

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

About the B.S. in Nutrition

The BS in Nutrition – Pre-Health Track is designed for students interested in pursuing pre-health professional degrees, such as Physician’s Assistant, Medical Doctor, or 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.

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 Addt'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 Addt'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 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)

**First offering Spring 2027

***First offering Spring 2029

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 396: Lifecycle Nutrition**
NUT 410: Professional Issues in Nutrition/Dietetics (1)
NUT 440: Macronutrient Metabolism
NUT 441: Micronutrient Nutrition
NUT 444: Medical Nutrition Therapy I
NUT 458: Nutrition Education*

General Education* (select 9 cr.)

See next page for details.

Free Electives (21 cr.)

CHM 101R: General Chemistry I Recitation** *if needed*
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. Always consult with the Pre-Health group for specifics.

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, 308; BPS 203; CMB 242, 245; GCH 102G**; HDF 202, 205G, 318G, 412, 450; KIN 222 (2), 275, 300, 301 (1); LDR 291; NUT 123X**;
PLS 150; PHP 201, 207G; PSY 200 (4), 255, 301 (4), 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		

General Education Outcome Audit	
Outcome	Course
Knowledge	
A1. STEM	BIO 110, CHM 101, 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

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: Pre-Health Track

		Fall Semester			Spring Semester		
	Grade	Course	Cr.	Grade	Course	Cr.	
Y e a r 1	_____	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 101R: Gen. Chem. I Recitation <i>if needed</i>	1	
	_____	NUT 210: General Nutrition Lab	1	_____	CHM 102: General Chemistry I Lab	1	
	_____	URI 101: Academic Success	1	_____	COM 100: Communication Fundamentals*	3	
	_____	WRT 104: Writing to Inform and Explain*	3	_____	NUT 110: Intro to Nutrition/Dietetics	1	
		Total: 15 cr.			Total: 15-16 cr.		
Y e a r 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 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.			
Y e a r 3	_____	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 441: Micronutrient Nutrition	3	_____	NUT 396: Lifecycle Nutrition**	3	
	_____	STA 308: Introductory Statistics	4	_____	NUT 440: Macronutrient Metabolism	3	
	_____	Free Elective	3	_____	Additional NUT Course	3	
			Total: 17 cr.		_____	Free Elective	3
				Total: 16 cr.			
Y e a r 4	_____	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)

**First offering Spring 2027

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.