

Undergraduate Nutrition

Degrees Available at SIUE

- Bachelor of Science in Nutrition

Nutrition at SIUE

The Bachelor of Science in nutrition from the School of Education, Health and Human Behavior focuses on the study of foods and nutrients and their effect on the health of individuals. Housed in the Department of Applied Health, the program combines coursework in both the basic sciences and nutritional sciences to provide students with the preparation needed to excel in a variety of professional nutrition and health settings. An intensive study in biological and physical sciences is emphasized as a basis for understanding the science of nutrition and the relationships between nutrients and human health. Core course requirements focus on human nutrition with areas of study in energy metabolism, proteins, vitamins, minerals, community nutrition, and diet in the prevention and treatment of diseases. At SIUE, the major in nutrition is designed to meet the admission requirements for post-graduate programs in dietetics, as well as admission requirements of most colleges of medicine, nursing, dentistry, optometry, pharmacy and other health care professions..

Career Opportunities

According to the U.S. Bureau of Labor Statistics, national job growth for dietitians and nutritionists is expected to be 15 percent through 2026. At SIUE, we provide the curriculum and pre-professional training for students wishing to enter graduate school to pursue programs in nutrition/dietetics, on their way to careers as registered dietitians. Students must complete graduate training and 1,200 hours of internship to begin a career as a registered dietitian (RD). The role of nutritionists and dietitians will continue to be important as the understanding of food in preventing and treating illnesses becomes more prevalent.

This major is an excellent fit for many pre-health students as it is designed to meet the admissions requirements of most colleges of medicine, nursing, dental medicine, optometry, pharmacy, occupational or physical therapy, and other post-graduate programs in dietetics and health care.

The major also prepares students to enter graduate school programs in nutrition and other life sciences. Graduates in nutritional sciences qualify for positions in the food industry, corporate wellness and health promotion programs, public health programs, pharmaceutical sales and similar occupations. Other career opportunities are also available for students with a bachelor's degree in nutrition. Jobs are available in areas such as community and public health, consulting, the food/nutrition business industry, food service management, research and education, sports and wellness nutrition, or corporate wellness.

Admission Requirements

To be admitted to the nutrition program, students must:

- Earn a grade of C or better in Biology 140 or Biology 150 or its equivalent.
- Earn a grade of C or better in Chemistry 120a and 124a, or Chemistry 121a and 125a, or their equivalents.
- Earn a grade of B or better in KIN 275, Introduction to Careers in Nutritional and Exercise Science.
- Obtain a cumulative grade point average (GPA) of 2.75 or higher.

Application Deadline

Ongoing

SIUE

School of Education, Health and
Human Behavior
Department of Applied Health



Faculty

Through excellence in teaching, research, and service, our faculty members work with students in and out of the classroom to engage and prepare them for successful careers in the health sciences. Our faculty members hold doctoral degrees from universities throughout the country and utilize a variety of teaching methods to provide an exceptional learning experience for students. Faculty members have extensive experience supervising award-winning, student-led research, which is presented at numerous national, regional and local conferences each year.

Cynthia Inman, MS, RD
1996, Texas A&M

Erik Kirk (Chair), PhD
2004, University of Kansas

Katherine Mora, PhD, RD
2006, University of Arizona

Joshua Wooten, PhD
2008, Texas Women's University

Jennifer Zuercher, PhD, RD
2009, University of North Carolina

SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE

SCHOOL OF EDUCATION
HEALTH & HUMAN BEHAVIOR

Sample Four-Year Curriculum

Fall Semester

Spring Semester

	Fall Semester	Spring Semester
Year 1	ENG 101 (NFS) English Composition I 3 ACS 101 Public Speaking 3 BIOL 140 Human Biology (BLS*) 3 PSYC 111 Psychology (BSS*) 3 CHEM 120a General, Orgc and Biol Chemistry (BPS*) or CHEM 121a General Chemistry 3-4 CHEM 124a General, Orgc and Biol Chemistry Lab (EL*) 1 or CHEM 125 General Chemistry Lab I (EL*) 1 Total Credits 16-17	ENG 102 English Composition II 3 BIOL 250 Bacteriology* 4 BIOL 240a Anatomy & Physiology I* 4 SOC 111 Introduction to Sociology 3 CHEM 120b General, Orgc and Biol Chemistry (BPS*) or CHEM 121b General Chemistry (BPS*) 3-4 CHEM 124b General, Orgc and Biol Chemistry Lab (EL*) 1 or CHEM 125b General Chemistry Lab II (EL*) 1 Total Credits 18-19
Year 2	NUTR 205 Food Science (EH) 3 RA 101 Reasoning and Argumentation 3 BIOL 240b Anatomy and Physiology II* 4 Breadth Fine and Performing Arts (BFPA) 3 Elective 3 Total Credits 16	NUTR 210 Food and Culture (EH) 3 NUTR 250 Intro to Human Nutrition 3 KIN 275 Introduction to Careers in Nutrition and Exercise Sciences 3 Elective 3 QR 101 Quantitative Reasoning 3 Total Credits 15
Year 3	NUTR 319 Nutrition Biochemistry 3 NUTR 327 Lifecycle Nutrition 3 KIN 211 Medical Terminology 3 Breadth Humanities (BHUM) 3 Elective 3 Total Credits 15	NUTR 401 Nutrition Ed & Counseling 3 NUTR/KIN 355 Sports Nutrition and Supplementsv 3 Breadth Information and Communications (BICS) 3 Interdisciplinary Studies (IS) 3 Elective 3 Total Credits 15
Year 4	NUTR 408 Food Service Management I 3 NUTR 409 Large Quantity Food Prep 3 NUTR 411 Intro Medical Nutrition Therapy 3 Experience Global Culture (EGC) 3 Elective 2 Total Credits 14	NUTR 410 Food Service Management II 3 NUTR 464 Senior Assignment in Nutrition 3 KIN 412 Biology of CVD and Metabolic Disease 3 Elective 3 Total Credits 12

NOTES – The University requires students earning a Bachelor of Science (BS) degree to complete at least eight (8) courses in the sciences (life, physical or social) (*), including, as part of those eight (8) courses, two (2) courses designated as labs (EL).

Transfer Students To maximize your transfer experience, complete the **bolded** courses/requirements pre-transfer **AND** satisfy either the Illinois Articulation Initiative (IAI) General Ed Core or receive an AA, AS, or AAT (early childhood, special ed or math) degree from an IAI community college. If 'Minor' requirements are shown, discuss careful course selection with the academic advising contact listed. Transfer Credit Equivalency Guides are located at siue.edu/transfer.

Graduation Requirements

- Complete all specific program and University requirements, including:
 - All general education requirements
 - A minimum of 120 credit hours:
 - At least 30 of which must be completed at SIUE
 - At least 60 of which must be completed at a regionally accredited 4-year institution
 - A minimum cumulative grade point average (GPA) of 2.75
- Bachelor of Science requires completion of eight (8) lecture courses in life, physical or social science, including two (2) lecture courses with labs (EL). Check the Course Equivalency Guides (CEG) at siue.edu/transfer for approved courses.
- File an Application for Graduation by the first day of the term in which you plan to graduate.

Contact Information

School of Education, Health and Human Behavior
 Student Services Office
 Phone: 618-650-3940
 Email: soeadvise@siue.edu
 OR
 Jennifer Zuercher, PhD, RD
 Assistant Professor and Nutrition Program Director
 Email: jzuerch@siue.edu