

# NUTRITION & HEALTH SCIENCES: COMMUNITY HEALTH AND WELLNESS OPTION

## Description

The community health and wellness option is designed for those students interested in health education and health promotion. Graduates are prepared to promote healthy lifestyles and enhance the quality of life for individuals and communities while working in a variety of settings to include worksite and health promotion programs, schools, public health agencies, nonprofit health organizations, and voluntary health agencies (American Heart Association, American Cancer Society, etc.). This option is also appropriate for students interested in pursuing graduate programs in such areas as public health, health policy, and other related areas. Upon completion of the option, students will be eligible to sit for the Certified Health Education Specialist (CHES) exam./ins>.

### Want to Become a Registered Dietitian Nutritionist?

Choosing a major in nutrition and health sciences: community health and wellness is an excellent choice for students who want to become a Registered Dietitian Nutritionist (RDN). The courses completed in this option will provide a solid foundation for a career as a RDN. Completion of this option will allow the student to meet the prerequisites for application to the Future Education Model Graduate Program. The Future Education Model Graduate Program will provide the courses and experiences needed to allow the graduate to sit for the RDN exam and culminate with the graduate earning a masters degree. Information about the Future Education Model can be found on the Department of Nutrition and Health Sciences website.

## College Requirements

### College Admission

Students accepted by the University must have an ACT of 20 or SAT of 950, or rank in the upper half of their high school graduating class, and have the following high school preparation to be eligible for guaranteed admission to the College of Education and Human Sciences:

- Four years of English that include intensive reading and writing experience;
- Two years of one foreign language;
- Four years of mathematics, that include Algebra I, II, geometry and one year that builds on a knowledge of algebra;
- Three years of natural sciences that include at least two years selected from biology, physics, chemistry, and earth science and one year of laboratory instruction;
- Three years of social studies, to include at least one year of American and/or world history and one year of history, American government, and/or geography.

### Transfer and Readmitted Students

Transfer students from universities or colleges outside of the University of Nebraska–Lincoln, and readmitted students seeking admission to the College of Education and Human Sciences, must have an accumulated average of 2.0 on a 4.0 scale or above and no high school deficiencies. Students who do not meet these requirements must enroll as deciding

students in the Exploratory and Pre-Professional Advising Center or in another college. Once they have completed 12 graded hours at Nebraska with a minimum 2.0 grade point average, and have removed any high school deficiencies, University of Nebraska–Lincoln students may apply for admission to the College.

Transfer and readmitted students must meet the graduation requirements for the College of Education and Human Sciences as stated in the current catalog in effect at the time they enter or reenter the College.

Students who left the College on probation, or who were dismissed, may seek readmission to the College after two semesters by applying to the university's Admissions Office. Readmission is not assured. However, the admissions committee is receptive to giving students a second opportunity to be successful. The committee is interested in knowing what the student has done in the intervening period that would suggest the student will be successful when readmitted. Successfully completing correspondence courses and/or community college courses is an effective way to demonstrate one's commitment to academic success.

### Transferring from Other Colleges within the University of Nebraska–Lincoln

Students transferring to the College of Education and Human Sciences from another University of Nebraska–Lincoln college or from the Exploratory and Pre-Professional Advising Center must have a minimum cumulative GPA of 2.0, be in good academic standing, and meet the freshman entrance requirements that exist at the time of their admission to the College of Education and Human Sciences. **Students must fulfill degree requirements that exist at the time of their admission to the college, not at the time they enter the University of Nebraska–Lincoln.**

To remain current, College of Education and Human Sciences students must enroll in, and complete, at least one university course that will apply toward degree requirements during a 12 month period. Students who readmit following an absence of one year or more must meet all requirements in the Undergraduate Catalog in effect at the time of readmission and enrollment. Students who transfer to another University of Nebraska–Lincoln college and later return to the College of Education and Human Sciences will be considered readmitted students. Students who transfer out of a teacher education program, but who continue their certification program while seeking a degree in another University of Nebraska–Lincoln college, are exempt from this policy.

