



Nutrition Major

Bachelor of Science in Public Health

www.sph.unc.edu/nutr

The Department of Nutrition is one of the top-ranked nutrition departments in the country, offering two distinct tracks at the undergraduate level:

Nutrition Science & Research Track: An excellent preparation for medical and other health professional graduate programs, this track provides students in-depth exposure to the science of nutrition and metabolism while incorporating required research under the supervision of a faculty member.

Nutrition Health & Society Track: Recognizing the truly interdisciplinary nature of nutrition, this track provides students an opportunity to study nutrition through the lenses of policy, sustainable food systems, and interventions while allowing the flexibility to customize 18 credits of study to fulfill requirements for a Minor or Major in disciplines unrelated to nutrition or public health.

What are the strengths of our undergraduate major in Nutrition?

Our supportive learning environment: The small size of our major (~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?

- Visit [Application Deadlines & How to Apply](#) for more information
- Online application, 2 letters of recommendation (at least one from someone able to evaluate your academic qualifications), personal statement, resume
- 3.0 Cumulative GPA in order to be eligible to apply
- Approximately 60 credit hours completed (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
- Many of your prerequisite courses should be completed at the point of application submission
- Applicants should earn a grade of C (not C-) or better in all prerequisite courses
- Reviews all other science course grades/scores on transcript (specific to Nutrition Science & Research)
- Reviews applicant's intention to combine nutrition education with training (Minor or Major) in areas outside of nutrition and public health (Specific to Health and Society).

Pre-Requisite Courses	Nutrition Science & Research Track	Nutrition Health & Society Track
NUTR 240: Introduction to Human Nutrition	<i>Required</i>	<i>Not Required</i>
BIOL 101 & 101L: Principles of Biology & Intro Biology Laboratory	<i>Required</i>	<i>Required</i>
CHEM 101 & 101L: General Descriptive Chemistry I & Quantitative Chemistry Lab I	<i>Required</i>	<i>Required</i>
CHEM 102 & 102L: General Descriptive Chemistry II & Quantitative Chemistry Lab II	<i>Required</i>	<i>Required</i>

BIOL 252 & 252L: Fundamentals of Human Anatomy and Physiology & Fundamentals of Human Anatomy and Physiology Lab	<i>Required</i>	<i>Required</i>
CHEM 261: Introduction to Organic Chemistry I	<i>Required</i>	Not Required

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

Courses Required for Both Tracks
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 611: Nutrition Across the Life Cycle
NUTR 295: Undergraduate Research/Capstone Experience in Nutrition

Requirements for Nutrition Science & Research	Requirements for Nutrition Health & Society
MATH 231: Calculus of Functions of One Variable	NUTR 175: Introduction to Food Studies
NUTR 400: Introduction to Nutritional Biochemistry	NUTR 240: Introduction to Human Nutrition
NUTR 600: Human Metabolism: Macronutrients	NUTR 245: Local Sustainable Food Systems
NUTR 620: Human Metabolism: Micronutrients	NUTR 405: Nutrition Policy
BIOL 202: Molecular Biology and Genetics	NUTR 470: Nutrition & Health Behavior
CHEM 241/241L: Modern Analytical Methods for Separation & Characterization & Laboratory	NUTR 630: Nutrition Communication & Culture
CHEM 262/262L: Introduction to Organic Chemistry II & Laboratory	<i>18 additional credit hours from another field of study selected by the student in consult with the Academic Coordinator and Program Director</i>
PHYS 114/115: General Physics I & II	

Undergraduate Research/Capstone

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/capstone, either as part of the honors thesis or as an independent project. Examples of completed projects 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) in fall and/or spring of the junior year, then NUTR 691H and NUTR 692H (three credits each) in their senior year (fall and spring, respectively).

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.