



# Nutritional Sciences

## Food for thought about science and health

The Nutritional Sciences major provides a thorough foundation in basic life sciences and teaches how nutrition affects the well-being of individuals, families, communities, and nations.

### Program Highlights

- Diet and disease
- Economic and global influences on human health
- Human health and nutrition
- Nutrition and fitness counseling
- Nutrition and public health
- Nutritional biochemistry
- Social influences on human nutrition

Cornell's Division of Nutritional Sciences is one of the world's premier academic programs devoted to the study of human nutrition. Many faculty members have achieved national or international prominence for their research. Their areas of specialization include malnutrition and health issues in developing countries; the role of diet in reducing the risk of heart disease, cancer, diabetes, and other diseases; obesity and body weight regulation; the basic biochemistry of cells and subcellular components; the relationship of diet and exercise to body composition; maternal and child nutrition; and the design of educational materials for schoolchildren and adults.

Coursework in biology, chemistry, the humanities, social sciences, and nutritional sciences provides a solid foundation whether a student's long-term interest is medicine or a related health career, fitness and sports nutrition, dietetics, clinical nutrition, nutritional education and communications, nutritional biochemistry, world food supply, or nutrition and food in business. The Nutritional

Sciences major helps students understand the relationships between food, nutrition, and health.

Nutritional Sciences majors learn to critically interpret research from the laboratory and the field and apply it to societal issues, government policies, and people's everyday lives.

### Curriculum

The flexible curriculum accommodates a variety of academic programs and career paths. All majors complete college requirements in the natural and social sciences, humanities, writing, statistics, and advanced math.

Students thinking ahead to medical school or graduate study in exercise science or the biological sciences also take a year of physics.

Students interested in dietetics (nutritional counseling, clinical nutrition, or food and nutrition management) can meet the academic requirements for membership in the Academy of Nutrition and Dietetics by adding courses in foods, nutrition and disease, general micro-

## Requirements in the Major

- Introductory Chemistry with lab
- Introductory Biology with lab
- Organic Chemistry with lab
- Principles of Biochemistry
- Anatomy and Physiology
- Statistics
- Calculus/Advanced Math
- Introductory courses in two different social sciences selected from anthropology, economics, psychology, or sociology

### Five core Nutrition courses:

- Nutrition, Health, and Society
- Social Science Perspectives on Food and Nutrition
- Nutrient Metabolism and Function
- Methods in Nutritional Sciences
- Introduction to Physiochemical and Biological Aspects of Foods

### Three advanced courses (9 credits) in nutrition, such as

- Nutrition and Disease
- Public Health Nutrition
- Implementation of Nutrition Care
- Nutrition and Global Health
- Obesity and Regulation of Body Weight
- Health, Poverty, and Inequality: A Global Perspective
- Toward a Sustainable Food System: Food Policy for Developing Countries

## Selected Graduates

**Athletic trainer**, University of North Carolina Chapel Hill, North Carolina

**Cardiac rehab nutritionist**, Cedars-Sinai Medical Center, Los Angeles, California

**Clinical dietician**, Massachusetts General Hospital, Boston, Massachusetts

**Clinical research associate**, Regeneron Pharmaceutical Inc, Tarrytown, New York

**Health care and pharmaceutical consultant**, Covance Market Access Services, Washington, D.C.

**Nutrition information specialist**, U.S. Department of Agriculture, Beltsville, Maryland

**Nutritional epidemiologist**, Center for Nutrition Policy and Promotion, Washington, D.C.

**Pediatrician**, Private Practice, Providence, Rhode Island

**Physical therapist**, Athletico Sports Medicine and Physical Therapy Center, Chicago, Illinois

**Practice management consultant**, Aetna U.S. Healthcare, Annapolis, Maryland

**Researcher**, Fred Hutchinson Cancer Research Center, Seattle, Washington

biology, food service management, and nutrition communications and counseling.

Courses in kinesiology, exercise physiology, and biomechanics of human movement at nearby Ithaca College enable students in the Division of Nutritional Sciences to complete a minor in Applied Exercise Science and prepare for graduate studies in physical therapy.

Students often personalize their program with electives in psychology, human development, statistics, policy analysis and management, languages, economics, business, communications, government, and international development.

## Special Opportunities

Beyond formal course work, students take advantage of other educational opportunities, most of which involve working with Cornell faculty members or other professionals.

## Undergraduate Research

Students can become involved in undergraduate research through independent study and employment. Assisting a faculty member on a research project may include being involved in a study's design, data collection, and analysis—experiences that many graduate and professional schools encourage in applicants.

## The Honors Research Program

This program is designed to challenge academically talented students who have a strong interest in research. During the junior year, each student in the program participates in a course on professional research in the health sciences and plans an independent research project under the direction of a faculty member. Each student completes a thesis and presents a seminar on the research problem at the end of the senior year.

## Field Experience

By gaining field experience, students learn to put theory into practice and explore different career opportunities. Recent field placements include counseling clients in a wellness or fitness program; developing nutrition education materials for children; and teaching school-age children in a child care pro-

gram about nutrition.

## Off-Campus Study

Off-campus study options give Nutritional Sciences students a unique opportunity to learn more about themselves, their career goals, and the global community. Examples of study abroad locations include Africa, Australia, England, Israel, Italy, and Spain. Students who have participated in Human Ecology's Urban Semester in New York City have gained internship experience in surgical intensive care units, geriatric long-term care facilities, pediatric medical practice, and community nutrition programs. The Cornell in Washington and the Capital Semester in Albany programs are additional off-campus study options.

## Careers

A bachelor of science degree in nutritional sciences provides a wide range of career options. Many graduates pursue advanced study in fields such as medicine, dietetics, exercise science, nursing, public health, biochemistry, health administration, food science, education, or other health sciences.

In recent years, graduates have been offered admission to many medical schools, including Cornell, Johns Hopkins, Yale, Stanford, University of Chicago, and MCP Hahnemann University. They have also been admitted to a wide range of prestigious dietetic internships and graduate programs in public health and physical therapy.

Students who do not pursue advanced degrees obtain positions in medical research, health care, education, and business.

## For More Information

[www.human.cornell.edu/dns](http://www.human.cornell.edu/dns)

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