

Human Nutrition, Foods, and Exercise*

College of Agriculture and Life Sciences

Degree Types: B.S., M.S., Ph.D.

*Restricted

The mission of the undergraduate program in Human Nutrition, Foods, and Exercise is to prepare students for successful employment and/or advanced degree programs for discovery, translation, and dissemination of health-related advances in the nutrition, food, and exercise sciences. If you want to learn about human performance, chronic disease prevention and treatment, and work towards a health professions career, HNFE is for you!

Options: Undergraduate options include **Dietetics (DIET)**, and **Science of Food, Nutrition and Exercise (SFNE)**. Students gain a strong background in chemistry, biology, anatomy, physiology, exercise science, and nutrition. Students are eligible and competitive for many health professional programs including: medicine, physician's assistant, physical therapy, dentistry, pharmacy, nursing, and others.

- The **DIET** curriculum is accredited by ACEND and designed to enable graduates to become a Registered Dietitian Nutritionist (RDN) by applying to dietetic internships after graduation.
- The **SFNE** option encourages students to tailor their degree program toward their career goals by taking courses required to be eligible for graduate and health professional schools. Students are also prepared for certifications through organizations such as the American College of Sports Medicine, and the National Strength and Conditioning Association.

Sample Careers

- Dietetics
- Physical Therapy
- Sports Medicine
- Pharmacy
- Medicine
- Nursing
- Dentistry
- Physician Assistant
- Athletic Training
- Occupational Therapy
- Health Coach
- Strength Coach
- Exercise Physiology
- Research and Development
- Health Educator

Curriculum

Chemistry, Biology, Anatomy & Physiology, Nutrition Across the Lifespan, Exercise & Health, Methods of Human Health Assessment, Metabolic Nutrition, Kinesiology, Exercise Physiology, Community Nutrition

Skills

- Health assessment: blood pressure, blood glucose, heart rate, aerobic capacity, body composition, strength, flexibility.
- Communication
- Teamwork
- Food Preparation

Related Majors

- [Food Science & Technology](#)
- [Human Development](#)
- [Biological Sciences](#)
- [Psychology](#)

Resources

Department of Human Nutrition, Foods, and Exercise: <http://www.hnfe.vt.edu/>

Restriction Details: https://www.hnfe.vt.edu/programs/undergraduate/prospective_students/current_VT.html