

Minor in Nutrition, Health and Wellness

A healthy lifestyle, including a holistic approach to food and exercise, is encouraged for persons to lead a robust life. An evidence-based approach to health and wellness is important to balance the abundance of information surrounding this topic and to encourage life-long learning. This minor aligns with the Jesuit principle of "Cura Personalis" the development of a whole person - mind, body and spirit.

Saint Louis University's nutrition minor has been designed to provide students with a broad background in nutrition and is an excellent complement to any major related to health sciences such as Public Health, Nursing, or Pre-Med students, or even for students in non-medical degrees such as Engineering or Business programs. As a student at SLU-Madrid, you will work with faculty members from across the globe who are committed to excellent teaching, mentoring and scholarship.

This is an interdisciplinary minor (15 credits) that provides a nutrition, health, and wellness emphasis. All courses are instructed online, with some in-seat availability. Foundations in Nutrition ([DIET 2080](#)) is a prerequisite for Nutrition in the Lifecycle ([DIET 2100](#)), other courses may be taken in any sequence. Students are required to gather representative works from each course in the minor and assemble them into a portfolio.

Code	Title	Credits
BIOL 1460	Exercise and Health (Madrid campus)	3
DIET 2080	Foundations in Nutrition (St. Louis campus)	3
DIET 2100	Nutrition in the Lifecycle (St. Louis campus)	3
MAT 3500	Concepts of Health, Fitness & Wellness (St. Louis campus)	3
PSY 4150	Science of Sleep (St. Louis campus)	3

Course List

Non-Course Requirements

- Students will be required to gather representative works from each course in the minor and assemble them into a portfolio.
- The portfolio will be due at the end of the last course taken in the minor.

Continuation Standards

A student must maintain an overall 2.00 grade point average.