

B.S. NUTRITION AND HEALTH

Husson's Bachelor of Science in Nutrition and Health explores the relationship between nutrition and the physical and mental well-being of people and their communities. Students will learn about the evidence-based science behind nutrition, how to help people make good dietary choices and meet personal health goals, how to lead community-based advocacy programs, and how public health policies impact communities both big and small. Upon graduating from this program, students will be prepared to pursue nutrition and wellness careers in a variety of settings, such as hospitals, nonprofit organizations, schools, government agencies, pharmacies, long-term care facilities and more.

Program Outcomes

1. Apply scientific evidence-based practices to achieve nutritional goals.
2. Evaluate theories and practices to explain and predict behavior related to nutritional goals.
3. Analyze public health policies to inform equitable nutrition-related decisions.
4. Effectively communicate and collaborate with individuals, communities, and medical professionals.
5. Develop and lead nutrition programs to promote health and wellness across the lifespan.
6. Apply business and marketing strategies for organizational and entrepreneurial management to nutrition and health promotion.

Notice: As a student enrolled in Husson University's online health-focused program/course, you may engage in physical activities that involve yourself or others. Such activities are done on a voluntary basis. Participation in such activities has inherent risks. Neither Husson University nor its faculty and staff are responsible for any injuries, damages, or other harm to self or property that may occur to you and/or the people with which you engage.

General Education Requirements

CH/CX 180 or CH 181 & CX 181	Principles of Gen Chemistry Chemistry I and Chemistry Lab I	4
EH 105	College Writing	3
HE 114 or HE 111	Husson Experience & Building Professional Skills The Husson Experience	1-3
MS 132	Probability and Statistics	3
PY 111	General Psychology	3
PY 141	Human Growth and Development	3
SY 230	Medical Anthropology	3
Fine Arts Elective		3
Foreign Culture or Conversation Elective		3
Humanities Elective		3
Literature Elective		3
Math I Elective		3-4
Perspectives Elective		3
Philosophical Elective		3

Major Requirements		
BY 120	Functional Anatomy and Physiology	3
EX 439	Nutrition, Disease & Lifespan	3
EH 360	Writing in the Health Professions	3
EX 107	Foundations of Functional Fitness, Nutrition, & Wellness	3
EX 234	Nutrition	3
EX 368	Gut Microbes, Diet & Health	3
HS 301	Introduction to Public Health	3
MK 326	Consumer Behavior	3
PY 113	Ethics and Professional Conduct	3
PY 320	The Psychology of Nourishment & Wellness	3
PY 335	Behavioral, Psychological, and Rehabilitation Intervention Models	3

Major Electives		
Choose four of the following:		12
BA 101	Introduction to Business	
BA 231	Principles of Leadership	
BA 310	Organization and Management	
BA 311	Human Resource Management	
BY 322	Epidemiology	
HS 101	Foundations of Healthcare Professions	
HS 302	Global Health	
HS 311	Healthcare Management and Organization	
HS 321	Healthcare Law and Ethics	
HS 411	Health Economics and Policy	
PY 231	Social Psychology	
PY 232	Abnormal Psychology	
PY 340	Physiological Psychology	
PY 341	Gerontology	
SC 224	Research Design	
Open Electives		34
Total Hours		120-123

First Year

Fall	Hours	Spring	Hours
CH 180 & CX 180 (or CH 181 & CX 181)	4	BY 120	3
EX 107	3	EX 234	3
HE 111 or 114	1-3	PY 141	3
EH 105	3	Math I Elective	3-4
PY 111	3	Philosophical Elective	3
14-16		15-16	

Second Year

Fall	Hours	Spring	Hours
HS 301	3	MK 326	3
MS 132	3	PY 320	3
PY 113	3	Health & Nutrition Elective	3

Fine Arts Elective	3	Literature Elective	3
Humanities Elective	3	Open Elective	3
15		15	

Third Year

Fall	Hours	Spring	Hours
EH 360	3	PY 335	3
EX 368	3	Health & Nutrition Elective	3
SY 230	3	Perspectives Elective	3
Foreign Culture and Conversation Elective	3	Open Elective	3
Open Electives	3	Open Elective	3
15		15	

Fourth Year

Fall	Hours	Spring	Hours
EX 439	3	Health & Nutrition Elective	3
Health & Nutrition Elective	3	Open Elective	3
Open Elective	4	Open Elective	3
Open Elective	3	Open Elective	3
Open Elective	3	Open Elective	3
16		15	

Total Hours: 120-123