
Program Learning Outcomes

- Apply scientific evidence-based practices to achieve nutritional goals.
- Evaluate theories and practices to explain, anticipate, and manage behavior related to nutritional goals.
- Analyze public health policies to inform equitable nutrition-related decisions.
- Effectively communicate and collaborate with individuals, communities, and medical professionals.
- Develop and lead nutrition programs to promote health and wellness across the lifespan.
- Apply business and marketing strategies for organizational and entrepreneurial management to nutrition and health promotion.

Online Nutrition and Health Degree

Learn how to help individuals, communities and the world be healthier by earning a nutrition and health degree online from Husson University. This fully online program focuses on food and how dietary decisions and policies can impact personal and public health.

What You Will Learn

Husson's fully online Bachelor of Science in Nutrition and Health explores the relationship between nutrition and the physical and mental well-being of people and their communities. As a student in this flexible program, you'll learn about the evidence-based science behind nutrition, how to help people make good dietary choices and meet personal health goals, how to lead community-based advocacy programs, and how public health policies impact communities both big and small. Upon graduating from this program, you'll be prepared to pursue nutrition and wellness careers in a variety of settings, such as hospitals, nonprofit organizations, schools, government agencies, pharmacies, long-term care facilities and more.

Curriculum

Major Requirements (27 Credits)

Course ID	Course Name	Credits
SC 107	Foundations of Functional Fitness, Nutrition, and Wellness	3
SC 120	Functional Anatomy	3
SC 234	Nutrition	3
SC 368	Gut Microbes, Diet, and Health	3
SC 439	Nutrition, Disease, and Lifespan	3
HS 301	Introduction to Public Health	3
MK 326	Consumer Behavior	3
PY 113	Ethics and Professional Conduct	3
PY 320	The Psychology of Nourishment and Wellness	3
PY 335	Behavioral, Psychological, and Rehabilitation Intervention	3

General Education Courses (49-50 Credits)

Open Elective Courses (30 Credits)

Major Electives (Choose 5 courses - 15 Credits)

Course ID	Course Name	Credits
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BA 101	Introduction to Business Management	
BA 231	Principles of Leadership	
BA 310	Organization and Management	
BA 311	Human Resource Management	
HS 101	Medical Terminology	
HS 302	Global Health	
HS 311	Healthcare Management and Organization	
HS 321	Healthcare Law and Ethics	
HS 411	Health Economics and Policy	
PY 231	Social Psychology	
PY 232	Abnormal Psychology	
PY 340	Physiological Psychology	
PY 341	Gerontology	
SC 224	Research Design	
SC 363	Group Exercise Instruction, Design, and Management	
SC 322	Epidemiology	
SC 429	Specialized Therapeutic Exercise Programs	
SC 330	Exercise Physiology	