The Community Nutrition option appeals to students who want to apply nutrition knowledge in the community without going into postgraduate healthcare professional schools or programs.

COMMUNITY NUTRITION

The Nutritional Sciences-Community Nutrition option at Oklahoma State University offers you a broad view of nutrition. Nutrition is an ever-growing and changing field, and this program allows you to take your knowledge of nutrition into the community. Chemical and biological sciences and food and nutrition courses provide a strong foundation for understanding and developing solutions to community food and nutrition problems. Electives allow the student to choose courses according to career interests. This option offers the most flexibility to combine nutrition and science knowledge with another discipline.

CUSTOMIZING THE OPTION

Students who are interested in combining exercise science with nutrition would select electives which are prerequisites for the MS in Athletic Training. Those who are interested in Nutrition Education would declare a minor in Health Education and Promotion and sit for the exam to earn the Certified Health Education Specialist credential. Others will select courses with School Nutrition or Food Service Management in mind. Some students will work closely with the advisor to design a curriculum which includes a minor in another discipline to work with the public in Cooperative Extension, Public Policy, Communications, International Nutrition, or Sales.

RESOURCES

http://sneb.org/ Society for Nutrition Education and Behavior
http://www.who.int/en/ World Health Organization
http://www.schoolnutrition.org School Nutrition Association
http://www.acsm.org American College of Sports Medicine

SPECIALIZED COURSES

Food and the Human Environment
Nutrition Across the Lifespan
Human Nutrition and Metabolism 1 and 2
Nutrition in the Pathophysiology of Chronic Disease
Community Nutrition
Nutrition and Evidence-Based Practice
Intro to Professional Food Preparation
Marketing

CAREER OPPORTUNITIES

School Nutrition
Cooperative Extension Service
Community Nutrition Programs
Athletic and Fitness Programs
Wellness and Health Promotion
Public and Private clinics
International Nutrition
Food Assistance Programs
Sales
Food Companies

FOR MORE INFORMATION

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