Bachelor of Science (B.S.) in Nutrition: Nutrition Science Track

About the B.S. in Nutrition: Nutrition Science Track

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 Non-Science Requirements, Science Requirements, Core Nutrition Requirements, and Additional Nutrition Requirements in order to graduate. Students will choose a track - Nutrition Science or Pre-Health.

All courses 3 credits unless otherwise noted.

Basic Non-Science Requirements (16 cr.)
COM 100: Communication Fundamentals*
MTH 103: Applied Precalculus*
PSY 113: General Psychology*
STA 308: Introductory Statistics (4)
WRT 104: Writing to Inform and Explain*

Basic Science Requirements (16 cr.)
BIO 110: Fundamentals of Biology I*
BIO 103: Principles of Biology I Lab (1)*
BIO 220: Anatomy and Physiology I
BIO 221: Anatomy and Physiology I Lab (1)
BIO 222: Anatomy and Physiology II
BIO 223: Anatomy and Physiology II Lab (1)
CMB 201: Intro to Medical Microbiology
CMB 202: Intro to Medical Microbiology Lab (1)

Nutrition Track Addt'l Sciences (11 cr.)
CHM 103: General Chemistry*
CHM 105: General Chemistry Lab (1)
CHM 124: Intro to Organic Chemistry
CHM 126: Intro to Organic Chemistry Lab (1)
CMB 210: Biochem of Nutrition and Physiology

Nutrition Science Track Addt'l Nutrition (select 15 cr., at least 6/15 must be research)
NUT/PSY 130G: The Problem of Hunger in the US*
NUT 337: Scientific Principles of Food II (4)
NUT 360: Nutrition in Exercise and Sport
NUT 376: Foodservice Management II (4)
NUT 404: Food Systems, Sustainability, & Health*
NUT 443: Nutrition Assessment (4)
NUT 444: Medical Nutrition Therapy I
NUT 445: Medical Nutrition Therapy II
NUT 451/491: Special Projects (1-3)**
NUT 496: Applied Research in Nutrition (1-3)**
NUT 495: Applied Nutrition Practicum (1-3)
NUT 497: Adv Applied Nutrition Practicum (1-3)
***research courses*

Core Nutrition Requirements (31 cr.)
NUT 110: Intro to Nutrition/Dietetics (1)
NUT 207: General Nutrition*
NUT 210: General Nutrition Lab (1)
NUT 212G: Public Health Nutrition*
NUT 336: Scientific Principles of Food I (4)
NUT 375: Foodservice Management I
NUT 394: Nutrition in the Life Cycle I
NUT 395: Nutrition in the Life Cycle II
NUT 410: Professional Issues in Nutrition/Dietetics (1)
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)

Suggested Free Electives (select 20 cr.)
APG 203: Cultural Anthropology*
APG 308: Sustainable Agriculture & Food Options*
BPS 203: Herbal Medicines and Functional Food*
CMB 242: Human Genetics and Human Affairs
CMB 245: Food Safety and Microbiology
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 450: Intro to Counseling (*prereq*: HDF 230)
KIN 222: Medical Terminology (2, *summer only*)
KIN 275: Intro to Exercise Science
KIN 300: Physiology of Exercise/KIN 301 Lab (1)
LDR 412: Historical, Multi-Ethnic, & Alt. Leadership
PLS 150: Plants, People and the Planet*
PHP 201: Introduction to the U.S. Health Care System
PHP 207G: Intro to Safety and Quality in Health Care*
PSY 200: Quantitative Methods in Psychology (4)
PSY 255: Health Psychology
PSY 301: Research Methods in Behavioral Sciences (4)
PSY 381: Physiological Psychology
UCS 160: Study Skills in Higher Education (1)

*Approved General Education credit.

General Education Worksheet for B.S. in Nutrition: Nutrition Science Track

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.
Fill out your course selections below.

Course	Cr.	Course	Cr.
BIO 103	1		
BIO 110	3		
CHM 103	3		
COM 100	3		
MTH 103	3		
NUT 207	3		
NUT 212G	3		
NUT 458	3		
PSY 113	3		
WRT 104	3		

Overall GPA: _____
Major GPA: _____
Must maintain a major GPA of at least 3.0.
**both located on the Academic Requirements Report*

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 or NUT 207
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

Suggested Course Sequence for B.S. in Nutrition, Nutrition Science Track

	Fall Semester			Spring Semester		
	Grade	**Course**	**Cr.**	**Grade**	**Course**	**Cr.**
Year 1	_____	BIO 110: Principles of Biology I*	3	_____	CHM 103: General Chemistry I*	3
	_____	BIO 103: Principles of Biology I Lab	1	_____	CHM 105: General Chemistry I Lab	1
	_____	MTH 103: Applied Precalculus*	3	_____	COM 100: Communication*	3
	_____	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	_____	General Education*	3
	_____	WRT 104: Writing to Inform and Explain*	3			
		Total: 15 cr.			Total: 14 cr.	
Year 2	_____	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 124: General Chemistry II	3	_____	Additional NUT Requirement	3
	_____	CHM 126: General Chemistry II Lab	1	_____	General Education*	3
	_____	PSY 113: General Psychology*	3	_____	Free Elective	3
	_____	NUT 375: Foodservice Management I	3	_____	Free Elective	3
		Total: 14 cr.			Total: 16 cr.	
Year 3	_____	CMB 210: Biochemistry	3	_____	NUT 395: Nutrition in the Life Cycle II	3
	_____	NUT 336: Scientific Principles of Food I	4	_____	NUT 440: Macronutrient Metabolism	3
	_____	NUT 394: Nutrition in the Life Cycle I	3	_____	NUT 451 or 491 or 496	3
	_____	NUT 441: Micronutrient Nutrition	3	_____	General Education*	3
	_____	STA 308: Introductory Statistics	4	_____	Free Elective	3
		Total: 17 cr.			Total: 15 cr.	
Year 4	_____	NUT 410: Professional Issues Nutr./Diet.	1	_____	CMB 201: Intro Medical Microbiology	3
	_____	NUT 458: Nutrition Education*	3	_____	CMB 202: Intro Medical Microbiology Lab	1
	_____	NUT 451 or 491 or 496	3	_____	Additional NUT Requirement	3
	_____	Additional NUT Requirement	3	_____	General Education*	3
	_____	Additional NUT Requirement	3	_____	Free Elective	3
	_____	Free Elective	3	_____	Free Elective	3
		Total: 16 cr.			Total: 16 cr.	

***General Education**: Required courses for the degree provide 28 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 a 3.0 overall GPA and no less than a C in all required courses to graduate from the degree.