

## Human Nutrition

### Nutrition

Americans are vitally interested in living longer and healthier lives. Proper nutrition is a key factor essential for growth, health, and well-being. A healthy diet can reduce the risk for four of the top 10 causes of death in the United States including heart disease, cancer, stroke, and diabetes. K-State nutrition graduates work in diverse fields such as nutrition education, fitness counseling, athletic training and medical care.

Interest in nutrition and fitness is at an all-time high. Recent graduates from the Department of Human Nutrition have found careers as:

- Directors of corporate and public wellness centers
- Public health nutritionists for the WIC program or state and local health departments
- Fitness consultants
- Physicians or physician assistants
- Physical therapists
- Extension agents
- Dietitians
- Researchers
- Public relations spokespersons for commodity boards
- Athletic trainers

### Bachelor of science in human nutrition

You can earn a bachelor of science degree in nutrition in one of the following undergraduate programs.

#### Nutritional sciences (pre-medicine)

The nutritional sciences program prepares students for professional schools including medical, dental, and optometry schools, or for graduate study in the biological or nutritional sciences. This science-based program fulfills most of the basic requirements for these professional programs. It also fulfills most of the entrance requirements for allied health professions including dietetics, physician assistants, pharmacy, or other health occupations.

#### Nutrition and kinesiology

If you choose this option, you may find career opportunities in hospitals, industries, fitness centers, public and private clinics, YMCAs, YWCAs, fitness camps, athletic clubs, and university training tables. You will receive two degrees: a B.S. in human nutrition and a B.S. in kinesiology. This rigorous program requires four to five years to complete, depending on course load and summer school enrollment. This program is one of the largest of its kind at the undergraduate level in the United States, making K-State a leader in the combined areas of nutrition and exercise science.

### Public health nutrition

You will be prepared to put science into action by providing practical guidance to the public about the influence of dietary patterns on health. Graduates typically are employed in health care organizations, public health agencies, or county extension positions. K-State's undergraduate public health nutrition program is one of only a few in the United States.

International opportunities are available in both public and private health organizations. In addition to human nutrition courses, you may choose courses in dietetics, international studies, women's studies, aging, leadership studies, or even learn a foreign language to broaden your opportunities.

### Bachelor of science in athletic training

Working with athletes to prevent and treat athletic injuries is a growing field. A career in athletic training offers employment opportunities in sports medicine clinics, high schools, colleges, and professional athletics. K-State's Department of Human Nutrition offers a B.S. in athletic training that enables you to become a certified athletic trainer. You will learn how to prevent and care for athletic injuries. Required courses include nutrition and kinesiology as well as general education. You will complete practicums working in university, high school, and clinic settings.

## Special features

- Academic requirements for registration as a dietitian can be met by completing as few as seven additional specified courses, depending on the option you choose. Upon completing the academic requirements, you must complete an approved internship and pass a national qualifying examination to become a registered dietitian.
- Most course requirements for admission to medical, dental, and optometry schools can be met through the nutritional sciences curriculum.
- You will be able to participate in research projects. Research laboratories are equipped for physical and biochemical analyses.
- A nutritional status assessment laboratory is equipped to measure dietary intake, body composition and bone density. This laboratory also contains networked computers and a wide variety of nutritional education materials.
- The department's animal research facility includes metabolic cages, diet preparation room, cage sterilizer, and animal treadmill. The facility is accredited by the American Association for the Accreditation of Laboratory Animal Care.

## Financial aid

In addition to university and college scholarships, the Department of Human Nutrition offers more than \$30,000 in scholarships to our students.

Out-of-state students interested in the nutrition and kinesiology option may be eligible for reduced tuition if they are accepted into the Midwest Student Exchange Program.

## High school preparation

If you meet university qualified admission requirements, you are prepared to enter human nutrition programs at K-State. Three years of high school mathematics and three years of science, including chemistry and biology, are recommended.

### For more information, contact:

Department of Human Nutrition  
Kansas State University  
213 Justin Hall  
Manhattan, KS 66506-1407  
785-532-5508  
Fax: 785-532-3132  
E-mail: [hnmail@ksu.edu](mailto:hnmail@ksu.edu)  
[www.humec.k-state.edu/hn/](http://www.humec.k-state.edu/hn/)

## For information about transferring course work from other institutions, contact:

Karen Pence  
Dean's Office  
College of Human Ecology  
Kansas State University  
119 Justin Hall  
Manhattan, KS 66506-1401  
785-532-5500  
Fax: 785-532-5504  
E-mail: [ktponce@ksu.edu](mailto:ktponce@ksu.edu)

## For more information about Kansas State University, contact:

Office of Admissions  
Kansas State University  
119 Anderson Hall  
Manhattan, KS 66506-0102  
1-800-432-8270 (toll free) or  
785-532-6250  
E-mail: [k-state@k-state.edu](mailto:k-state@k-state.edu)  
[consider.k-state.edu](http://consider.k-state.edu)



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