

Undergraduate Nutrition

Degrees Available at SIUE

- Bachelor of Science, Nutrition

Nutrition at SIUE

The Bachelor of Science in nutrition focuses on the study of foods and nutrients and their effect on the health of individuals. 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 healthcare 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 admission 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 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 C or better in Chemistry 120A and Chemistry 124A or Chemistry 121A and 125A or their equivalents
- Earn a B or better in KIN 275, Introduction to Careers in Nutritional and Exercise Science
- Have a cumulative GPA of 2.75 or higher

Application Deadline: Ongoing

Direct Admission Program

High school students with a strong academic record may apply for direct admission into the nutrition major. Students must have earned at least a 25 composite ACT score (1150 SAT) and at least a 3.25 high school grade point average (on a four-point scale) to be eligible for direct admission to the program.

This admission is contingent upon the student meeting state and program-specific retention requirements while a student at SIUE.

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, PhD
2004, University of Kansas

Katherine Mora, PhD
2006, University of Arizona

Joshua Wooten, PhD
2008, Texas Women's University

Huaibo Xin, PhD (Chair)
2011, University of North Carolina
at Greensboro

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

SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE

SCHOOL OF EDUCATION
HEALTH & HUMAN BEHAVIOR

Sample Curriculum for the Bachelor of Science in Nutrition

| | 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 125A General Chemistry Lab I (EL*) 1 FST 101 Succeeding & Engaging at SIUE 1 Total Credits 17-18 | ENG 102 English Composition II 3 BIOL 250 Bacteriology* 3 BIOL 240A Anatomy & Physiology I* 4 Experience US Cultures (EUSC) 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 17-18 |
| 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 4 QR 101 Quantitative Reasoning 3 Total Credits 16 |
| 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 355/KIN 355 Sports Nutrition and Supplements 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 Total Credits 12 | NUTR 410 Food Service Management II 3 NUTR 464 Senior Assignment in Nutrition 3 KIN 412 Biology of CVD and Metabolic Disease 3 NUTR 421 Medical Nutrition Therapy II 3 Total Credits 12 |
| | | Total Hours 120 |

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

Transfer Students: To maximize your transfer experience, complete the **bold** course 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. Visit siue.edu/transfer to find course equivalency guides.

Graduation Requirements

Students must complete all specific program and University requirements which include:

- Complete all specific program requirements
- Complete all general education requirements
- Complete a minimum of 120 credit hours (at least 30 of which must be completed at SIUE and at least 60 of which must be completed at a regionally accredited four-year institution)
- A minimum cumulative GPA of 2.75
- Bachelor of Science requires completion of eight lecture courses in life, physical or social science, including two with labs (EL).

Contact Information

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