

# Nutritional Science BS

*The Nutritional Science Program develops informed and productive nutritional scientists who personally and professionally utilize scientifically proven nutrition principles to make meaningful contributions to the discipline, to families, communities, and nations. Graduates of the Nutritional Science Program will excel in health professional schools, graduate programs in NS and related disciplines, or other professional pursuits; maintain personal and professional growth through skills acquired for continued acquisition of new scientific knowledge; and apply ethical and moral values in their professional pursuits and personal lives.*

## 1. Nutritional Science Fundamentals

Identify the chemical structure of nutrients, their food sources, functions, and the scientific basis for nutrition requirements and dietary recommendations. Describe the processes of digestion, absorption, transport, and metabolism and the metabolic consequences of nutrient deficiencies, interactions, imbalances and toxicities.

## 2. Diet in Health and Disease

Explain the role of dietary choices and interventions for optimizing health and preventing or ameliorating chronic disease and malnutrition.

## 3. Nutritional Assessment

Assess nutritional status of individuals or populations.

## 4. Research

Search, interpret, and summarize peer-reviewed scientific literature. Evaluate nutritional claims for accuracy. Design research for nutritional science that includes ethical considerations of using human and animal subjects.

