

# Bachelor of Science (B.S.) in Nutrition

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## 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.)

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

### Nutrition Requirements (27 cr.)

NFS 110: Intro to Nutrition/Dietetics (1 cr)  
NFS 210: Applied General Nutrition (4 cr)  
NFS 212G: Public Health Nutrition\*  
NFS 276G: Foods, Nutrition, and People\*  
NFS 394: Nutrition in the Life Cycle I  
NFS 395: Nutrition in the Life Cycle II  
NFS 410: Professional Issues in Nutrition/Dietetics (1 cr)  
NFS 440: Macronutrient Metabolism  
NFS 441: Micronutrient Nutrition  
NFS 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  
PSY 382: Research Methods in Psychology

\*Approved General Education credit.

# 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		
CHM 103	3		
COM 100	3		
MTH 103	3		
NFS 210	3*		
NFS 212G	3		
NFS 276G	3		
NFS 458	3		
PSY 113	3		
STA 220	3		
WRT 104	3		

\*Only 12 credits from one discipline allowed.

General Education Outcome Audit	
Outcome	Course
<b>Knowledge</b>	
<b>A1. STEM</b>	CHM 103 or NFS 210
<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 NFS 458
<b>B3. Mathematical, statistical, or computational strategies</b>	MTH 103, NFS 210, or STA 220
<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>	NFS 212G
<b>Integrate and Apply</b>	
<b>D1. Ability to synthesize</b>	NFS 458
<b>Grand Challenge</b>	
<b>G. Check that at least one course of your 40 credits is an approved "G" course</b>	NFS 212G or NFS 276G

## Suggested Course Sequence for B.S. in Nutrition

	Fall Semester			Spring Semester		
	Grade	Course	Cr.	Grade	Course	Cr.
<b>Y e a r  1</b>	_____	CHM 103: General Chemistry*	3	_____	BIO 110: Fundamentals of Biology	3
	_____	CHM 105: General Chemistry Lab	1	_____	BIO 103: Fundamentals of Biology Lab*	1
	_____	COM 100: Communication*	3	_____	CHM 124: Organic Chemistry	3
	_____	MTH 103: Applied Precalculus*	3	_____	CHM 126: Organic Chemistry Lab	1
	_____	NFS 210: Applied General Nutrition*	4	_____	NFS 110: Intro to Nutrition/Dietetics	1
	_____	URI 101: Academic Success	1	_____	NFS 212G: Public Health Nutrition*	3
					_____	WRT 104: Writing to Inform and Explain*
	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
	_____	NFS 276G: Foods, Nutrition, and People*	3	_____	Additional Nutrition Course	3
	_____	STA 220: Statistics in Modern Society*	3	_____	Free Elective	3
	_____	Free Elective	3	_____	General Education*	3
	_____	Free Elective	3	_____	General Education*	3
		Total: 16 cr.			Total: 16 cr.	
<b>Y e a r  3</b>	_____	CMB 210: Biochemistry	3	_____	CMB 201: Intro Medical Microbiology	4
	_____	NFS 394: Nutrition in the Life Cycle I	3	_____	NFS 395: Nutrition in the Life Cycle II	3
	_____	Additional Nutrition Course	3	_____	NFS 440: Macronutrient Metabolism	3
	_____	Additional Nutrition Course	3	_____	Additional Nutrition Course	3
	_____	General Education*	3	_____	General Education*	3
		Total: 15 cr.			Total: 16 cr.	
<b>Y e a r  4</b>	_____	NFS 410: Professional Issues Nutr./Diet.	1	_____	Additional Nutrition Course	3
	_____	NFS 441: Micronutrient Nutrition	3	_____	Free Elective	3
	_____	NFS 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 a 3.0 overall GPA in all required courses to graduate from the degree.