Community nutrition (also called Public Health Nutrition) promotes overall health and well-being in government institutions, hospitals, schools, and larger organizations through nutrition education. These professionals educate the public about disease prevention, improve food safety, resolve food insecurity, and develop public policies. They also emphasize the application of food and nutrition knowledge, policy, and research to the improvement of the health of populations. Community nutrition practitioners create and implement new ways to promote wellness in local communities and with individuals. Health and community education occupations are projected to increase by 16 percent from 2016-2026.

PROGRAM HIGHLIGHTS
- Flexible curriculum with customizable focus areas pairing nutrition with exercise, education, schools, food service management, or public health
- Emphasis on public health and community initiatives to address chronic diseases such as obesity, cancer, and diabetes
- Focused science sequence in biochemistry, physiology, metabolism, and biology
- Undergraduate involvement opportunities in community nutrition research
- Pre-professional experience component in community settings
- Minor in Health Education and Promotion to sit for the Certified Health Education Specialist (CHES) exam

CAREER FIELDS & FOCUS AREAS

COMMUNITY WELLNESS
- Athletic and fitness programs
- Wellness and health promotion
- State and tribal wellness initiatives
- Cooperative extension service

PUBLIC HEALTH
- Nutrition education
- Public policy
- Food assistance programs
- International nutrition

humansciences.okstate.edu
This Nutritional Sciences program offers preparation to work in a community setting providing nutritional education and promoting healthy living. Emphasis areas include Nutrition & Exercise, Nutrition Education, School Nutrition & Food Service Management, or Food, Nutrition & the Public. (120 credit hours)

**SAMPLE FOUR-YEAR PLAN OF STUDY**

**FALL**
- Composition I*
- College Algebra (or higher)*
- Biology*
- Principles of Human Nutrition
- Human Sciences 1st Year Seminar

**SUGGESTED FOR STUDENTS SEEKING CONCURRENT, DUAL CREDIT, OR AP COURSE OPTIONS TO APPLY DIRECTLY TO THIS DEGREE PLAN. REFER TO THE OSU TRANSFER CREDIT GUIDE & CREDIT BY EXAM GUIDE FOR SPECIFIC COURSE INFORMATION AT OKSTATE.EDU.**

<table>
<thead>
<tr>
<th>COURSE</th>
<th>HOURS</th>
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<tbody>
<tr>
<td>Composition I*</td>
<td>16 hrs.</td>
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<tr>
<td>College Algebra (or higher)*</td>
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<tr>
<td>Biology*</td>
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<tr>
<td>Principles of Human Nutrition</td>
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<tr>
<td>Human Sciences 1st Year Seminar</td>
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**SPRING**
- Composition II*
- American Government
- Social & Behavioral Science Course
- Chemistry I
- Controlled Elective

**FALL**
- Statistics*
- Chemistry II
- Intro to Food Studies
- Food Safety & Sanitation
- Introduction to Hospitality Accounting

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<tr>
<td>Statistics*</td>
<td>14 hrs.</td>
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<tr>
<td>Chemistry II</td>
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<tr>
<td>Intro to Food Studies</td>
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<tr>
<td>Food Safety &amp; Sanitation</td>
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**SPRING**
- Speech*
- Organic Chemistry
- American History Course*
- Lifespan Human Development

**FALL**
- Physiology
- Hospitality and Tourism Management
- Nutrition Across the Lifespan
- Food and the Human Environment

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<tr>
<td>Physiology</td>
<td>13 hrs.</td>
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<tr>
<td>Hospitality and Tourism Management</td>
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<tr>
<td>Nutrition Across the Lifespan</td>
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<tr>
<td>Food and the Human Environment</td>
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**SPRING**
- Humanities/Diversity Course
- Nutrition & Evidence-based Practice I
- Controlled Elective
- Controlled Elective
- Controlled Elective
- Controlled Elective

**FALL**
- Nutrition in the Pathophysiology of Chronic Disease
- Human Nutrition and Metabolism I
- Nutrition and Evidence-based Practice II
- Controlled Elective
- Controlled Elective
- Controlled Elective

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<tr>
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<td>16 hrs.</td>
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<td>Human Nutrition and Metabolism I</td>
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<tr>
<td>Nutrition and Evidence-based Practice II</td>
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<td>Controlled Elective</td>
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**SPRING**
- Humanities Course
- Human Nutrition and Metabolism II
- Nutrition and evidence Based Practice III
- Community Nutrition
- Controlled Elective
- Controlled Elective

**SCIENCE SEQUENCES**
- Nutrition: Principles of Human Nutrition ➤ Nutrition Across the Lifespan ➤ core Nutritional Sciences courses
- Biology: Introductory Biology ➤ Microbiology & Lab
- Chemistry: Chemistry I ➤ Chemistry II ➤ Organic Chemistry I ➤ Survey of Biochemistry

**CONTACT INFORMATION**
Prospective Student Services
humansciences@okstate.edu
405-744-5053