

### **Helping People Make Better Food Choices**

Our contemporary understanding of the impact of nutrition on human well-being is fueling intense interest in better eating. Scientific experts consistently warn that the modern American or Western diet is leading to poor health, and the World Health Organization (WHO) has mounted a major initiative to decrease chronic conditions by putting nutrition at the forefront of public health policies and programs.

Yet, despite the amount of information available to us about healthy eating, people often struggle with how to put the right choices into practice. Nutrition professionals can help people and organizations better understand how diet impacts personal and societal health, and empower them to create nutritious, cost-effective eating plans.

### **Experts to Guide the Way**

Nutritionists are often on the front lines in combating poor eating habits; creating healthy menus and food offerings in a variety of settings.

They work in schools, hospitals, health clubs, pharmaceutical companies, physicians' offices, nursing homes, correctional facilities and many outpatient settings. They often manage and oversee meal preparation in large facilities, such as hospitals and company cafeterias, as well as in catering operations. They may plan menus, provide nutrition education, monitor safety and sanitation practices, hire and train staff, prepare budgets and reports, and purchase equipment, food and supplies.

Nutrition professionals can also pursue opportunities in food manufacturing, advertising and marketing – developing informational literature about the nutritional content of foods – as well as in sales and new product development positions. Graduates holding a LIFE B.S. Degree in Nutrition can also be employed as health coaches with insurance companies.



### **Studying Nutrition at LIFE**

Life University is *the* place to be for students interested in health, wellness and human performance.

As a nutrition major at LIFE, you'll not only study with faculty and students who share your passion, you'll also be surrounded by like-minded people across campus. LIFE students are awed by the function of the human body and its inborn capacity to develop, heal and maintain itself for optimum health. They also have a profound respect for the important role nutrition plays in enhancing health and performance.

Even our on-campus dining facility, Socrates Café, offers extensive selections of locally grown, organic food, and our students have formed a CSA (Community Supported Agriculture) program that brings fresh, local produce to students, faculty and staff every two weeks from regional farms.

The Department of Nutrition also collaborates with other programs across the University through direct curricular offerings open to non-majors, and through numerous outreach efforts such as an annual nutrition fair, interaction with the on-campus child care center, and scholarship that supports students in disciplines such as Chiropractic, psychology and sport health science.

### **Excellent Facilities**

The Nutrition Department boasts six state-of-the-art teaching kitchens where students receive hands-on training and group learning. Nutrition students also enjoy classes in the new culinary demonstration amphitheater, where chef instructors can show in real time the concepts being taught in class. Stadium seating and a large, flat-screen TV mounted above the instructor facilitate easy viewing, and video can even be transmitted to the Café.

### **"On the Ground" Field Experience**

Advanced classroom and laboratory instruction is linked with hands-on field experience to best prepare students for satisfying careers. Unlike students in many programs whose first real-world experience is the Dietetic Internship, LIFE students roll up their sleeves throughout their studies with three field experiences. Field rotations in community, clinical and management settings shadow dietitians, interact with patients and clients, and connect theory with practice.

### Small Classes, Individual Attention

Although classes with hundreds of students might be the norm at many large, public universities, at LIFE you'll enjoy classes of 15 to 20 students (the average student to teacher ratio is 16:1) working closely with faculty mentors. The focus is on engaged and active learning, such as small-group work, one-on-one interaction with faculty, and hands-on experience both on and off campus. Faculty members also provide individual advisement regarding course selection and career preparation.

### Multiple Career Options

When you complete the B.S. in Nutrition at LIFE, you'll possess a strong understanding of the impact of nutrition on health at various life stages. You'll also gain in-depth knowledge of drug and food interactions, the impact of nutrition on chronic conditions, and how quality nutrition can be used to manage and minimize the effects of those conditions.

Some clinical positions in nutrition and dietetics require the Registered Dietitian (R.D.) credential. For more information about earning the R.D. credential at Life University contact (800) 543-3202 or [Admissions@LIFE.edu](mailto:Admissions@LIFE.edu).

### Accelerated Course Options

Because LIFE follows the quarter system, you can enroll throughout the year and finish more quickly by taking courses year round. You can also select from the University's many accelerated courses in the sciences to complete your degree more quickly. Accelerated course options in chemistry, physics and general biology each quarter (in addition to traditional course offerings) are available for those students wishing to fulfill pre-requisites, double-major or otherwise complete required coursework more quickly.

### Dig Deeper – Talk to Alums and Students, Visit Campus

Prospective students tell us the most important thing they did while considering which school to attend was actually visiting the campus. To learn more about a successful career in nutrition, talk to our faculty or schedule a campus visit, check out our website at [www.LIFE.edu](http://www.LIFE.edu) or contact our Admissions Department at [Admissions@LIFE.edu](mailto:Admissions@LIFE.edu); 800-543-3202.

Call or email us and we'll connect you with a working professional you can email, call or even visit. We are also happy to connect you with current nutrition students.

### Who We Are

Life University educates more than 2,600 students in bachelor's degree programs in Biology, Biopsychology, Business Administration, Health Coaching, Computer Information Management, Exercise Science, General Studies, Nutrition, Dietetics and Psychology; our Master of Science in Sport Health Science; our Master of Science in Clinical Nutrition; and our Doctor of Chiropractic programs. All programs are uniquely focused on a positive, wellness-centered approach to health and human performance, and students are actively engaged in a diverse and highly supportive academic community.



*"Being a nutrition major is about more than loving food, it's about helping people live fuller, healthier lives."*

### Student Scholarships

Outstanding students applying to any major in LIFE's College of Undergraduate Studies are eligible to apply for institutional scholarships for their superior performance and promise. Georgia resident students earning a Georgia HOPE Scholarship and/or Tuition Equalization Grant for attending private schools can also apply those toward further reducing their tuition costs. Contact the Enrollment Office at (800) 543-3202 or [Admissions@LIFE.edu](mailto:Admissions@LIFE.edu) to learn more.



Life University is a proud partner of the Yellow Ribbon Program for military veterans. For information about this program and to see if you qualify, please visit: [Gibill.va.gov/benefits/post\\_911\\_gibill](http://Gibill.va.gov/benefits/post_911_gibill)

### Bachelor of Science in Nutrition

LIFE's Nutrition program combines classroom and laboratory teaching with field experience in the Atlanta community to ensure students are well prepared to enter the profession in a broad range of settings.

Graduates understand how quality nutrition can improve health and human performance throughout the life cycle and even help people better manage certain conditions. They apply their skills in a broad range of settings including schools, hospitals, correctional facilities and workplace cafeterias.

A Bachelor's Degree in Nutrition from LIFE can also provide the perfect foundation for further dietetics study or graduate work in fields such as Chiropractic or pharmaceuticals, or as physician's assistants or physical, occupational and/or speech therapists.



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