

NUTRITION, HEALTH AND WELLNESS, MINOR

A healthy lifestyle, including a holistic approach to food and exercise, is encouraged for people to lead a robust life. An evidence-based approach to health and wellness is important to balance the abundance of information surrounding this topic and to encourage lifelong learning. Saint Louis University's nutrition, health and wellness minor aligns with the Jesuit principle of *cura personalis* – the development of a whole person, mind, body and spirit.

SLU's interdisciplinary 15-credit minor provides a nutrition, health and wellness emphasis. Foundations in Nutrition (DIET 2080) is a prerequisite for Nutrition in the Lifecycle (DIET 2100); other courses may be taken in any sequence.

Requirements

Code	Title	Credits
Foundation Courses		
BIOL 1460	Exercise and Health *	3
DIET 2080	Foundations in Nutrition	3
DIET 2100	Nutrition in the Lifecycle	3
Nutrition, Health and Wellness Elective		
Select two courses from the following:		6
ASTD 2800	Sports in American Culture	
ASTD 3600	American Food and Cultures	
DIET 2510	Principles of Food Preparation	
DIET 2750	World Cuisines	
DIET 3030	Sustainable Food Systems	
EDI 4361	Art and Science of Human Flourishing	
EXSC 4260	Enhancing Human Performance	
NURS 3370	Essentials of Therapeutic Nutrition: A Nursing Approach	
PSY 4150	Science of Sleep	
PSY 3440	Sports Psychology	
SOC 2110	Sociology of Sport	
Total Credits		15

* If a student takes EXSC 3230 Exercise Physiology (3 cr) (or DPT 3230 or MAT 3230) it will qualify for the BIOL 1460 Exercise and Health (3 cr) requirement.

Continuation Standards

A student must maintain an overall 2.00 grade point average.

Contact Us

Apply for Admission (<https://www.slu.edu/admission/>)

Contact Doisy College of Health Sciences

Recruitment specialist

314-977-2570

dchs@health.slu.edu