

# Minor in Nutrition (Traditional BSN)

---

18 units

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. Contact the School of Nursing for the proposed study plan, verification of course offerings, and program availability.

## Requirements

Code	Title	Units
Fitness for Life - Any Fitness for Life Course		1
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
<b>Total Units</b>		<b>18</b>