### International Students

The College of Education and Human Sciences welcomes undergraduate international students. As a part of admission to the College, international students must present a TOEFL score of 550 or higher and TSE score of 230 or higher.

Students seeking teacher education and state certification must meet the same requirements as any other undergraduate students, including the CORE examination or other basic skills test approved by the Nebraska Department of Education. Students who have received a degree outside of the United States and are interested in teacher certification are required to have a transcript review completed by an approved agency not directly associated with the University of Nebraska. For more information, please contact the Student Services Center.

### Removal of Deficiencies

Students admitted to the University with core deficiencies are expected to remove those deficiencies in a timely manner. Students with deficiencies are not eligible for graduation. The courses that students use to clear core deficiencies may also be used to meet ACE requirements or other

graduation requirements. The Dean of the College of Education and Human Sciences will make the final decision concerning any problems or questions that may arise in satisfying requirements to remove deficiencies.

## College Degree Requirements

### Grade Rules

#### Minimum Grade Requirements

Grade requirements vary from major to major. Please see the appropriate major listing or check with your advisor regarding minimum grade requirements.

#### Pass/No Pass Option

CEHS students are allowed to take up to 12 hours of Pass/No Pass (P/N) credit. The college departments vary on P/N policies. Students should check with their advisor to be certain they qualify for the Pass/No Pass option.

#### Grade Appeals

Any student enrolled in a course in the College of Education and Human Sciences who wishes to appeal alleged unfair and prejudicial treatment by a faculty member shall present his/her appeal in writing to the Dean's Office no later than 30 days after notice of the student's final course grade has been mailed from campus.

Students may use and are encouraged to use the following sequential procedures to appeal the grade. The problem may be solved at any of the levels of the appeal procedure.

1. Contact the instructor. Frequently the problems can be solved at this point.
2. Submit a request to the chair of the department.
3. Take the case to the departmental Grading Appeals Committee. The Committee is contacted by the department chair.
4. Take the case to the College Appeals, Retention and Certification Committee by contacting the Dean's Office.

The complaint will be forwarded to a committee consisting of faculty and student representatives. After a hearing, the Committee will make a written recommendation regarding the appeal. The Committee's recommendation is binding on the appealing student and faculty member.

### Transfer Credit Rules

#### Acceptance of Transfer Grades

- Grades earned at the University of Nebraska–Lincoln, UNO, UNK
- Grades of D-, D, D+, and C- satisfy requirements in all programs in the College unless specified otherwise. Students who receive a grade of D-, D, D+, C-, however, are encouraged to retake the course.
- Grades earned outside the University of Nebraska system

The college will accept no more than 9 credit hours of grades less than a C from any program outside the University of Nebraska system. Grades below a C can only be applied to general education requirements and elective classes.

#### Maximum Number of Hours for Transfer

Transfer courses are evaluated by the University and by the College to determine University of Nebraska–Lincoln and College course equivalencies. The College determines which courses will be accepted and how they will apply toward degree requirements. Sixty (60) is the

maximum number of hours that will be accepted on transfer from a two-year college. Ninety (90) is the maximum number of hours that will be accepted on transfer from accredited four-year colleges and universities.

Courses taken 10 years before admission or readmission to the College will be evaluated by the major department to determine if it is appropriate to accept those courses for transfer credit and for application to degree requirements. Specific courses will be reviewed in keeping with the guidelines specified by each department.

#### Transfer Credit from Technical, Non-Accredited and Foreign Institutions

Students who desire to transfer from these institutions must have each course evaluated by the appropriate departmental representative. All rules stated above in reference to grades and maximum credit hours apply. For additional information and guidance in this process, contact the Dean's Office.

#### Transfer Agreements with UNO and UNK

Transfer agreements between the three institutions within the University System allow for a smooth transition for students interested in taking courses from UNO, UNK, and/or the University of Nebraska–Lincoln. Although restrictions noted above on grades and maximum transfer hours still apply, there are some exceptions. For purposes of residency, courses from UNO and UNK fulfill these requirements. Students planning to major in a program in the college should read the specific requirements noted with individual programs. Questions about academic transfer should be addressed to the Advising Office.

