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 the nutritional and epidemiological 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 also required to use 18 credits (taken during the junior and senior years of the program) to obtain a second major or minor* in a 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:

- 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:

<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 Laboratory</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 Laboratory</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 &amp; 102L</td>
<td>General Descriptive Chemistry II and Quantitative Chemistry Laboratory II</td>
<td>4</td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td><strong>16</strong></td>
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</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>NUTR 240</td>
<td>Introduction to Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 261</td>
<td>Introduction to Organic Chemistry</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td><strong>6</strong></td>
<td></td>
</tr>
</tbody>
</table>

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 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 (http://admissions.unc.edu/apply/transfer-students/) 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 Gillings during the 2023–2024 academic year.

Requirements
The nutrition program provides two options:

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

### 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).

<table>
<thead>
<tr>
<th>Code</th>
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<tbody>
<tr>
<td>BIOS 600</td>
<td>Principles of Statistical Inference</td>
<td>3</td>
</tr>
<tr>
<td>EPID 600</td>
<td>Principles of Epidemiology for Public Health</td>
<td>3</td>
</tr>
<tr>
<td>SPHG 351</td>
<td>Foundations of Public Health</td>
<td>3</td>
</tr>
<tr>
<td>SPHG 352</td>
<td>Public Health Systems and Solutions</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 175</td>
<td>Introduction to Food Studies: From Science to Society</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 240</td>
<td>Introduction to Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 245</td>
<td>Sustainable Local Food Systems: Intersection of Local Foods and Public Health</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 405</td>
<td>Fundamentals of Food and Nutrition Policy in Public Health</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 470</td>
<td>Foundations of Nutrition Interventions</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 611</td>
<td>Food And Your Life Stages</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 630</td>
<td>Nutrition Communication and Culture</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 692</td>
<td>Undergraduate Research Experience in Nutrition</td>
<td>4</td>
</tr>
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**Additional Requirements**

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</tr>
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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 H</td>
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</table>

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

**Total Hours** 71

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- 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.
- Must receive a C (not C-) or better.
- All other courses for the nutrition major, including science required courses, must receive a C (not C-) or better.
- 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.
- 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.
- 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.
- Any additional 18 hours (not including gen ed, core courses for the major, and additional requirements for 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
• 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/#requirements).
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. The Food Justice student organization seeks to facilitate student and faculty involvement in food justice issues through fostering a more inclusive environment for individuals of all backgrounds. 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.

**Contact Information**

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