

Integrated Studies - Nutrition Emphasis, BA/BS

Nutrition Emphasis Requirements

24 Credits

Code	Title	Hours
Nutrition Core Requirements (10)		
FSHD 1002	Introduction to Nutrition Careers	1
FSHD 1020	Sci Foundations of Nutrition (LS)	3
FSHD 2020	Nutrition in the Life Cycle <small>Prerequisite: FSHD 1020</small>	3
FSHD 3400	Current Issues in Human Development and Family Studies	3
Choose six (6) elective credits		
FSHD 2045	Physical Activity, Nutrition, & Health in Aging	3
FSHD 2120	Infant and Child Nutrition <small>Prerequisite: FSHD 1020</small>	3
FSHD 2480	Intuitive Eating	3
FSHD 2720	Healthy Weight Management	3
Choose nine (9) upper division Elective credit		
FSHD 3040	Nutrition Assessment <small>Prerequisite: FSHD 1020 and FSHD 2020</small>	3
FSHD 3240	Nutrition to Prevent Chronic Disease	3
FSHD 3640	Nutrition for Mental Well-Being	3
FSHD 4480	Community Nutrition <small>Prerequisite: FSHD 1020 and FSHD 2020</small>	3
FSHD 4500	Family Life Education Methodology <small>Prerequisite: FSHD 2660 or FSHD 1150 and FSHD 3300 or Instructor Approval</small>	3

1. Course Fee Required. See Course Fee Tab (<https://catalog.utahtech.edu/programs/interdisciplinary-arts-and-sciences/integrated-studies-nutrition-ba-bs/> Zoom link: <https://utahtech-edu.zoom.us/j/2882317124/>) for details.

Notes:

1. Students must select and complete two emphases and Core Requirements.
2. Grade C - or higher in each Emphasis Area course required.