Nutrition, Fitness, and Health majors can tailor science courses to meet course-based admission requirements for most graduate study or professional health programs.

The Nutrition, Fitness, and Health major is a popular choice of students who want to pursue a physical therapy and or physician assistant program.

A wide variety of careers is available to Nutrition, Fitness, and Health majors in areas such as:

- Exercise specialist (Cardiac Rehabilitation)
- Wellness director/coordinator
- Community fitness centers
- Health educator
- Weight management programs
- Fitness industry equipment sales
- Research associate

For more information about the Nutrition, Fitness, and Health major at Purdue University visit [www.purdue.edu/hhs/nutr](http://www.purdue.edu/hhs/nutr). To schedule a tour of our facilities, speak with a current student, or meet with an academic advisor, contact us at hhsundergrad@purdue.edu or (765) 494-8533.
The Nutrition, Fitness and Health major could be for you if you are passionate about exercise and healthy eating; want to share your enthusiasm for healthy living with others; want to help others make positive lifestyle changes.

Purdue prepared me for my current job by teaching me all aspects of wellness. Nutrition communications taught me how to communicate in an appropriate manner and to identify the audience. The capstone practicum course provided me with skills to interact with clients as well as interpreting raw data. This course brought the Nutrition, Fitness, and Health major full circle. It combined everything I learned in previous semesters into one class and applied it to real life situations.

Molly Packard
(Dietetics; Nutrition, Fitness, and Health 2011)
Wellness Director, IU Health, Bloomington Hospital

Purdue's Nutrition, Fitness, and Health major is one of few programs in the United States that combines coursework in exercise physiology and fitness programming with a science-based nutrition curriculum. A comprehensive curriculum provides the education and experience needed for a successful career. Coursework includes:

**Nutrition Science courses:** metabolism; nutrition communications; life cycle nutrition; nutrition assessment; food science; topics in nutrition, fitness, and health; and a capstone practicum course where students provide individualized dietary and fitness counseling to adult clients at the A.H. Ismail Center for Health, Exercise and Nutrition.

**Health and Kinesiology courses:** exercise physiology; health screening and fitness evaluation and design; exercise program design; and exercise testing and prescription in special populations

**Electives:** plenty of flexibility to include a minor or double major.

**DOUBLE MAJOR OPPORTUNITY**

Historically, over 65% of Nutrition, Fitness, and Health majors have also double majored in Dietetics. This popular double major allows students to acquire a comprehensive approach to human health as well as fulfill didactic coursework required to become a Registered Dietitian Nutritionist (RDN).

My undergraduate education at Purdue has prepared me for the rigorous expectations of Trine’s Doctor of Physical Therapy program. The NFHL major allowed me to explore noninvasive measures of caring for patients, including nutrition and physical activity, and ultimately led to my current pursuit to become a physical therapist. I learned to build rapport with patients in my clinical courses. The research knowledge I gained in the Topics in Nutrition Fitness and Health Course helps me make appropriate clinical decisions for each patient. I highly recommend this major for those interested in gaining a comprehensive understanding of nutrition and fitness with a plan to pursue graduate or professional school.

Cassandra Schnelle
(Nutrition, Fitness, and Health 2014)
Doctor of Physical Therapy Student, Trine University

Wellness Director, IU Health, Bloomington Hospital