Nutrition at Benedictine University at Mesa

Why study nutrition at Benedictine?

**Reputation.** Forbes magazine consistently lists Benedictine University among the top colleges and universities in the nation and our nutrition programs have been rated highly by our own students and alumni.

**Faculty who care.** We are concerned about you and your success and will provide help, support and career mentoring.

**Concrete, practical, hands-on experiences.** We will involve you in your educational endeavors. We strongly believe in hands-on learning and assessment. Nutrition courses use multiple methods of interaction and assessment, including authentic case studies, presentations, lesson plans, research, laboratory reports, debates and discussions. Nutrition majors have the opportunity to gain real on-the-job experience, confidence and networking through supervised practica.

**Small class sizes.** Smaller class sizes help students engage and promote more active learning and networking with peers and future colleagues. Enrollment in nutrition courses ranges between eight and 24 students.

How does the program work?

The Benedictine University at Mesa Nutrition program is designed as a future-oriented, comprehensive, dynamic and interdisciplinary program. Cooperative learning from peers and mentors is encouraged and self-responsibility is stressed. Benedictine University at Mesa strives to develop an academic community that supports each person in the pursuit of knowledge and personal development. Our hope is to stir within each individual the hope, dream and passion to become their best; make a positive difference in the lives of others; and continue to learn and develop for the rest of their lives.

Courses in written and oral communications, ethics, cultural heritage, and social and behavioral sciences provide a strong interdisciplinary foundation. Courses in lifecycle nutrition, community nutrition, medical nutrition and food science will focus your interests in every aspect of nutrition. Specialty courses in assessment, education theory, program evaluation, group process, environmental nutrition and health in the aging population are designed to develop your knowledge and skills as a health educator. Throughout your coursework, you will apply and integrate the learning principles in a practical and problem-solving manner.

The health education capstone is a field experience designed to apply your learning in a real-world setting.

If you plan to transfer to Benedictine, you are strongly urged to meet in a timely manner with an admissions counselor and an academic advisor so that you may coordinate your plan and still complete the requirements for a Bachelor of Science in Nutrition within four years.
What careers are available with a degree in Nutrition?

The field of nutrition is one of the most dynamic and diverse professions. Thus, career opportunities are quite varied. For example, a solid background in the science of nutrition, coupled with health education knowledge and skills, helps prepare you to:

- Assess the nutrition needs of different groups and communities.
- Develop and implement educational programs and events, such as health screenings or fairs, to improve the nutritional status of a community.
- Work with officials and/or administrators to recommend changes to the environment within the workplace and/or the community to improve health outcomes.
- Work at public health agencies and health associations, advocating for improved community and related public health policies.
- Work as a health educator, coach or promotion consultant in schools, health care facilities, corporations, or fitness settings.
- Create and distribute health education materials, such as posters, brochures and displays.
- Design and evaluate wellness education programming for groups, communities or corporations.
- Develop a career as an author or editor of food, nutrition and health-related media.
- Supervise others who deliver health promotion or education.

In addition:

- Apply the degree in Nutrition as the knowledge foundation to enter medical, chiropractic or nursing school.
- With further study in chemistry, you may work in food science research for ingredient and product development.
- Pursue advanced or supplemental education in nutrition or other health-related fields, such as biochemistry, physiology, exercise physiology and public health or in education, marketing or management, to complement your career interests.
- Serve to educate nutrition and allied health professionals in an academic setting, after earning an appropriate graduate-level degree.

Certification information

The Health Education concentration of the Nutrition major is designed to prepare students to pursue the Certified Health Education Specialist (CHES) certification, which grants licensure to qualified individuals. The CHES examination is offered through the National Commission for Health Education Credentialing, Inc. (NCHEC - http://www.nchec.org/).

Health educators foster awareness of positive health behaviors, and promote behavior change for health promotion and disease risk reduction. This health education concentration provides students with the knowledge and practice of skills to assess, create, plan, implement, monitor, and evaluate programs designed to promote, maintain, and improve the health of individuals, groups, and communities, as well as impact environments and policies. Students learn to coordinate the provision of health education services and act as resources during field experiences, communicating needs, concerns and resources. This concentration provides a unique focus on nutrition for risk reduction.
# Sample Program
## Bachelor of Science in Nutrition

Below is a sample four-year plan that an incoming freshman student would follow. There may be slight variations to course offerings. Transfer students who have completed an Associate of Arts degree or an Associate of Science degree may have many of the core electives listed in this plan satisfied through transfer coursework.

### FRESHMAN

- Writing Colloquium 3
- Mathematics (MATH S108 or S110) 3
- Introduction to Chemistry and Lab 4
- Theology of Love 3
- Principles of Organismal Biology 3
  
  **Total:** 16

- Basic Speech 3
- Nutrition Through the Life Cycle 3
- Introduction to Organic Chemistry and Lab 4
- Principles of Biology and Lab 4
- Theology of Justice 3
  
  **Total:** 17

### JUNIOR

- Food Science 3
- Food Science Lab 1
- Catholic and Benedictine Intellectual Traditions (IDS 201) 3
- Social-Scientific II: Political, Global and Economic Systems (QPE) course 3
- Food Service Sanitation 1
  
  **Total:** 14

- Cultural Foods Lab 2
- Nutritional Biochemistry 3
- Experimental Foods Lab 1
- Environmental Nutrition 3
- Statistics 3
- Ethics or Philosophical (QPL) course 3
  
  **Total:** 15

### SOPHOMORE

- Research Writing 3
- Elective 3
- Microbiology 4
- Nutrition and Health Education 3
- Community Health Nutrition 3
  
  **Total:** 16

- Survey of Psychology 3
- Management of Health Initiatives 3
- Health Education Lab 1
- Artistic and Creative (QCA) course 3
- Human Physiology 3
- Elective 3
  
  **Total:** 16

### SENIOR

- Nutritional Aspects of Disease 4
- Evaluation of Health Outcomes 3
- Health in the Aging Population 1
- Health Assessment Lab 1
- Literary and Rhetorical (QLR) course 3
  
  **Total:** 12

- Science of Nutrition and Fitness 3
- Health Research and Professional Writing 2
- Health Education Field Experience 3
- Human Dignity or the Common Good (IDS 301) 3
- Historical (QHT) course 3
  
  **Total:** 14

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**Notes:**

1. Transfer students may take these courses (marked with 1) in their junior year at Benedictine University.
2. Students who elect to pursue a Nutrition major without a concentration would replace these courses (marked with 2) with one 300-level NUTR elective and 14 semester credit hours of COMM, ENVS, MKTG, MGT, NUTR, PSYC, HLSC and/or BIOL and limited SPAN courses. At least one of these courses must be at the 300-level.