

NUTRITION MAJOR

All University of Pennsylvania undergraduate students enrolled in the [School of Nursing \(Penn Nursing\)](#) 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 on health and disease. This expansive discipline includes the study of feeding & dietary behaviors, metabolism, basic and clinical scientific approaches to the physiological roles of nutrients in the diet, all 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 approved electives across the Penn campus. For further information please contact us at nutrition@nursing.upenn.edu. This email directs to both Dr. Compher and Dr. De Jonghe who will act as your Nutrition Major advisors.

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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

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: @=ABCS, (S)- offered usually in spring semester, (F)-offered usually in fall semester

ANTH

ANTH 184	Food and Culture
ANTH 248	Food/Feast: Archaeology of Table
ANTH 252	Food Habits in Philadelphia Communities @
ANTH 359	Nutritional Anthropology @ (S)

BIOL or BIBB

BIOL 017	Biology of Food (F) @
BIBB 227	Physiology Motivated Behavior (F)
BIBB 260	Neuroendocrinology
BIBB 269	Autonomic Physiology (S)
BIBB 460	Neuroendocrinology (S)

ENVS

ENVS 648	Issues in Food & Agriculture Policy
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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 070	Psychology of Food @ (S)
PSYCH 127	Physiology Motivated Behavior (F)
PSYCH 439	Neuroendocrinology (S)

PUBH

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

WHAR

MGMT 241	Knowledge For Social Impact (S)
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NURS

NURS 313/513	Obesity and Society (F,S) @
NURS 316/516	Political Economy, World Hunger (S)
NURS 365	Case Analysis in Clinical Nutrition (F,S)
NURS 375	Nutrition Through the Life Cycle (F)
NURS 376	Nutrition, Exercise, Fitness (F)
NURS 521	Current Topics in Nutrition (F) Each section is 0.5 CU