

# Nutrition Major

Bachelor of Science in Public Health  
[www.sph.unc.edu/nutr](http://www.sph.unc.edu/nutr)

- Learn about the science of nutrition in health and disease and the social and behavioral aspects of eating in the context of public health and individual health.
- Allows students to participate in nutrition research projects or explore other related areas of interest and combines the study of the biochemical, behavioral, food/nutrition sciences.
- The Department of Nutrition is one of the top-ranked Nutrition Departments in the country, offering a wide range of courses on the nutritional and epidemiological aspects of human diseases.
- Prepares students for graduate study in nutrition, medicine, pharmacy, or dentistry or for entry-level positions in public health and/or dietetics that do not require a registered dietitian.

## **What are the strengths of our undergraduate major in Nutrition?**

**Our supportive learning environment:** The small size of our major (30-40 students per cohort), coupled with faculty and staff commitment to student success, helps create a very supportive learning environment.

**The applied nature of our curriculum:** Students in our program participate in a variety of real-world projects that allow them to apply the knowledge and skills learned in the classroom to problems in the field of public health.

**Admission to the program is competitive.** Strong applicants have excellent academic performance with particular attention to the prerequisites, strong written and oral communication skills, demonstrated interest (through voluntary or work experiences) in the field of nutrition or public health broadly, strong references (e.g. from teachers or professors, and/or employment supervisors), professionalism and maturity, and ability to work well on teams.

## **What are the admission requirements and prerequisite courses for this major?**

- 3.0 Cumulative GPA in order to be eligible to apply
- Applicants should earn a grade of C (not C-) or better in all prerequisite courses
- Online application, 2 letters of recommendation, personal statement, resume
- Application Deadline: Typically due in early January of your 2nd year
- Approximately 60 credit hours (we are typically a junior entry major)
- Recommended: Complete all General College requirements in your first 2 years at UNC
- Course credits via transfer, AP exams, and UNC courses are acceptable for prerequisites
- NUTR 240: Introduction to Human Nutrition (currently a fall only course)
- BIOL 101 & 101L: Principles of Biology & Introductory Biology Laboratory
- CHEM 101 & 101L: General Descriptive Chemistry I & Quantitative Chemistry Laboratory I
- CHEM 102 & 102L: General Descriptive Chemistry II & Quantitative Chemistry Laboratory II
- MATH 231: Calculus of Functions of One Variable I or MATH 241: BioCalculus I
- BIOL 252 & 252L: Fundamentals of Human Anatomy and Physiology & Fundamentals of Human Anatomy and Physiology Laboratory
- CHEM 261: Introduction to Organic Chemistry I
- Reviews all other math and science course grades/scores on transcript

### **Major Requirements (once admitted/grade of C or better):**

- SPHG 351: Foundations of Public Health
- SPHG 352: Public Health Systems and Solutions
- EPID 600: Principles of Epidemiology for Public Health
- BIOS 600: Principles of Statistical Inference
- NUTR 295: Undergraduate Research Experience in Nutrition
- NUTR 400: Introduction to Nutritional Biochemistry
- NUTR 600: Human Metabolism: Macronutrients
- NUTR 611: Nutrition across the Life Cycle
- NUTR 620: Human Metabolism: Micronutrients
- NUTR 692H: Honors Research in Nutrition (optional)
- BIOL 202: Molecular Biology and Genetics
- CHEM 241/241L: Modern Analytical Methods for Separation & Characterization & Laboratory
- CHEM 262/262L: Introduction to Organic Chemistry II & Laboratory
- PHYS 114: General Physics I or PHYS 118: Introductory Calculus-based Mechanics & Relativity
- PHYS 115: General Physics II or PHYS 119: Introductory Calculus-based Electromagnetism & Quanta

### **Undergraduate Research**

To enhance students' general education and help them decide whether a research career is something they might pursue, all BSPH nutrition students are required to complete nutrition research, either as part of the honors thesis or as independent research. Examples include: "Analysis of weight loss attitudes and behaviors of metabolically unhealthy normal weight individuals in the United States," "Deciphering the impact of obesity and aging on Claudin-Low breast cancer progression," and "Impact of hurricane Matthew on diabetes self-management and outcomes."

### **Honors in Nutrition**

The Department of Nutrition provides an opportunity for honors study for qualified students. To be eligible for admission to the honors program students must have, at a minimum, a cumulative grade point average of 3.3 at the beginning of their senior year and maintain the GPA throughout the major if they intend to pursue honors. Students register for NUTR 295 (three credits) and/or NUTR 692H (three credits) in their final semester.

### **Post-Graduation Destinations**

More than 90% of seniors will choose to go directly into graduate or professional school. Those that pursue careers work in hospital/health care systems, colleges/universities, and private non-profit organizations.

### **Sample of Graduate and Professional School Destinations**

UNC School of Medicine, UNC School of Dentistry, UNC School of Pharmacy, UNC School of Physical Therapy, Johns Hopkins University, University of Michigan, Emory University, Harvard University, Yale University, East Carolina University School of Medicine, East Carolina University School of Dentistry, University of Michigan Medical School, John Hopkins School of Medicine, Tufts University School of Medicine, Wake Forest University School of Medicine.