

# APPLIED HUMAN NUTRITION (AHN)

Department of Family Relations and Applied Nutrition, College of Social and Applied Human Sciences

The Applied Human Nutrition major recognizes both the biological and the social facets of human nutrition. It focuses on nutrition from a preventive, maintenance and therapeutic perspective, all of which require a thorough understanding of the related biological sciences and of selected aspects of the behavioral sciences. Students learn about nutrition and its application to the maintenance of health and the prevention and treatment of disease. They also learn about individual and social behaviour, particularly in family settings, and the implications of behavioral factors in the establishment of good nutrition status from conception through to old age. Through the effective use of elective courses, the core requirements in the Major can be supplemented to create a program of study which will prepare graduates for a variety of health and education careers in the government or private sectors, or with the food industry. Others may proceed to graduate study in fields such as nutrition, public health nutrition, medicine or education.

An Area of Emphasis in Dietetics is also offered for those interested in becoming Registered Dietitians. Successful completion of the additional required and restricted elective courses, required to meet the Integrated Competencies for Dietetic Education and Practice (ICDEP) as part of this professional education program, will allow students to compete for a limited number of dietetic internship positions/practicum programs after graduation. Graduates who complete dietetic internships/practicum programs are eligible to write the Canadian Dietetic Registration Examination, a national registration examination and become Registered Dietitians, a regulated health profession. The Area of Emphasis in this dietetic education program is accredited under Accreditation Canada's EQAL program and prepares students for eligibility for registration with a provincial dietetics regulatory body. Most graduates completing dietetic internships are employed in hospitals and other health care agencies such as community health centres and long-term care facilities where the credential of Registered Dietitian is required for practice. Some Registered Dietitians also find employment in a wide range of careers in health and education, and in the private sector. Still others proceed to graduate study in fields such as nutrition, public health nutrition, medicine or education.

## Program Requirements

Students in the Applied Human Nutrition Major must include the core of 13.50 required credits in the minimum of 20.00 credits. Students in the Area of Emphasis in Dietetics take an additional 1.50 required credits plus 1.00 restricted electives for 16.00 required credits in the minimum 20.00 credits. Discussion with a departmental advisor regarding the various choices possible from within the Major is strongly recommended. Students will normally register for courses according to the semesters indicated below for Fall and Winter sequencing.

Students taking the Area of Emphasis in Dietetics are strongly encouraged to seek help from departmental advisors to ensure they have selected all the required courses to be eligible to apply for internships.

## Minors

Students may take one minor in addition to the Applied Human Nutrition Major. See the University of Guelph Calendar, Areas of Study (<https://>

[calendar.uoguelph.ca/undergraduate-calendar/programs-majors-minors/](https://calendar.uoguelph.ca/undergraduate-calendar/programs-majors-minors/)), for a list of minors.

## Counselling on Minors

The B.A.Sc. program counsellor assists students in the selection of minors, interpreting program and academic regulations. Academic departments offer the minors and assign faculty advisors to assist students with academic planning (e.g., a faculty advisor in the Psychology department handles queries about a minor in Psychology). Students should consult the appropriate faculty advisor, along with the B.A.Sc. Program Counsellor, when declaring a minor or requiring advice on the completion of specialization requirements. The list of faculty advisors is available on the Undergraduate Academic Information Centre website: Faculty Advisors | University of Guelph (<https://www.uoguelph.ca/vpacademic/avpa/faculty-advisor/>) or contact the B.A.Sc. Program Counsellor for further information.

## Double Counting of Courses

A maximum of 50 percent of the courses applied to a minor may be courses taken in fulfillment of the major where required courses are the same.

## Major Requirements (Honours)

This is a major within the degree: Bachelor of Applied Science.

A minimum of 20.00 credits is required, including:

