

NUTRITION PROGRAM



ARIZONA STATE UNIVERSITY

MEMORANDUM

DATE: August 2, 2010

TO: Curriculum and Academic Programs Committee

FROM: Carol Johnston, Director, Nutrition Program

A handwritten signature in black ink, appearing to be 'C Johnston', written over the 'FROM' line.

RE: Proposed new minor: Nutrition and Healthy Living

Based on input from the CONHI Academic Success Coordinators indicating that a number of students have expressed interest in minoring in nutrition, we are proposing a new minor for our program: 'Nutrition and Healthy Living'. We believe that a broad range of students will be interested in this minor, including students majoring in exercise and wellness, nursing, kinesiology, psychology, or the biological sciences, since there is much interest across disciplines regarding nutrition and health.

Currently the nutrition program at ASU offers two minors: 'Food and Nutrition Management' and 'Human Nutrition'. However, these minors are specifically tailored to the fields of food service or nutrition metabolism respectively and cannot be considered a general nutrition minor. Our current minor in Human Nutrition requires numerous external science prerequisites and is well suited for preprofessional degree seekers. The proposed minor 'Nutrition and Healthy Living' is designed to provide a detailed overview of nutrition and healthy diet planning for students seeking additional information on nutritional strategies to optimize health outcomes to complement their major. This minor will strengthen students' knowledge base in basic nutrition principles and how these principles can be applied in the everyday life of individuals and families to improve diet choices and reduced risk for chronic disease and obesity. This knowledge base will provide students with the understanding and tools to navigate the continual stream of nutrition information and determine the best options for their personal nutrition and the nutritional needs of their families.

The Nutrition Faculty has reviewed and approved this proposed minor, and no additional unit resources are needed to implement this new curriculum. Of the 18 required credits, 12 must be in residency. There are two prerequisites for the proposed minor: CHM 101 (or 113) and BIO 201. The Academic Assembly of the College of Nursing and Health Innovation approved this minor on October 19, 2009, and ABOR granted approval in March 2010 as a part of the college academic plan.

Please feel free to contact me for any further information.

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ASU College of Nursing
& Health Innovation

ARIZONA STATE UNIVERSITY

TO: Curriculum and Academic Programs Committee

FROM: Linda Vaughan, Assistant Dean for Academic Affairs, College of Nursing and
Health Innovation *L. Vaughan 8.2.2010*

RE: Proposal for new Minor in Nutrition and Healthy Living

After reviewing the proposal from the Nutrition Program, I concur with the Nutrition Faculty and the Nutrition Program Director, Dr. Carol Johnston, in that the proposed minor in Nutrition and Healthy Living will be an excellent addition to current program offerings. Students in Exercise and Wellness and Health Sciences often take courses in nutrition and this academic minor will formally recognize their additional knowledge and skills. As the College of Nursing and Health Innovation continues to emphasize the importance of interprofessional education, this minor will enhance opportunities for undergraduates in the three health promotion programs to interact and learn from one another.

Proposed minor: Nutrition and Healthy Living

Statement of Demand

Many ASU students not majoring in nutrition are interested in how nutrition contributes to healthy lifestyles. For example, students in Exercise and Wellness are very interested in a nutrition minor that would allow them to concentrate nutrition courses that would help them in their careers, whether it be dealing with athletes as a strength and conditioning coach, working as a personal trainer, or working in the health education area. Students in other programs may also be called upon for nutritional advice in their future careers. This proposed minor will offer students in health-oriented majors (or students in general) an organized set of courses designed to provide a basic background in nutrition and healthy outcomes to aid them in their future occupations and personal lives.

Proposed new NTR minor: Nutrition and Healthy Living

Minors add value and quality to undergraduate education by complementing a major field of study; this proposed minor opens new avenues of study for students with an interest in nutrition and health. The Nutrition and Healthy Living minor requires completion of a minimum of 18 NTR semester hours.

Minor in Nutrition and Healthy Living

Required Classes - 12 semester hours:

- NTR 241 Human Nutrition (3)
- NTR 340 – Applications in Human Nutrition (3)
- NTR 341 – Introduction to Planning Therapeutic Diets (3)
- NTR 450 – Nutrition in the Lifecycle (3)
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Upper division electives (6 credits)

Select 2 courses from the following list:

- NTR 320 – History of Nutrition (3)
- NTR 345 – Development of Healthy Cuisines (3)
- NTR 346 – Sports Nutrition (3)
- NTR 348 – Cultural Aspects of Food (3)
- NTR 350 – Nutrition Counseling (3)
- NTR 351 – Nutrition and Health Communication (3)
- NTR 430 (494) – Nutrition in the Media (3)
- NTR 444 – Medical Nutrition Therapy (3)

Total = 18 credits

[Additional prerequisites required for these classes: CHM 101 (or 113) and BIO 201.]

A description of advising procedures as well as measures for verification of completion of the new minor: *Nutrition and Healthy Living*

- 1) It is the responsibility of the major advisor to add the minor.
 - a) *Advisors only have authority to add minors on students within the major(s) they advise for.*
- 2) It is recommended that the major advisor refer students to speak to the minor advisor to discuss course requirements and any applicable pre-requisites.
- 3) After the major advisor adds the minor to the student's program plan in PeopleSoft, it is then reflected on the student's DARS report.
 - a) *It is the responsibility of the student to run and check their DARS report every semester to ensure completion of their major and/or minor.*
 - b) *It is also the major advisor's duty to verify completion of requirements for both major and minor as outlined in the student's DARS report.*
 - c) *If necessary, it is the duty of the minor advisor to conduct DARS exceptions for the minor. The major advisor is responsible for DARS exceptions only for the major. (This advising procedure is similar in respects to authority as stated in advising procedure 1a.)*
- 4) Of the 18 required credits, 12 must be in residency.