#### Transfer Agreements with Community Colleges

Articulation agreements and "Transfer with Ease Programs" with Nebraska community colleges indicate how courses and programs will transfer to the University of Nebraska–Lincoln and the College of Education and Human Sciences. The same guidelines noted above on the acceptance of courses, grades, and hours also apply to these institutions. Students interested in transferring from a community college should consult with their school or the Student Services Center to determine which courses will transfer to fulfill specific College of Education and Human Sciences requirements.

Courses from accredited two-year institutions will generally not be substituted for 400-level human sciences classes in the College. The 300-level courses will be considered on an individual basis by the respective departments in the College of Education and Human Sciences.

Courses taken prior to course articulation agreements will be accepted contingent upon departmental validation of the credit.

### Residency Rules

Students must earn a minimum of 120 credit hours to earn a degree.

All students are expected to complete at least 30 of their final 36 hours of credit at the University of Nebraska–Lincoln.

### Degree Application Process

#### Graduation Requirements

Students are expected to develop a clear understanding of degree requirements and to plan their course of study with a College advisor. Students requiring clarification of outstanding degree requirements should visit with a College advisor promptly.

Students should access their Degree Audit via MyRED at least once each term to review degree requirements and progress toward graduation. It

is the student’s responsibility to make sure their Degree Audit accurately reflects their current College and program of study.

Students who believe their Degree Audit has errors or omissions should visit with a College advisor promptly. It is important that you resolve these matters as soon as practicable to avoid a delay in graduation.

Each student with MyRED access must submit an online Application for Graduation via MyRED for each degree to be received by:

- The last Friday in January for May graduation
- June 15 for August graduation
- The last Friday in September for December graduation

Students submitting an electronic Application for Graduation via MyRED will be billed a \$25.00 per degree fee on their student account. Those students without MyRED access may apply for graduation in person at Graduation Services, 109 Canfield Administration Building or by mail. Applications for Graduation submitted in person or by mail must be accompanied by a check or money order in the amount of \$25.00 payable to the University of Nebraska–Lincoln. Failure to submit a timely Application for Graduation may preclude the awarding of a degree in the intended term.

Your Application for Graduation and required \$25.00 fee are good only for the term marked on your application. Neither your application nor your fee, are transferrable to another term. If you submit an Application for Graduation and pay the \$25.00 fee for a specified term but do not complete your degree requirements in that term, you will need to reapply to graduate in a future term and incur another \$25.00 fee.

Commencement ceremony information will be emailed to all degree applicants approximately one month before graduation. Each student who has applied for graduation must submit an online Commencement Attendance Form via MyRED, which will be available when the informational email is distributed.

Only those students who have applied for graduation, had the application accepted, and fulfilled all degree requirements as of the last day of the academic term may participate in the commencement ceremony for that term. Because the University of Nebraska–Lincoln has a commencement for each term, ceremony participation is allowed only in the term during which the student has properly and timely applied for graduation and fulfilled degree requirements.

## Catalog Rule

Students are responsible for following the rules, policies and requirements found in the University of Nebraska–Lincoln Undergraduate Catalog for the academic year in which they were last admitted to a program in the College of Education and Human Sciences. Students must complete all program requirements from a single catalog year. In consultation with their advisor, a student may choose to move to and follow a subsequent catalog if it is in their best interest.

## Learning Outcomes

Graduates of community health and wellness will be able to:

1. Assess individual and community needs for health education.
2. Plan, implement, and evaluate effective health education programs.

3. Apply behavior modification theories and models to promote healthy living.
4. Communicate and advocate for health and health education.