Code	Title	Credits
<b>Semester 1</b>		
CHEM*1040	General Chemistry I	0.50
HTM*2700	Understanding Foods <sup>1</sup>	0.50
or NUTR*1010	Introduction to Nutrition	
PSYC*1000	Introduction to Psychology	0.50
1.00 electives		1.00
<b>Semester 2</b>		
CHEM*1050	General Chemistry II	0.50
FRHD*1020	Couple and Family Relationships	0.50
or SOC*1100	Sociology	
HTM*2700	Understanding Foods <sup>1</sup>	0.50
or NUTR*1010	Introduction to Nutrition	
NUTR*1020	Professional Practice in Applied Nutrition	0.50
0.50 electives		0.50
<b>Semester 3</b>		
BIOC*2580	Introduction to Biochemistry	0.50
HTM*2030	Control Systems in the Hospitality Industry <sup>2</sup>	0.50
NUTR*2050	Nutrition Through the Life Cycle	0.50
STAT*2080	Introductory Applied Statistics I	0.50
NUTR*2500	Introduction to Food Systems <sup>3</sup>	0.50
<b>Semester 4</b>		
BIOM*3200	Biomedical Physiology	1.00
HROB*2090	Individuals and Groups in Organizations	0.50
MICR*2420	Introduction to Microbiology	0.50
STAT*2090	Introductory Applied Statistics II	0.50
<b>Semester 5</b>		
FRHD*3070	Research Methods: Family Studies	0.50

NUTR*3210	Fundamentals of Nutrition	0.50	or FOOD*3050	Food Chemistry I	
1.50 electives or restricted electives <sup>4</sup>		1.50	FOOD*2410	Introduction to Food Processing	0.50-0.75
<b>Semester 6</b>					
FRHD*3400	Communication and Counselling Skills	0.50	or FOOD*3160	Food Processing I	
HROB*2290	Human Resources Management	0.50	FOOD*2420	Introduction to Food Microbiology	0.50-0.75
NUTR*3070	Nutrition and Physical Activity Interventions	0.50	or FOOD*3230	Food Microbiology	
NUTR*3090	Clinical Nutrition I	1.00	or FOOD*3240	Food Microbiology	
<b>Semester 7</b>					
NUTR*4010	Nutritional Assessment	0.50	FOOD*3430	Introduction to Food Analysis	0.50
NUTR*4070	Nutrition Communication and Knowledge Translation	0.50	FOOD*3700	Sensory Evaluation of Foods	0.50
1.50 electives or restricted electives <sup>5</sup>		1.50	HTM*2740	Cultural Aspects of Food	0.50
<b>Semester 8</b>					
NUTR*4900	Selected Topics in Human Nutrition <sup>6</sup>	0.50	HTM*3780	Managing Food in Canada	0.50
2.00 electives or restricted electives		2.00	NUTR*3110	Food Security	0.50
			NUTR*3150	Aging and Nutrition	0.50

<sup>1</sup> HTM\*2700 Understanding Foods is recommended for Semester 1 if capacity allows, but may also be taken in Semester 2 by choosing NUTR\*1010 Introduction to Nutrition in Semester 1

<sup>2</sup> HTM\*2030 Control Systems in the Hospitality Industry is recommended to be taken in Semester 3 if capacity allows, however it may be taken in Semester 4. If taken in Semester 4 take HROB\*2090 Individuals and Groups in Organizations in Semester 3.

<sup>3</sup> NUTR\*2500 can also be taken in Semester 5.

<sup>4</sup> Students completing an Area of Emphasis in Dietetics must take HTM\*3090 Restaurant Operations Management. HTM\*3090 Restaurant Operations Management is recommended in Semester 5 in place of elective or restricted elective if capacity allows, but it may also be taken in Semester 6. If taken in Semester 6 take FRHD\*3400 Communication and Counselling Skills and HROB\*2290 Human Resources Management in Semester 5.

<sup>5</sup> Students completing an Area of Emphasis in Dietetics must take NUTR\*4040 Clinical Nutrition II.

<sup>6</sup> With approval from the instructor, students may substitute NUTR\*4810 Applied Human Nutrition Thesis I and NUTR\*4910 Applied Human Nutrition Thesis II for NUTR\*4900 Selected Topics in Human Nutrition.

## Area of Emphasis in Dietetics

The area of emphasis requires the successful completion of 2.50 credits: 1.50 required credits and 1.00 credits selected from the list of restricted electives. At minimum, one of the courses from the restricted electives must be taken at the 3000-level. Note: Some restricted electives require prerequisite courses which are not included in the major. Students should consult the most recent calendar descriptions, planning carefully and seeking advice from the program counselling office.

Code	Title	Credits
<b>Required Courses</b>		
HTM*3090	Restaurant Operations Management	1.00
NUTR*4040	Clinical Nutrition II	0.50
<b>Restricted Electives</b>		
Select 1.00 restricted electives, including one 3000 level course, from the following:		
FOOD*2010	Principles of Food Science	0.50
FOOD*2400	Introduction to Food Chemistry	0.50
or FOOD*3030	Food Chemistry I	