CATALOG TERM: 2025-2027 **TOTAL UNITS REQUIRED = 16-18**

NUTRITION MINOR

- This worksheet is intended for supplemental use only. The University will use your Academic Requirements Report (ARR) to track your graduation requirements, including those for your minor. Please continue to check your ARR for accuracy. If your ARR requires a correction, please submit an ARR Correction Form.
- Your Degree Planner will display the following requirements in the University's recommended sequence.
- All courses used for the minor must be completed with a grade of C (2.0) or higher.
- The minor must contain at least 6 units beyond those used for major requirements and other minors (APC 265-03).
- All non-articulated courses MUST be reviewed and approved by a faculty advisor.

REQUIRED COURSEWORK (10-11 UNITS)

Select 1 of the following options:

✓	Course	Units
☐	KINE 203: Introduction to Nutrition	3
☐	KINE 206: Nutrition Assessment (^KINE 203)	2

OR

✓	Course	Units
☐	BIOL 104: Principles of Biology: Human Emphasis	4

✓	Course	Units
☐	KINE 336: Nutrition for Health/Exercise Performance (^BIOL 104 or KINE 203 and 206)	3

Select 1 course from the following:

KINE 360: Nutrition and Chronic Disease (*BIOL 104 or KINE 203)
KINE 420: Community Nutrition and Food Systems (*BIOL 104 or KINE 203)

✓	Course	Units
☐		3

ELECTIVE COURSEWORK (6-7 UNITS)

Nutrition and Health (3-4 units):

Select 1 course from the following:

BIOL 323: The Physiology of Nutrition and Disease (3) (*instructor consent)
CHEM 117: The Science of Cooking and Food (4)
CHEM 312: Chemistry of Life (3)
ENVS 361: Diet and Planet (3)
KINE 415: Nutrition and Disordered Eating Behavior (3) (^BIOL 104 or KINE 203 and 206)

✓	Course	Units
☐		3-4

Global and Community Nutrition (3 units):

Select 1 course from the following:

AIS 120: Decolonizing the Diet: Introduction to Native Foods, Systems and Plants
ENVS 464: Food Politics and the Environment
GEOG 160: Food Worlds: Comparative National Cuisines
GEOG 460: Food Systems and Emerging Markets (*junior or senior standing)
MLAN 391: Food, Culture and Identities in French and Francophone Contexts
KINE 416: Global Nutrition and Health Practices (*BIOL 104 or KINE 203)

✓	Course	Units
☐		3