

Bachelor of Science (B.S.) in Nutrition

About the B.S. in Nutrition

The BS in Nutrition is designed for students interested in pursuing pre-health professional degrees, graduate study, and careers in public health, government, or the community. Students must earn an overall 3.0 GPA in the Basic Non-Science Requirements, Basic Science Requirements, and the Nutrition and Dietetics Requirements in order to graduate.

All courses 3 credits unless otherwise noted.

Basic Non-Science Requirements (15 cr.)

COM 100: Communication Fundamentals*
MTH 103: Applied Precalculus*
PSY 113: General Psychology*
STA 220: Statistics in Modern Society*
WRT 104: Writing to Inform and Explain*

Basic Science Requirements (27 cr.)

BIO 110: Fundamentals of Biology
BIO 103: Fundamentals of Biology Lab (1 cr)*
BIO 220: Anatomy and Physiology I
BIO 221: Anatomy and Physiology I Lab (1 cr)
BIO 222: Anatomy and Physiology II
BIO 223: Anatomy and Physiology II Lab (1 cr)
CHM 103: General Chemistry*
CHM 105: General Chemistry Lab (1 cr)
CHM 124: Intro to Organic Chemistry
CHM 126: Intro to Organic Chemistry Lab (1 cr)
CMB 201: Intro to Medical Microbiology (4 cr)
CMB 210: Biochemical Aspects of Nutrition +
Physiology

Additional Nutrition Courses (select 21 cr.)

NUT 336: Scientific Principles of Food I (4 cr)
NUT 337: Scientific Principles of Food II (4 cr)
NUT 360: Nutrition in Exercise and Sport
NUT 375: Foodservice Management I
NUT 376: Foodservice Management II (4 cr)
NUT 404: Food Systems, Sustainability, & Health
NUT 443: Nutrition Assessment (4 cr)
NUT 444: Nutrition and Disease
NUT 451/491: Special Projects (1-3 cr)
NUT 495: Applied Nutrition Practicum

Nutrition Requirements (27 cr.)

NUT 110: Intro to Nutrition/Dietetics (1 cr)
NUT 207: General Nutrition*
NUT 210: General Nutrition Lab (1 cr)
NUT 212G: Public Health Nutrition*
NUT 276G: Foods, Nutrition, and People*[^]
NUT 394: Nutrition in the Life Cycle I
NUT 395: Nutrition in the Life Cycle II
NUT 410: Professional Issues in Nutrition/Dietetics (1 cr)
NUT 440: Macronutrient Metabolism
NUT 441: Micronutrient Nutrition
NUT 458: Nutrition Education*

General Education* (select 9 cr.)

See next page for details.

Free Electives (21 cr.)

URI 101: Academic Success (1 cr)

Suggested Free Electives (select 20 cr.)

APG 203: Cultural Anthropology*
APG 308: Sustainable Agriculture & Food Options*
CMB 242: Human Genetics and Human Affairs
HDF 202: Research Perspectives in HDF
HDF 205G: Money Skills for Life
HDF 291: Rose Butler Browne Peer Mentoring
HDF 318G: Health and Wealth*
HDF 412: Historical, Multi-Ethnic, & Alt. Leadership
HDF 450: Intro to Counseling (*prereq:* HDF 230)
KIN 275: Intro to Exercise Science
KIN 300: Physiology of Exercise/KIN 301 Lab (1 cr)
PLS 150: Plants, People and the Planet*
PSY 130G: The Problem of Hunger in the US*
PSY 200: Quantitative Methods in Psychology
PSY 255: Health Psychology
PSY 301: Research Methods in Behavioral Sciences
PSY 381: Physiological Psychology

*Approved General Education credit.

[^]This course has been discontinued as of Fall 2023 and will be waived for those who have not yet completed it.

General Education Worksheet for B.S. in Nutrition

Guidelines: General Education is 40 credits. Each of the 12 outcomes (A1-D1) must be met by at least 3 credits.

- A single course may meet more than one outcome but cannot be double counted towards the 40 credit total.
- At least one course must be a Grand Challenge (G).
- No more than 12 credits can have the same course code (note: HPR courses may have more than 12 credits).
- General education courses may also be used to meet requirements for the major or minor when appropriate.

