

# Bachelor of Science (B.S.) in Nutrition: Pre-Health Track

## About the B.S. in Nutrition

The BS in Nutrition is designed for students interested in pursuing pre-health professional degrees, such as Physician's Assistant, Medical Doctor, Dentist.. Students must earn an overall 3.0 GPA in the Basic Non-Science Requirements, Basic Science Requirements, Nutrition Requirements, and Additional Nutrition Courses 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)

### Pre-Health Track Add'l Sciences (18 cr.)

BIO 102: Principles of Biology II\*  
BIO 104: Principles of Biology II Lab (1)  
CHM 101: General Chemistry I\*  
CHM 102: General Chemistry I Lab (1)  
CHM 227: Organic Chemistry Lecture I  
CMB 311: Introductory Biochemistry  
CMB 352: General Genetics (4)

### Pre-Health Track Add'l Nutrition (select 6 cr.)

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 (pre: NUT 443)  
NUT 451/491: Special Projects (1-3)  
NUT 495: Applied Nutrition Practicum (1-3)  
NUT 496: Applied Research in Nutrition (1-3)  
NUT 497: Adv Applied Nutrition Practicum (1-3)

### 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)

This degree is designed to meet the prerequisites for application to most physician assistant (PA) programs. If you are interested in pursuing a different health career, use your free electives to meet the requirements.

#### Pre-Medical

- CHM 112 + 114 (4)
- CHM 226 + 228 (5)
- MTH 131 or 141
- PHY 111 + 185 (4)
- PHY 112 + 186 (4)
- SOC 100

#### Pre-Dentistry

- CHM 112 + 114 (4)
- CHM 226 + 228 (5)
- MTH 131 or 141
- PHY 111 + 185 (4)
- PHY 112 + 186 (4)

**Other suggested free electives include** APG 203, APG 308; BPS 203; CMB 242, CMB 245; HDF 202, HDF 205G, HDF 318G, HDF 412, HDF 450; KIN 222 (2), KIN 275, KIN 300, KIN 301 (1); LDR 291; PLS 150; PHP 201, PHP 207G; PSY 200 (4), PSY 255, PSY 301 (4), PSY 381; UCS 160.

\*Approved General Education credit.

# General Education Worksheet for B.S. in Nutrition: Pre-Health 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. <i>Fill out your course selections below.</i>			
Course	Cr.	Course	Cr.
BIO 110	3		
BIO 103	1		
CHM 101	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
<b>Knowledge</b>	
<b>A1. STEM</b>	BIO 110, CHM 101, or NUT 207
<b>A2. Social &amp; Behavioral Sciences</b>	PSY 113
<b>A3. Humanities (choose 3 cr.)</b>	_____
<b>A4. Arts &amp; Design (choose 3 cr.)</b>	_____
<b>Competencies</b>	
<b>B1. Write effectively</b>	WRT 104
<b>B2. Communicate effectively</b>	COM 100 or NUT 458
<b>B3. Mathematical, statistical, or computational strategies</b>	MTH 103 or NUT 207
<b>B4. Information literacy</b>	WRT 104
<b>Responsibilities</b>	
<b>C1. Civic knowledge &amp; responsibilities</b>	COM 100
<b>C2. Global responsibilities (choose 3 cr.)</b>	_____
<b>C3. Diversity and inclusion</b>	NUT 212G
<b>Integrate and Apply</b>	
<b>D1. Ability to synthesize</b>	NUT 458
<b>Grand Challenge</b>	
<b>G. Check that at least one course of your 40 credits is an approved "G" course</b>	NUT 212G

## Suggested Course Sequence for B.S. in Nutrition: Pre-Health Track

	Fall Semester			Spring Semester		
	Grade	Course	Cr.	Grade	Course	Cr.
<b>Y e a r 1</b>	_____	BIO 110: Principles of Biology I*	3	_____	BIO 102: Principles of Biology II*	3
	_____	BIO 103: Principles of Biology I Lab	1	_____	BIO 104: Principles of Biology II Lab	1
	_____	MTH 103: Applied Precalculus*	3	_____	CHM 101: General Chemistry I*	3
	_____	NUT 207: General Nutrition	3	_____	CHM 102: General Chemistry I Lab	1
	_____	NUT 210: General Nutrition Lab	1	_____	COM 100: Communication Fundamentals*	3
	_____	URI 101: Academic Success	1	_____	NUT 110: Intro to Nutrition/Dietetics	1
	_____	WRT 104: Writing to Inform and Explain*	3	_____	NUT 212G: Public Health Nutrition*	3
		Total: 15 cr.			Total: 15 cr.	
<b>Y e a r 2</b>	_____	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 112: General Chemistry II*	3	_____	CHM 227: Organic Chemistry	3
	_____	CHM 114: General Chemistry II Lab	1	_____	General Education*	3
	_____	NUT 375: Foodservice Management I	3	_____	General Education*	3
	_____	PSY 113: General Psychology*	3	_____	Free Elective	3
	_____	Free Elective	3			
		Total: 17 cr.			Total: 16 cr.	
<b>Y e a r 3</b>	_____	CMB 311: Biochemistry	3	_____	CMB 201: Intro Medical Microbiology	3
	_____	NUT 336: Scientific Principles of Food I	4	_____	CMB 202: Intro Medical Microbiology Lab	1
	_____	NUT 394: Nutrition in the Life Cycle I	3	_____	NUT 395: Nutrition in the Life Cycle II	3
	_____	NUT 441: Micronutrient Nutrition	3	_____	NUT 440: Macronutrient Metabolism	3
	_____	STA 308: Introductory Statistics	4	_____	Additional NUT Course	3
		Total: 17 cr.		_____	Free Elective	3
					Total: 16 cr.	
<b>Y e a r 4</b>	_____	NUT 410: Professional Issues Nutr./Diet.	1	_____	CMB 352: General Genetics	4
	_____	NUT 444: Medical Nutrition Therapy I	3	_____	General Education*	3
	_____	NUT 458: Nutrition Education*	3	_____	Free Elective	3
	_____	Additional NUT Course	3	_____	Free Elective	3
	_____	General Education*	3			
	_____	Free Elective	3			
		Total: 16 cr.			Total: 13 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 a 3.0 overall GPA and no less than a C in all required courses to graduate from the degree.