

UNDERGRADUATE

Nutrition

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

SIUE



siue.edu/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
- 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.

Degrees Available at SIUE

- Bachelor of Science, Nutrition

What can I do with a degree in nutrition?

According to the U.S. Bureau of Labor Statistics, national job growth for dietitians and nutritionists is expected to be 15% 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 1,000 hours of internship to begin a career as a registered dietitian (RD).

Graduates in nutritional sciences qualify for positions in:

- The food industry
- Corporate wellness and health promotion programs
- Public health programs
- Pharmaceutical sales

Other career opportunities are also available for students with a bachelor's degree in nutrition in areas such as:

- Community and public health
- Consulting
- Food/nutrition business industry
- Food service management
- Research and education
- Sports and wellness nutrition
- Corporate wellness

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 English Composition I 3 ACS 101 Public Speaking 3 BIOL 140 or BIOL 150 (BLS*) 3-4 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*) or CHEM 125A General Chemistry Lab I (EL*) 1 FST 101 Succeeding & Engaging at SIUE 1 Total Credits 17-19	ENG 102 English Composition II 3 KIN 275 Introduction to Careers in Nutrition and Exercise Sciences 3 BIOL 240A Anatomy & Physiology I* 4 Experience US Cultures (EUSC; SOC or ANTH recom) 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*) 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 BIOL 250 Bacteriology* 4 Elective 3 QR 101 Quantitative Reasoning 3 Total Credits 16
Year 3	NUTR 319 Nutrition Biochemistry 3 NUTR 327 Lifecycle Nutrition 3 Interdisciplinary Studies 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 Info and Communication in Society (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 421 Medical Nutrition Therapy II 3 NUTR 464 Senior Assignment in Nutrition 3 KIN 412 Biology of CVD and Metabolic Disease 3 Total Credits 12
	*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).	Total Hours 120

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.

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

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 3.5 high school GPA (on a 4.0 scale) or a 25 ACT score (1150 SAT) and at least a 3.25 high school GPA (on a 4.0 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.

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).

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Contact Information

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