The Nutrition Minor is offered through the Department of Nutrition at Metropolitan State University of Denver. The nutrition minor compliments a variety of majors including, health, fitness & wellness, gerontology and health care management. Additionally, this minor provides valuable information that can be applied to student’s lifelong health and well-being. Eighteen to twenty-two (18-22) credit hours are required to complete the Nutrition Minor. A letter grade of at least “C” must be attained in each of the courses in the nutrition minor.

Select from the following nutrition courses to complete the Nutrition Minor:

<table>
<thead>
<tr>
<th>Course number</th>
<th>Course Name</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUT 2040</td>
<td>Introduction to Nutrition</td>
<td>3</td>
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NUT 2040 is a prerequisite for the remaining courses:

- NUT 3080 Maternal & Child Nutrition* 3
- NUT 3100 Nutrition and Aging* 3
- NUT 3200 Nutrition & Sports Performance* 3
- NUT 3300 Cultural Aspects of Nutrition*/** 3
- NUT 3400 Nutrition & Weight Management* 3
- NUT 4210 Community Nutrition ** 3
- HES 3820 Health Care Counseling* 3
- HTE 3643 Healthy Cooking Techniques 3

Approved Science Credits – to be determined through advising

Other courses that can be taken as part of the nutrition minor (these courses should be approved by a nutrition advisor and requires a CAPP adjustment to be included as part of the minor):

- NUT 3040 Nutrition Concepts and Controversies 3
- NUT 3050 Concepts of Lifecycle Nutrition 3

Note: Students may not receive credit for NUT 3050 and NUT 3080 or NUT 3100.

* These courses are offered online as well as on campus in the classroom. Please check the most current semester schedule for the current offerings.

** See the Department of Nutrition office to register for this course.

*/** This course satisfies the Multicultural requirement.

The nutrition minor requirements include a science course such as chemistry, biochemistry, anatomy and physiology or biology. The appropriate science courses will be determined through advising in the Department Nutrition.

For questions or further information, please schedule an advising appointment with a Nutrition Program Advisor in the Department of Nutrition at 303.615.0990.