Our Bachelor of Science in Nutrition major is an interdisciplinary collaboration with Penn's School of Arts & Sciences. You will study concepts like dietary behaviors and metabolism, as well as scientific approaches to the physiological roles of nutrients in the diet, from the cellular to human level. You will explore the role of nutrition in cancer, cardiovascular diseases, diabetes, and obesity, which together account for nearly seventy percent of global mortality. We believe that the next generation of nurse researchers and clinicians need a well-rounded background in nutrition science, social sciences, and public health, and we built this innovative program with these goals in mind.

The major consists of 14 course units: six basic science courses (such as cellular biology, anatomy and physiology, and chemistry), four fundamental nutrition science courses, and four electives. Penn Nursing BSN undergrads can add this as a second major.

For more information: https://www.nursing.upenn.edu/nutrition-major/

### Nutrition, BSN Requirements

#### Code Title Course Units

**Non-Nursing Major Requirements**

**Writing Requirement**

Select a Writing Intensive Course 1

**Language Requirement**

Satisfy by exemption or if language proficiency completed in less than 4 semesters, use remaining course units as free electives 4

**Distribution by Sectors**

Arts & Letters Sector 1

Society and Social Structures Sector 1

Histories and Traditions Sector 1

Global and Cultural Studies Sector 1

Reasoning, Systems, and Relationships Sector 1

Natural Sciences Sector - satisfied by:

NURS 061  Biologically-Based Chemistry

NURS 068  Integrated Cell Biology and Microbiology

Free Elective 1

**Nursing Major Courses**

**Nursing Foundational Courses**

NURS 101  The Nature of Nursing Practice 0.5

NURS 102  Situating the Practice of Nursing 0.5

NURS 103  Psychological and Social Diversity in Health and Wellness 1

**Nursing Clinical Courses**

NURS 215  Nursing of Women and Infants 1.5

NURS 225  Pediatric Nursing 1.5

NURS 235  Psychiatric Nursing 1.5

NURS 245  Nursing of Young and Middle Aged Adults 1.5

NURS 255  Nursing of Older Adults 1.5

Select a Nursing Case Study from among NURS 355-NURS 369 1

NURS 380  Nursing in the Community 2

NURS 390  Leadership in the Complex Healthcare System 3

**Science Requirements**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Course Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>NURS 061</td>
<td>Biologically-Based Chemistry</td>
<td>0.5</td>
</tr>
<tr>
<td>NURS 068</td>
<td>Integrated Cell Biology and Microbiology</td>
<td>1</td>
</tr>
<tr>
<td>NURS 065</td>
<td>Fundamentals of Nutrition</td>
<td>1</td>
</tr>
<tr>
<td>NURS 163</td>
<td>Integrated Anatomy, Physiology, and Physical Assessment I</td>
<td>2</td>
</tr>
<tr>
<td>NURS 164</td>
<td>Integrated Human Anatomy, Physiology &amp; Physical Assessment II</td>
<td>2</td>
</tr>
<tr>
<td>NURS 165</td>
<td>Integrated Pathophysiology, Pharmacology, and Therapeutics</td>
<td>2</td>
</tr>
</tbody>
</table>

**Non-Clinical Courses**

Health Policy Requirement 1

NURS 230  Statistics for Research and Measurement 1

NURS 547  Scientific Inquiry for Evidence-based Practice 1

Select one of the following:

NURS 330  Theoretical Foundations of Health Care Ethics 1

PHIL 072  Biomedical Ethics 1

NURS 389  Research/Inquiry-Based Service Residency 0.5

**Nursing Elective**

Select a Nursing Elective 1

**Nutrition Major Requirements**

**Required Basic Science Courses**

NURS 061  Biologically-Based Chemistry

NURS 068  Integrated Cell Biology and Microbiology

NURS 163  Integrated Anatomy, Physiology, and Physical Assessment I

NURS 165  Integrated Pathophysiology, Pharmacology, and Therapeutics

**Required Nutrition Science Courses**

NURS 065  Fundamentals of Nutrition

NURS 312  Nutritional Aspects of Disease

NURS 523  Advanced Nutrition: Molecular Basis of Nutrition

NURS 524  Advanced Human Nutrition and Micronutrient Metabolism

**Elective Courses**

Select four course units

**Total Course Units**

40.5

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1 See the BSN Handbook (http://www.nursing.upenn.edu/student-services/resources/handbooks-forms-policies/bsn-handbook/degree-requirements) for a list of approved Health Policy courses.

The degree and major requirements displayed are intended as a guide for students entering in the Fall of 2019 and later. Students should consult with their academic program regarding final certifications and requirements for graduation.