

# BACHELOR OF SCIENCE IN NUTRITION

## Description and Outcomes

The Bachelor of Science in Nutrition program features a dynamic curriculum with a strong emphasis on the foundational sciences and clinical nutrition, ensuring a comprehensive understanding of the scientific principles behind nutrition and health care. Emphasizing the transformative role of food as medicine, this program addresses health challenges and fosters wellness beyond basic nourishment.

You will explore how nutrition influences health outcomes and learn to apply this knowledge in diverse health settings. The program is designed to prepare you for various nutrition-focused careers and advanced educational opportunities, featuring several pathways for earning professional credentials and specialties. Approved by the National Association of Nutrition Professionals (NANP), our holistic nutrition concentration enables you to sit for the Board Certified in Holistic Nutrition® (BCHN) exam, enhancing professional credibility.

This flexible program design enables you to customize your academic experience according to your specific interests and career goals. Through a blend of advanced coursework, current research, and personalized nutrition practices, you will gain the expertise and practical skills necessary to become a highly qualified nutrition professional, ready to make a positive impact on individuals and communities.

## Concentrations

In addition to the required core and major courses, you can further specialize your degree by choosing a concentration in holistic nutrition.

## Graduate Program Pathways

If you are interested in earning both a bachelor's and master's degree, consider a graduate program pathway (<https://catalog.purdueglobal.edu/undergraduate/graduate-program-pathways/>).

## Program Length

The Bachelor of Science in Nutrition program consists of a minimum of 180 quarter credit hours. Upon successful completion of the program, you will be awarded a bachelor of science degree.

## Program Outcomes

### Discipline-Specific Outcomes

1. Knowledge Base: Identify the roles of nutrients in human health and physiological functioning.
2. Assessment: Interpret an individual's nutritional status and risk factors using appropriate clinical assessment strategies.
3. Application: Apply evidence-based diet planning and management strategies based on an individual's health status and specific lifecycle stage.
4. Analytical Skills: Analyze the impact of personal, cultural, and economic obstacles on client needs and nutrition practice.
5. Clinical Skills: Administer a personalized, evidence-based nutrition therapy plan to support an individual's health status.
6. Design: Design a nutrition and integrative health program for a specific audience.

## General Education Literacies and Professional Competencies

In addition to the discipline-specific outcomes, general education literacies and professional competencies are integrated throughout your academic program. You can review the general education literacies and professional competencies associated with your academic program in the General Education and Professional Competency Requirements (<https://catalog.purdueglobal.edu/undergraduate/general-education-professional-competency-requirements/>) section of this Catalog.

## Program Availability

For program availability, please refer to the U.S. State and Other Approvals (<https://catalog.purdueglobal.edu/policy-information/university-information/accreditation-approvals-memberships/>) section and Program Availability Information (<https://www.purdueglobal.edu/catalog-program-availability-info.pdf>).

## Policies

### Certification, State Board, and National Board Exams

Certification and licensure boards have state-specific educational requirements for programs that lead to a license or certification that is a precondition for employment. Prospective and current students must review Purdue Global's State Licensure and Certifications (<https://www.purdueglobal.edu/about/accreditation/licensure-state-authorizations/>) site to view program and state-specific licensure information.

Licensure-track programs may limit enrollment to students in certain states; please see Purdue Global's Program Availability Information (<https://www.purdueglobal.edu/catalog-program-availability-info.pdf>) to determine enrollment eligibility.

You are responsible for understanding the requirements of optional certification exams. Such requirements may change during the course of your program. You are not automatically certified in any way upon program completion. Although certain programs are designed to prepare you to take various optional certification exams, Purdue Global cannot guarantee you will be eligible to take these exams or become certified. Your eligibility may depend on your work experience, completion of education and/or degree requirements, not having a criminal record, and meeting other certification requirements.

The Bachelor of Science in Nutrition program is designed to prepare you academically to pursue a variety of nutrition-oriented careers and advanced education. The Bachelor of Science in Nutrition is an approved holistic nutrition education program through the National Association of Nutrition Professionals (NANP) **only** when it is completed with the holistic nutrition concentration.

**Purdue Global's Bachelor of Science in Nutrition program is not accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), and does not qualify an individual to sit for the examination to become a Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN).** In addition, some states will not permit individuals to become licensed in nutrition and/or dietetics if they do not possess the RD/RDN credential. If you are interested in becoming licensed in your state, it is vital that you understand your state's requirements for licensing prior to enrollment.