## major requirements

### ACE Requirements

ACE 1		3
ACE 2		3
ACE 3		
Select one of the following:		3
STAT 218	Introduction to Statistics <sup>1</sup>	
EDPS 459	Statistical Methods <sup>1</sup>	
ACE 4		
CHEM 109	General Chemistry I <sup>1</sup>	4
ACE 5		3
ACE 6		
PSYC 181	Introduction to Psychology <sup>1</sup>	4
ACE 7		3
ACE 8		3
ACE 9		
Select one of the following:		3
NUTR 253	Cultural Aspects of Food and Nutrition <sup>1</sup>	
SOCI 217	Sociology of Race and Ethnicity <sup>1</sup>	
COMM 311	Intercultural Communication <sup>1</sup>	
PSYC 330	Psychology of Diversity <sup>1</sup>	
ACE 10		
NUTR 487	Community Health and Wellness Practicum <sup>1</sup>	4
Credit Hours Subtotal:		33
<b>Professional Requirements</b>		
NUTR 100	Healthy Living	3
NUTR 150	Career Preparation in Nutrition and Health Sciences	2
NUTR 250	Human Nutrition and Metabolism	3
NUTR 256	Addressing Health Disparities through Health Literacy	3
NUTR 302	Health Information: Science, Media, and the Consumer	3
NUTR 352	Social Marketing in Health Communication	3
NUTR 356	Nutrition Education in the Community	3
NUTR 400	Planning and Implementation of Health Promotion Programs	3
NUTR 404	Evaluation and Research Related to Health Promotion	3
NUTR 407	Principles of Epidemiology for Nutrition and Public Health	3
Credit Hours Subtotal:		29
<b>Supporting Courses</b>		
PSYC 428	Health Psychology	3
MATH 102	Trigonometry (or MATH 103 or a placement score of MATH 104 or MATH 106)	2-5
SOCI 252	Health, Medicine, and Society	3
or SOCI 353	Sociology of Health Care and Health Professions	
BIOS 111	The Biology of Microorganisms	4

BIOS 213 & BIOS 213L	Human Physiology and Human Physiology Laboratory	4
CHEM 110	General Chemistry II	4
LIFE 120 & LIFE 120L	Fundamentals of Biology I and Fundamentals of Biology I laboratory	4
Credit Hours Subtotal:		24-27
<b>Selectives</b>		
Select 9 hours of the following:		9
COMM 271	Organizing Social Change	
COMM 354	Health Communication	
COMM 370	Family Communication	
CYAF 446	Addictions and Families	
GERO 200	Introduction to Gerontology	
NUTR 251	Nutrition Through the Life Cycle	
NUTR 344	Nutrition and Food for Optimal Health	
PSYC 289	Developmental Psychology	
PSYC 365	Addiction	
PSYC 471	Human Sexuality and Society	
SOCI 252	Health, Medicine, and Society	
SOCI 325	Contemporary Family Issues	
SOCI 353	Sociology of Health Care and Health Professions	
SOCI 443	Sociology of Mental Health	
Credit Hours Subtotal:		9
<b>Electives</b>		
Select 17-20 hours of Electives		17-20
Credit Hours Subtotal:		18
Total Credit Hours		113-116

<sup>1</sup> Signifies where a course counts toward both major and ACE requirements.

## ACE Requirements

All University of Nebraska–Lincoln students will be required to complete a minimum of 3 hours of approved coursework in each of the 10 designated Achievement Centered Education (ACE) student learning outcome areas. These can be viewed at <http://ace.unl.edu>. Students will be provided a list of classes they can select from to meet each of the 10 ACE Student Learning Outcomes (SLO). There may be required courses within a program that will also satisfy ACE requirements. Therefore, it is highly recommended that students contact their advisor prior to registering for ACE classes in order to insure that each of the class selections are in the best interest of the students' academic program.

## Additional Major/Endorsement Requirements

### Grade Rules

#### C- and D Grades

Only grades of C or above will count toward graduation requirements for NUTR courses.

#### Pass/No Pass

All courses specified by course and number must be taken for a grade.

PLEASE NOTE

This document represents a sample 4-year plan for degree completion with this major. Actual course selection and sequence may vary and should be discussed individually with your college or department academic advisor. Advisors also can help you plan other experiences to enrich your undergraduate education such as internships, education abroad, undergraduate research, learning communities, and service learning and community-based learning.