Required courses for the degree provide 31 of the 40 credits of general education courses. You will need to take courses in the **following three outcomes** to fulfill General Education requirements (for a total of at least 9 additional credits):

1. Humanities (A3)
2. Arts & Design (A4)
3. Global Responsibilities (C2)

General Education Credit Count			
At least 40 credits with no more than 12 credits with the same course code. <i>Fill out your course selections below.</i>			
Course	Cr.	Course	Cr.
BIO 103	1		
BIO 110	1		
CHM 103	3		
COM 100	3		
MTH 103	3		
NUT 207	3		
NUT 212G	3		
NUT 458	3		
PSY 113	3		
STA 220	3		
WRT 104	3		

General Education Outcome Audit	
Outcome	Course
Knowledge	
A1. STEM	BIO 110, CHM 103 or NUT 207
A2. Social & Behavioral Sciences	PSY 113
A3. Humanities (choose 3 cr.)	
A4. Arts & Design (choose 3 cr.)	_____
Competencies	
B1. Write effectively	WRT 104
B2. Communicate effectively	COM 100 or NUT 458
B3. Mathematical, statistical, or computational strategies	MTH 103, NUT 207, or STA 220
B4. Information literacy	WRT 104
Responsibilities	
C1. Civic knowledge & responsibilities	COM 100
C2. Global responsibilities (choose 3 cr.)	_____
C3. Diversity and inclusion	NUT 212G
Integrate and Apply	
D1. Ability to synthesize	NUT 458
Grand Challenge	
G. Check that at least one course of your 40 credits is an approved "G" course	NUT 212G

Overall GPA: _____

Major GPA: _____

Must maintain a major GPA of at least 3.0

**both located on the Academic Requirements Report*

Suggested Course Sequence for B.S. in Nutrition

		Fall Semester			Spring Semester		
First Year	Grade	Course	Cr.	Grade	Course	Cr.	
		COM 100: Communication Fundamentals*	3		BIO 110: Fundamentals of Biology	3	
		MTH 103: Applied Precalculus*	3		BIO 103: Fundamentals of Biology Lab*	1	
		NUT 207: General Nutrition*	3		NUT 110: Intro to Nutrition/Dietetics	1	
		NUT 210: General Nutrition Lab	1		NUT 212G: Public Health Nutrition*	3	
		URI 101: Academic Success	1		PSY 113: General Psychology*	3	
		WRT 104: Writing to Inform and Explain*	3		General Education*	3	
		General Education*	3		Free Elective	3	
Total: 17 cr.			Total: 17 cr.				
		Fall Semester			Spring Semester		
Second Year	Grade	Course	Cr.	Grade	Course	Cr.	
		BIO 220: Anatomy + Physiology I	3		BIO 222: Anatomy + Physiology II	3	
		BIO 221: Anatomy + Physiology I Lab	1		BIO 223: Anatomy + Physiology II Lab	1	
		CHM 103: General Chemistry*	3		CHM 124: Intro Organic Chemistry	3	
		CHM 105: General Chemistry Lab	1		CHM 126: Intro Organic Chemistry Lab	1	
		STA 220: Statistics in Modern Society*	3		Additional Nutrition Course	4	
		Additional Nutrition Course	3		General Education*	3	
		Free Elective	3				
Total: 17 cr.			Total: 15 cr.				
		Fall Semester			Spring Semester		
Third Year	Grade	Course	Cr.	Grade	Course	Cr.	
		CMB 210: Biochemistry	3		CMB 201: Intro Medical Microbiology	4	
		NUT 394: Nutrition in the Lifecycle I	3		NUT 395: Nutrition in the Lifecycle II	3	
		Additional Nutrition Course	3		NUT 440: Macronutrient Metabolism	3	
		Additional Nutrition Course	3		Additional Nutrition Course	3	
		General Education*	3		General Education*	3	
Total: 15 cr.			Total: 16 cr.				
		Fall Semester			Spring Semester		
Fourth Year	Grade	Course	Cr.	Grade	Course	Cr.	
		NUT 410: Professional Issues in Nutrition/Dietetics	1		Additional Nutrition Course	3	
		NUT 441: Micronutrient Nutrition	3		Free Elective	3	
		NUT 458: Nutrition Education*	3		Free Elective	3	
		Free Elective	3		Free Elective	3	
		Additional Nutrition Course	3		Free Elective	3	
Total: 13 cr.			Total: 15 cr.				

***General Education:** Required courses for the degree provide 31 of the 40 credits of general education courses. You will need to take courses in the **following three outcomes** to fulfill General Education requirements:

1. Humanities (A3)
2. Arts & Design (A4)
3. Global Responsibilities (C2)

Grade Point Average: Students must earn a minimum of C in every required course and a 3.0 overall GPA in all required courses to graduate from the degree.