

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 |
| Total Units | | 18 |

Program Learning Outcomes

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Students who successfully complete this program shall be able to:

1. Utilize a Christian worldview to integrate beliefs, values, ethics, and service in personal and professional life.
2. Provide nursing care utilizing professional knowledge and core competencies (critical thinking, communication, and technical skills) derived from a foundation of nursing science, general education, and religious studies.
3. Demonstrate initiative for continual personal and professional growth and development.
4. Act as a patient educator and advocate to promote optimal health and well-being.
5. Function independently and collaboratively, both as a leader and/or a member of the health care team, to manage and coordinate care.