



Program Information

College:	WellStar College of Health and Human Services
Department:	Exercise Science and Sport Management – Undergraduate
Program:	Nutritional Science, Minor

Program Student Learning Outcomes

Upon completion of this degree from KSU, students will be able to:

1. Discuss the concepts of nutrition and its application to food composition, diet and health issues, nutritional requirements, dietary planning, menu planning and assessment.
2. Describe the consequences of macro- and micronutrient deficiencies, excesses, and identify risk factors associated with poor nutrition in individuals.
3. Describe and apply nutritional principles at each stage of the life cycle: nutritional requirements, sources, and alterations during pregnancy, infancy, childhood, adolescence, adulthood, and older adulthood.
4. Examine the multiple levels of influence (i.e., psychological, community, political, and cultural) that shape food choice and eating behavior.
5. Apply food chemical principles and experimental design techniques to solve food preparation and storage problems, and enhance the sensory and nutritional properties of menu items.
6. Examine processes and components associated with digestion, absorption, and metabolism of macro- and micronutrients.