



COLLEGE OF
**EDUCATION AND
HUMAN SCIENCES**

NUTRITIONAL SCIENCES: **PUBLIC HEALTH NUTRITION**



OVERVIEW

Study the social aspects of human health through a frame of nutrition as a pathway to your passion for improving lives. As a Public Health Nutrition student, you will benefit from a strong STEM foundation integrated with an understanding of the relationship between nutrition, the environment, behavior and human health. Our program prepares leaders who deliver nutrition education, health and well-being information as federal food assistance program coordinators, food policy and regulation specialists, health and wellness program managers, community health workers, WIC nutritionists, school nutrition directors and other public health positions in government institutions, hospitals, schools and professional organizations.

PROGRAM HIGHLIGHTS

- Service-learning experience is prioritized in the curriculum, providing students with professional experience in the community and an understanding of the influence of community factors on individual nutrition and overall health.
- Flexible curriculum allows integration of prerequisites for desired professional healthcare paths.
- Strong science preparation includes courses in chemistry, physiology, biology and anatomy and is well-rounded with human-based curriculum in sociology, psychology, patient assessment and nutrition counseling, public health and community nutrition.
- Abundant community or laboratory-based undergraduate research opportunities under the direction of highly-qualified and nationally recognized faculty mentors.

NOTABLE NUMBERS



Option available to complete as a
100% online degree.

STUDENT PERSPECTIVE

“Public Health Nutrition is unique in that you are able to work with more people than just those in your field. In my area of research, I am able to work with Extension educators, CDC employees, farmers at farmers markets, food pantries and even employees in parks and recreation. Public Health Nutrition allows you to bring communities and industries that may not work together on a daily basis, together with a common goal to make healthier choices easier and more available.”

- Saydee Adams, Public Health Nutrition student

PEOPLE. PASSION. PURPOSE.

PUBLIC HEALTH NUTRITION

(120 credit hours)

SAMPLE FOUR-YEAR PLAN OF STUDY

1	FALL First-Year Seminar Principles of Human Nutrition Introductory Biology College Algebra Composition I*	15 hrs.	SPRING Introduction to Public Health Nutrition Chemistry I Composition II* Introductory Sociology* American Government*	15 hrs.
	FALL Introduction to Nutrition and Food Literacy Chemistry II Introductory Psychology* Elementary Statistics Economics of Social Issues	16 hrs.	SPRING Nutrition Across the Life Span Introduction to Microbiology Survey of American History* Lifespan Human Development Speech*	15 hrs.
3	FALL Environmental Nutrition Food and the Human Environment Physiology Nutrition and Evidence-based Practice I Microbiology Laboratory	13 hrs.	SPRING Nutrition and Evidence-based Practice II Nutrition Assessment and Counseling Skills Humanities/Diversity Course (3 hours) Medical Terminology for the Health Professions Principles of Epidemiology Survey of Accounting	15 hrs.
	SUMMER Pre-professional Experience 1 hr.			
4	FALL Human Nutrition and Metabolism I Community Nutrition I Nutritional Epidemiology Fundamentals of Management Marketing	14 hrs.	SPRING Community Nutrition II Human Nutrition and Metabolism II Nutrition and Evidence-based Practice III Humanities Course* Controlled Electives (6 hours)	16 hrs.

*Suggested for students seeking concurrent, dual credit or Advanced Placement (AP) course options to apply directly to this degree plan. Refer to the OSU Transfer Credit Guide and Credit By Exam Guide for specific course information online at okstate.edu.

RELATED MINORS AND CERTIFICATES

Gerontology ○ Human Services ○ Pre-Counseling ○ Pre-Healthcare Administration

Minors are designed to enhance and complement a major field of study. They are not required, and additional courses may need to be added to the plan above.

PROSPECTIVE STUDENT SERVICES

Watson Family Center for Student Development
 106 Willard | Stillwater, OK 74078
 (405) 744-6350 | educate@okstate.edu

More about this major: okla.st/NSClundergrad



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