NUTRITION MAJOR, B.S.P.H.

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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.

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

Prerequisite Courses Required for Admission

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

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

Other Core Courses:
- NUTR 295 Undergraduate Research Experience in Nutrition (three or four semesters pending honors research) 9
- NUTR 400 Introduction to Nutritional Biochemistry 3
- NUTR 600 Human Metabolism: Macronutrients 3
- NUTR 611 Nutrition across the Life Cycle 3
- NUTR 620 HUMAN METABOLISM: MICRONUTRIENTS 3
- NUTR 692H Honors Research in Nutrition (optional) 3

Additional Requirements

- BIOL 202 Molecular Biology and Genetics H 4
- CHEM 241 & 241L Modern Analytical Methods for Separation and Characterization and Laboratory in Organic Chemistry and Biological Compounds H 3
- CHEM 262 & 262L Introduction to Organic Chemistry II and Laboratory in Organic Chemistry H 4
- PHYS 114 General Physics I: For Students of the Life Sciences 4
- or PHYS 118 Introductory Calculus-based Mechanics and Relativity 4
- PHYS 115 General Physics II: For Students of the Life Sciences 4
- or PHYS 119 Introductory Calculus-based Electromagnetism and Quanta 4

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 Must receive a B- or better to be considered for admission into the program.

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/#degreerequirements#text).

Core Courses

Public Health Core Courses:
- BIOS 600 Principles of Statistical Inference 1 3
- ENVR 600 Environmental Health 1 3
- EPID 600 Principles of Epidemiology 1 3
- HBEH 600 Social and Behavioral Sciences in Public Health 1 3
- HPM 600 Introduction to Health Policy and Management 1 3

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 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, either as part of the honors thesis or as independent research.