

NUTRITION (MINOR)

This program was approved for students entering the university in the Summer 2026-Spring 2027 catalog year. For more information about catalog year, go to Catalog Year Information (<https://catalog.louisville.edu/undergraduate/university-wide-unit-specific-policies/catalog-year/>).

Minor in Nutrition

Unit: College of Education and Human Development (<http://www.louisville.edu/edu/>)

Department: Health and Sport Sciences (<http://www.louisville.edu/edu/hpes>)

Academic Plan Code: NUTRMINOR

The College of Education and Human Development's Nutrition minor prepares students to meet demand in the health industry by providing a foundational understanding of nutrition, a discipline essential to preventive health, performance optimization, and chronic disease management.

The minor is open to any undergraduate student at the university. Students must have a minimum cumulative GPA of 2.25 to be admitted to the minor.

Program Requirements

Code	Title	Hours
Core Courses		
HSS 184	Healthy Lifestyles I	3
HSS 202	Foundations of Anatomy & Physiology - S (https://catalog.louisville.edu/undergraduate/general-education-requirements/)	3
or BIOL 260	Human Anatomy & Physiology I	
or BIOL 261	Human Anatomy & Physiology II	
HSS 302	Foundations of Nutrition	3
HSS 303	Advanced Nutrition	3
Elective Courses (select two)		6
HSS 300	Nutrition Coaching	
HSS 430	Nutrition and Athletic Performance	
HSS 431	Behavioral Aspects of Eating	
HSS 432	Medical Nutrition Therapy	
Minimum Total Hours		18

At least three (3) semester hours of the requirements for a minor must be successfully completed while enrolled in the University of Louisville.

Exit Requirements: Courses must be completed with a minimum grade of C- or higher. A minimum 2.50 grade point average is required in the minor.