Majors Change" tab. For additional information on application deadlines and how to apply, please visit the Public Health Undergraduate Majors (<https://sph.unc.edu/resource-pages/undergraduate-programs/>) website.

Transfer students interested in any of the B.S.P.H. degree programs must apply through the Office of Undergraduate Admissions (<https://admissions.unc.edu/apply/types-of-applications/transfer/>) using the Transfer Common application.

For high school seniors, our four majors participate in the Assured Enrollment program through Undergraduate Admissions. Assured enrollment programs guarantee students a spot in an undergraduate major within one of Carolina's professional schools or a spot in an accelerated undergraduate/graduate program. For additional information, please visit Undergraduate Admissions: Special Opportunities (<https://admissions.unc.edu/explore/enrich-your-education/excelcarolina/>).

Students are subject to the requirements in place when they are admitted to the Gillings School of Global Public Health; consequently, the requirements described in this catalog particularly apply to students admitted to Gillings during the 2024–2025 academic year.

## Requirements

The nutrition program provides two options:


- Nutrition Major, B.S.P.H.–Nutrition, Health, and Society (p. 2)
- Nutrition Major, B.S.P.H.–Nutrition Science and Research (p. 3)








### Nutrition Major, B.S.P.H.–Nutrition, Health, and Society

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
- earn a C (not C-) or better in all prerequisite, core, and additional courses required for the major
- 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 (<https://catalog.unc.edu/undergraduate/degree-requirements/#requirementstext>).

Code	Title	Hours
<b>Core Courses</b>		
Public Health Core Courses:		
BIOS 600	Principles of Statistical Inference <sup>1</sup>	3
EPID 600	Principles of Epidemiology for Public Health <sup>1</sup>	3
SPHG 351	Foundations of Public Health <sup>1</sup>	3
SPHG 352	Public Health Systems and Solutions <sup>1</sup>	4
Other Core Courses: <sup>2</sup>		
NUTR 175	 Introduction to Food Studies: From Science to Society	3
NUTR 240	Introduction to Human Nutrition	3
NUTR 245	Sustainable Local Food Systems: Intersection of Local Foods and Public Health	3
or NUTR 250	Global Sustainable Food Systems	

NUTR 405	Fundamentals of Food and Nutrition Policy in Public Health	3
NUTR 470	Foundations of Nutrition Interventions	3
NUTR 611	Food And Your Life Stages	3
NUTR 630	Nutrition Communication and Culture	3
Research and Capstone:		
NUTR 295	 Undergraduate Research Experience in Nutrition <sup>4</sup>	3
<b>Additional Requirements</b>		
BIOL 101 & 101L	 Principles of Biology and  Introductory Biology Laboratory <sup>H, F</sup>	4
CHEM 101 & 101L	 General Descriptive Chemistry I and  Quantitative Chemistry Laboratory I <sup>H, F</sup>	4
CHEM 102 & 102L	 General Descriptive Chemistry II and Quantitative Chemistry Laboratory II <sup>H, F</sup>	4
BIOL 252 & 252L	 Fundamentals of Human Anatomy and Physiology and Fundamentals of Human Anatomy and Physiology Laboratory <sup>H</sup>	4
18 hours of elective courses (e.g., 6 courses) from other fields of study <sup>3,5,6</sup>		18
<b>Total Hours</b>		<b>71</b>

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

<sup>F</sup> FY-Launch class sections may be available. A FY-Launch section fulfills the same requirements as a standard section of that course, but also fulfills the FY-SEMINAR/FY-LAUNCH First-Year Foundations requirement. Students can search for FY-Launch sections in ConnectCarolina using the FY-LAUNCH attribute.

<sup>1</sup> Must receive a C (not C-) or better.

<sup>2</sup> All other courses for the nutrition major, including science required courses, must receive a C (not C-) or better.

<sup>3</sup> Possible options include coursework from minors in anthropology; coaching education; cognitive science; composition, rhetoric, and digital literacy; education; exercise and sport science; food studies; global american studies; health and society; medicine, literature and culture; neuroscience; social and economic justice. Other options may be approved by the Director of Undergraduate Studies.

<sup>4</sup> May be taken multiple times during the program for credit but **must** be done in the final semester as a capstone experience. May be substituted with NUTR 691H or NUTR 692H for students completing a Senior Honors Thesis.

<sup>5</sup> Students who pursue the food studies minor along with the NUTR major will use the core requirement NUTR 175 towards both degrees. Students should be aware that at least 51% of credits of the degree must belong only to the food studies minor. Generally, in a 5-class minor, 1 or 2 classes can overlap with the major, depending on how many credits are in each course.

<sup>6</sup> Any additional 18 hours (not including gen ed, core courses for the major, and additional requirements for the major).



B.S.P.H.–M.S Dual Degree Nutrition Handbook (<https://sph.unc.edu/nutr/unc-nutrition/student-life/nutr-degrees/>).

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General Student Inquiries  
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## 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) in the fall and/or spring semester of the first year and then enroll in NUTR 691H and NUTR 692H (six credits) in their final two semesters while completing an honors thesis in nutrition.

### Departmental Involvement

The Nutrition Coalition (<http://studentlife.unc.edu/organization/nutritioncoalition/>) 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.

### 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 Edozien 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 for at least one semester (final semester as capstone), either as part of the honors thesis or as independent research.

## Contact Information

### Department of Nutrition

Visit Program Website (<https://sph.unc.edu/nutr/unc-nutrition/>)  
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