Because regulations change frequently and vary by state, prospective and current students must review Purdue Global's State Licensure and Certifications (<https://www.purdueglobal.edu/about/accreditation/>


licensure-state-authorizations/) site to view program and state-specific licensure information.

In order to pursue examinations and/or preprofessional experiences, you may be required to present documentation of a health assessment/physical examination, immunization records, drug screening results, and/or a background check. It is your responsibility to ensure that you have met all requirements prior to beginning examinations and/or preprofessional coursework/externships.




Upon completion of the program, you may be eligible for the following certifications and credentials. Please refer to the sponsor organization for specific eligibility requirements as there may be additional requirements beyond the degree program itself. Requirements vary by state.

- For students who complete the Bachelor of Science in Nutrition with the holistic nutrition concentration only: Board Certified in Holistic Nutrition sponsored by the National Association of Nutrition Professionals (<https://www.nanp.org/> (<https://nanp.org/>))
- Certified Dietary Manager (CDM) offered by the Association of Nutrition and Food Service Professionals (<https://www.anfpnline.org/>)
- ServSafe offered through the National Restaurant Association (<https://www.servsafe.com/>)

## Degree Plan

The  icon appears in the title of traditional courses that are also available as a set of module courses. Module course availability may be limited to certain academic calendars. See Course Types (<https://catalog.purdueglobal.edu/policy-information/university-information/approach-to-learning/>) for information about module courses.

## Program Requirements

| Code                      | Title   | Credits |
|---------------------------|---|---------|
| <b>Core Requirements</b>  |   |         |
| CM107                     |  College Composition I         | 5       |
| CM220                     |  College Composition II        | 5       |
| CS212                     |  Communicating Professionalism | 5       |
| SC121                     | Human Anatomy and Physiology I  | 5       |
| SC180                     | General Chemistry I   | 5       |
| 100/200 Level             | Mathematics Requirement <sup>1</sup>  | 5       |
| 100/200 Level             | Arts and Humanities Requirement <sup>1</sup>  | 5       |
| 100/200 Level             | Science Requirement <sup>1</sup>  | 5       |
| 100/200 Level             | Social Science Requirement <sup>1</sup>   | 5       |
| Total Core Requirements   |   | 45      |
| <b>Major Requirements</b> |   |         |
| NS105                     | Fundamentals of Nutrition   | 5       |
| NS106                     | Nutrition Profession and Career Planning  | 5       |
| NS230                     | Macronutrient Metabolism  | 5       |
| NS235                     | Micronutrient Metabolism  | 5       |
| SC131                     | Human Anatomy and Physiology II   | 5       |
| SC190                     | General Chemistry II  | 5       |
| NS305                     | Food Safety   | 6       |
| NS310                     | Nutritional Assessment  | 6       |
| NS325                     | Nutrition Through the Life Cycle  | 6       |

|                                       |   |            |
|---------------------------------------|---|------------|
| NS410                                 | Integrative Nutrition Planning and Management | 6          |
| NS420                                 | Nutritional Counseling                        | 6          |
| NS480                                 | Medical Nutrition Therapy I                   | 6          |
| NS490                                 | Medical Nutrition Therapy II                  | 6          |
| SC320                                 | Microbiology for Health Professions           | 6          |
| SC335                                 | Biochemistry                                  | 6          |
| 100/200/300/400 Major Electives Level |   | 12         |
| NS499                                 | Bachelor's Capstone in Nutrition              | 6          |
| Total Major Requirements              |   | 102        |
| <b>Open Elective Requirements</b>     |   |            |
| Open Electives                        |   | 33         |
| Total Open Elective Requirements      |   | 33         |
| <b>TOTAL CREDITS</b>                  |   | <b>180</b> |

<sup>1</sup> For options to fulfill this requirement, see the corresponding literacy in General Education and Professional Competency Requirements (<https://catalog.purdueglobal.edu/undergraduate/general-education-professional-competency-requirements/>).

## Concentration Requirements

Concentration courses are completed within the major or open electives requirement of the degree plan.

Students in this program are not required to select a concentration.

### Holistic Nutrition

| Code                 | Title                                  | Credits   |
|----------------------|--|-----------|
| HW310                | Complementary and Integrative Medicine | 6         |
| NS455                | Current Trends in Nutrition            | 6         |
| NS460                | Dietary Supplements and Nutraceuticals | 6         |
| NS465                | Functional Nutrition                   | 6         |
| <b>TOTAL CREDITS</b> |  | <b>24</b> |