

## **Bachelor in Nutrition - Minor in Faith-Based Public Health and Wellness**

**HBI University**

**Course Duration: 3 years**

**Credit Hours: 135 (including minor)**



### **Program Description**

The Bachelor in Nutrition at HBI University prepares students for careers in healthcare, public health, and wellness coaching. This program provides students with a strong foundation in nutrition science, health promotion, and disease prevention. Students will develop expertise in dietetics, food science, and holistic wellness strategies.

The Minor in Faith-Based Public Health and Wellness enhances this program by incorporating religious and spiritual perspectives into health and wellness education. Students will explore faith-based approaches to preventive health, community nutrition outreach, and holistic healing practices.

### **Admissions Requirements**

- High school diploma or equivalent
- Minimum GPA of 2.5
- Personal statement outlining career goals and interest in nutrition
- Two letters of recommendation
- Resume (if applicable)
- SAT/ACT scores (if applicable)

### General Education Courses (30 Credit Hours)

Course Code	Course Name	Credit Hours
GEN 101	English Composition I	3
GEN 102	English Composition II	3
GEN 103	College Algebra	3
GEN 104	Introduction to Philosophy	3
GEN 105	Introduction to World Religions	3
GEN 106	Public Speaking and Communication	3
GEN 107	Ethics and Critical Thinking	3
GEN 108	Research Methods	3
GEN 109	Leadership and Team Development	3
GEN 110	Cross-Cultural Communication	3

### Core Nutrition Courses (45 Credit Hours)

Course Code	Course Name	Credit Hours
NUT 201	Introduction to Nutrition Science	3
NUT 202	Human Anatomy and Physiology	3
NUT 203	Macronutrients and Metabolism	3
NUT 204	Micronutrients and Health	3
NUT 205	Community Nutrition and Public Health	3
NUT 206	Food Science and Technology	3
NUT 207	Medical Nutrition Therapy	3
NUT 208	Nutritional Counseling and Behavioral Change	3
NUT 209	Sports and Performance Nutrition	3
NUT 210	Food Safety and Sanitation	3
NUT 211	Nutrition and Chronic Disease Prevention	3
NUT 212	Global Nutrition and Food Security	3
NUT 213	Nutritional Research Methods	3
NUT 214	Dietary Supplements and Functional Foods	3
NUT 215	Sustainable and Ethical Food Practices	3

### Elective Courses (15 Credit Hours)

Course Code	Course Name	Credit Hours
ELEC 301	Herbal and Alternative Medicine in Nutrition	3
ELEC 302	Nutrition Education and Health Promotion	3
ELEC 303	Faith-Based Fitness and Wellness Coaching	3
ELEC 304	Mind-Body Connection in Faith-Based Health	3
ELEC 305	Nonprofit Nutrition and Food Assistance Programs	3

### Minor in Faith-Based Public Health and Wellness (15 Credit Hours)

Course Code	Course Name	Credit Hours
FBH 401	Faith and Health: A Holistic Approach	3
FBH 402	Ethics and Spirituality in Public Health	3
FBH 403	Faith-Based Nutrition and Wellness Programs	3
FBH 404	Community Outreach and Preventive Health	3
FBH 405	Healing and Wellness in Religious Traditions	3

### Capstone Project (15 Credit Hours)

The capstone project in Nutrition allows students to apply research and wellness strategies to real-world health challenges. Students will:

- Develop a faith-based community nutrition program.
- Conduct research on the intersection of faith and public health.
- Create a wellness plan integrating holistic health and religious principles.
- Present their findings through a research paper and health education campaign.

### Program Outcomes

Graduates of this program will:

- Master clinical nutrition, dietary planning, and food safety principles.
- Apply faith-based approaches to community health and wellness programs.
- Develop public health strategies for disease prevention and holistic healing.
- Utilize nutritional research to inform ethical and faith-based health policies.
- Lead faith-driven wellness programs and community outreach initiatives.

### Career Outcomes and Potential Pay Scale

Career Path	Average Salary (Annual)
Clinical Nutritionist	\$55,000 - \$90,000
Public Health Nutritionist	\$50,000 - \$85,000
Faith-Based Wellness Coach	\$45,000 - \$80,000
Community Health Educator	\$50,000 - \$90,000
Nonprofit Health Program Coordinator	\$55,000 - \$100,000