**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 (p. 1) 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**

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<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>BIOL 101</td>
<td>Principles of Biology and Introductory Biology Laboratory</td>
<td>4</td>
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<td>&amp; 101L</td>
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<tr>
<td>BIOL 252</td>
<td>Fundamentals of Human Anatomy and Physiology and Fundamentals of Human Anatomy and Physiology</td>
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<td>&amp; 252L</td>
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<tr>
<td>CHEM 101</td>
<td>General Descriptive Chemistry I</td>
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<td>&amp; 101L</td>
<td>and Quantitative Chemistry Laboratory I</td>
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<td>CHEM 102</td>
<td>General Descriptive Chemistry II</td>
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<tr>
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<td>and Quantitative Chemistry Laboratory II</td>
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</table>

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

Total Hours: **26**

**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 in all prerequisite courses.

**Admission**

The undergraduate degree offered is the bachelor of science in public health (B.S.P.H.). Four majors are available to undergraduate students: biostatistics, environmental health sciences, health policy and management, and nutrition. Each of these combines features of a broad-based education with concentrated study in a specific public health discipline. The programs prepare individuals for preprofessional positions in health-related fields and provide a firm base for graduate study. Students are permitted to pursue two majors in the school. Students are subject to the requirements in place when they are admitted to the Gillings School of Global Public Health; consequently, requirements described in this catalog particularly apply to students admitted to the school during the 2020–2021 academic year. In addition to the information presented below please see the Gillings Program Search (GPS) (http://sph.unc.edu/gps) for the most up to date information on the school.

Students who wish to obtain the B.S.P.H. degree typically spend two years in the General College of the University of North Carolina at Chapel Hill (or in an equivalent core program of academic study elsewhere) and two subsequent years under the administration of the Gillings School of Global Public Health. Enrollment in the B.S.P.H. degree programs is limited. Typically a student is selected in the latter half of the sophomore year and admitted on a competitive basis for junior year entry to the major. The minimum recommended grade point average for admission to programs in biostatistics, environmental health sciences, health policy and management, and nutrition is 3.0.

For current UNC–Chapel Hill students, the initial step of B.S.P.H. application is available in ConnectCarolina under the "Apply Majors" tab.

Transfer students interested in biostatistics and health policy and management majors must apply through the Office of Undergraduate Admissions (http://admissions.unc.edu/apply/transfer-students) using the Transfer Common application. Transfer students interested in environmental health sciences and nutrition majors must be accepted to UNC–Chapel Hill first and then satisfy campus residency requirements during their first and/or second semester at UNC–Chapel Hill, and then apply as a current UNC–Chapel Hill student.

For high school seniors, our four majors participate in the University Assured Enrollment Programs under EXCEL@Carolina. 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. Programs include unique opportunities such as early access to classes, individualized mentorship, and career connections. For additional information, please...
visit EXCEL@Carolina (https://admissions.unc.edu/explore/enrich-your-education/excelcarolina).

**Requirements**

The nutrition program provides two options:

- Nutrition Major, B.S.P.H.–Nutrition Science and Research (p. 73)

**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
- 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/#degerequirementstext).

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<td>Principles of Statistical Inference $^1$</td>
<td>3</td>
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<tr>
<td>EPID 600</td>
<td>Principles of Epidemiology for Public Health $^1$</td>
<td>3</td>
</tr>
<tr>
<td>SPHG 351</td>
<td>Foundations of Public Health $^1$</td>
<td>3</td>
</tr>
<tr>
<td>SPHG 352</td>
<td>Public Health Systems and Solutions $^1$</td>
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**Other Core Courses:** $^2$

- NUTR 175 Introduction to Food Studies: From Science to Society
- NUTR 240 Introduction to Human Nutrition
- NUTR 245 Sustainable Local Food Systems: Intersection of Local Foods and Public Health
- NUTR --- Nutrition Policy
- NUTR --- Nutrition and Health Behavior
- NUTR 611 Food And Your Life Stages
- NUTR 630 Nutrition Communication and Culture

**Research and Capstone:**

- NUTR 295 Undergraduate Research Experience in Nutrition $^4$ 3

**Additional Requirements**

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18 hours of elective courses (e.g., 6 courses) from other fields of study $^3, 5$

**Total Hours** 71

$^H$ 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.

3 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.

4 Must be taken at least once during the program and should 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.

5 If a student pursues the food studies minor, which requires NUTR 175 and four additional courses from an approved list, then they should complete NUTR 175 for the major and take 5 courses from the list that are approved for the minor that do not overlap with the major requirements. In other words, a course may not be used to fulfill multiple requirements in the major.

**Nutrition Major, B.S.P.H.–Nutrition Science and Research**

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/#degerequirementstext).

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**Other Core Courses:** $^2$

- NUTR 295 Undergraduate Research Experience in Nutrition

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<td>BIOL 202 Molecular Biology and Genetics $^H$</td>
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Nutrition 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) 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) 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 for at least one semester (final semester as capstone), either as part of the honors thesis or as independent research.