

NUTRITION MAJOR

All University of Pennsylvania undergraduate students enrolled in the School of Nursing or the School of Arts and Sciences may add a second major in Nutrition Sciences to their first major.

Nutrition Science is the study of nutrients and the foods which contain them for impact on health and disease. This expansive discipline includes the study of feeding and dietary behaviors, metabolism, basic and clinical scientific approaches to the physiological roles of nutrients in the diet, using research and educational lenses from the cellular to human level.

The interdisciplinary nature of the Nutrition Major is built upon a curricular structure which exposes students a wide array of coursework and research options which are critical to grasping the scope of Nutrition Science. The Major offers classroom and laboratory experiences in Nutrition Science on the role of nutrition in major human diseases such as cancer, cardiovascular diseases, diabetes, and obesity, which together account for nearly seventy percent of global mortality. The next generation of young scientists interested in combating these diseases need a well-rounded backgrounds in biological and nutrition science, as well as social sciences and public health. The second major in Nutrition Science uniquely advances such an academic portfolio to prepare graduates to combat individual and global health challenges of the 21st century.

The Nutrition Science major course core requirements can be found in the following pages, as well as a current list of approved electives across the Penn campus. For **further information or to apply for the major**, contact us at nutrition@nursing.upenn.edu. This email directs to both Dr. Compher and Professor Dowd who will act as your Nutrition Major advisors.

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Application for Undergraduate Major in Nutrition Science, SON Majors

Name:**Major:**

email:

Required Basic Science Courses (at least 6 CU)

- NURS 061 Biologically-Based Chemistry (0.5 CU)
- NURS 068 Cell Bio/Microbiology (1 CU)
- NURS 163 Anatomy & Physiology & Physical Assessment (2 CU)
- NURS 164 Integrated Anatomy & Physiology & Physical Assessment (2 CU)
- NURS 165 Pathophysiology, Pharmacology (2 CU)

Required Nutrition Science Courses (Total of 4 CU)

- NURS 065: Fundamentals of Nutrition (Spring, 1 CU)
 - NURS 312: Nutritional Aspects of Disease (Spring, 1 CU)
 - NURS 523: Advanced Nutrition: Molecular Basis of Nutrition Science (Fall, 1 CU)
 - NURS 524: Advanced Nutrition: Micronutrient Metabolism (Spring, 1 CU)
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Elective Nutrition Courses (Total of 4 CU from list)

- 1.
- 2.
- 3.
- 4.

Application for Undergraduate Major in Nutrition Science, SAS Majors

Name:

Major:

email:

Required Basic Science Courses (Total of 6 CU)

Introductory Biology (2 CU)

- Recommended for students with A.P., I.B. or other advanced biology courses and high school chemistry (2 CU)
 - BIOL 121 Intro. to Biology: The Molecular Biology of Life (lec. and rec., 1.0 CU)
 - BIOL 123 Intro. Molecular Biology Lab (lab only, 0.5 CU must be concurrent with BIOL 121)
 - BIOL 124 Intro. Organism Biology Lab (lab with one hour lecture, 0.5 CU)
- Recommended for students with one year of high school biology. (3 CU counts as 2 for nutrition major)
 - BIOL 101 Intro. to Biology A (lecture and lab, 1.5 CU)
 - BIOL 102 Intro. to Biology B (lecture and lab, 1.5 CU)

Chemistry (3 CU)

- CHEM 101 (General Chemistry I) (1 CU)
- CHEM 102 (General Chemistry II) (1 CU)
- CHEM 241 (Principles of Organic Chemistry) (1 CU)

Biochemistry (1 CU)

- BIOL 204: Biochemistry (1 CU) OR
- CHEM 251: Principles of Biological Chemistry (1 CU)

Required Nutrition Science Courses (Total of 4 CU)

- NURS 112: Nutrition Science & Applications (Fall, Spring, 1 CU)
 - NURS 312: Nutritional Aspects of Disease (Spring, 1 CU)
 - NURS 523: Advanced Nutrition: Molecular Basis of Nutrition Science (Fall, 1 CU)
 - NURS 524: Advanced Nutrition: Micronutrient Metabolism (Spring, 1 CU)
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Elective Nutrition Courses (Total of 4 CU from list)

- 1.
- 2.
- 3.
- 4.

Elective Courses available for the Nutrition Major

Key: @=Academically Based Community Service

ANTH

- ANTH 148 Food and Fire
- ANTH 252 Food Habits in Phila Communities @
- ANTH 359 Nutritional Anthropology @
- ANTH 661 Global Food Security

BIBB

- BIBB 227 Physiology Motivated Behavior (F)
- BIBB 260 Neuroendocrinology
- BIBB 269 Autonomic Physiology
- BIBB 460 Neuroendocrinology
- BIBB 440 Neuroscience Behind the Addiction To Chocolate, Wine, Coffee & Tobacco (S)

ENVS

- ENVS 248 The Urban Food Chain (F)

HSOC

- HSOC 135 Politics of Food (F) @
- HSOC 335 Healthy Schools (S) @

PSCI

- PSCI 135 Politics of Food (F) @
- PSCI 335 Healthy Schools (S) @

PSYCH

- PSYCH 127 Physiology Motivated Behavior (F)
- PSYCH 439 Neuroendocrinology

PUBH

- PUBH 553 The Science & Politics of Food (F)
- PUBH 531 Public Health Nutrition (SS)

WHAR

- MGMT 241 Knowledge For Social Impact
- MGMT 266 Marketing for Social Impact

NURS

- NURS 313/513 Obesity and Society (F,S) @
- NURS 316/516 Political Economy, World Hunger (S)
- NURS 365 Case Analysis: Clinical Nutrition (F,S)
- NURS 375 Nutrition Through the Life Cycle (F)
- NURS 376 Nutrition, Exercise, Fitness (F)
- NURS 377 Weight Management (S)
- NURS 521 Current Topics in Nutrition (F)