

# Minor in Nutrition for the Traditional BSN Program

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The minor in nutrition is available to any APU student interested in expanding his or her skills in this specialized area of preventative health. Emphasis within this minor is on the four pillars of a healthful lifestyle: physical activity, good diet, healthy choices, and preventative screening—all crucial for national health. This minor is under revision to meet the 18-unit university requirement. Contact the School of Nursing for the proposed study plan. Nutrition courses include:

<b>Code</b>	<b>Title</b>	<b>Units</b>
UNRS 120	Fundamentals of Human Nutrition	3
UNRS 260	Nutrition	2
UNRS 280	Life Cycle Nutrition	3
UNRS 300	Complementary and Alternative Therapies: Herbs, Supplements, and Nutrition	3
UNRS 320	Cultural Aspects of Food and Nutrition	3
KIN 360	Nutrition for Exercise and Sport Science	3
Total Units		17