Physical Activity and Nutrition Science, Minor

The undergraduate minor in physical activity and nutrition science requires a minimum of 15 s.h., including at least 12 s.h. in courses taken at the University of Iowa in courses offered by the Department of Health and Human Physiology. Students must maintain a g.p.a. of at least 2.00 in all courses for the minor and in all UI courses for the minor. Course work in the minor may not be taken pass/nonpass.

Students who earn a Bachelor of Arts degree with a major in health and human physiology or a Bachelor of Science degree with a major in human physiology or athletic training may not earn the minor in physical activity and nutrition science.

The minor in physical activity and nutrition science is designed in conjunction with the Obesity Research and Education initiative. The minor provides a specialized group of courses that unify concepts underlying the causes, consequences, treatment, and prevention of obesity, with attention to physical activity, nutrition, physiology, psychology, and human disease. Students who earn the minor will be prepared to apply their knowledge in areas such as clinical health professions, public health policy, personal coaching and fitness, health psychology, and health promotion.

For the minor, students complete three core courses plus two elective courses that focus on various facets of obesity and on its treatment and prevention. Students choose electives in consultation with an undergraduate advisor. Some courses for the minor have prerequisites; students must complete all of a course's prerequisites before they may register for the course.

The minor in physical activity and nutrition science requires the following course work.

**Core Courses**

All of these:

- **HHP:2200** Physical Activity and Health 3
- **HHP:2310** Nutrition and Health 3
- **HHP:3050** Obesity: Causes, Consequences, Prevention, and Treatment 3

**Electives**

Two elective courses from the following:

- **HHP:2500** Psychological Aspects of Sport and Physical Activity 3
- **HHP:3440** Physical Activity Interventions 3
- **HHP:4030** Policy, Environmental, and Social Determinants of Health 3
- **HHP:4310** Sport and Exercise Nutrition 3
- **HHP:4320** Nutrition Interventions 3
- **HHP:4440** Physiology of Nutrition 3