

Student: \_\_\_\_\_ PUID: \_\_\_\_\_ Catalog Term: Fall 2023

Additional Majors: \_\_\_\_\_ Minors: \_\_\_\_\_

**Major Requirements (34 credits)**

- \_\_\_ (1) NUTR 10500 Nutrition in the 21<sup>st</sup> Century
- \_\_\_ (3) NUTR 20500 Food Science I
- \_\_\_ (3) NUTR 31500 Fundamentals of Nutrition
- \_\_\_ (3) NUTR 33000 Diet Selection & Planning
- \_\_\_ (3) NUTR 33200 Nutrition Counseling
- \_\_\_ (3) NUTR 36500 Physiology and Nutrition During the Life Cycle
- \_\_\_ (3) NUTR 42400 Communication Techniques in Foods & Nutrition
- \_\_\_ (2) NUTR 43000 Public Health Nutrition
- \_\_\_ (2) NUTR 43600 Nutritional Assessment
- \_\_\_ (3) NUTR 43700 Macronutrient Metabolism In Human Health and Disease
- \_\_\_ (3) NUTR 43800 Micronutrient and Phytochemical Metabolism in Human Health and Disease
- \_\_\_ (2) NUTR 45400 Food Chemistry Laboratory
- \_\_\_ (3) NUTR 48800 Topics in Nutrition, Fitness, & Health (prerequisite: NUTR 33000 and HK 36800 with minimum C- grade in each)

**Other Departmental / Program Course Requirements (66-75 credits)**

- \_\_\_ (3) BCHM 30700 Biochemistry
- \_\_\_ (4) BIOL 11000 Fundamentals of Biology I
- \_\_\_ (4) BIOL 11100 Fundamentals of Biology II
- \_\_\_ (4) BIOL 20300 Human Anatomy & Physiology
- \_\_\_ (4) BIOL 20400 Human Anatomy & Physiology
- \_\_\_ (3-4) CHM 11100 General Chemistry *or* CHM 11500 General Chemistry **[Satisfies 1 Science Core Course]**
- \_\_\_ (3-4) CHM 11200 General Chemistry *or* CHM 11600 General Chemistry **[Satisfies 1 Science Core Course]**
- \_\_\_ (4) CHM 25700 Organic Chemistry *or*
  - \_\_\_ (3) CHM 25500 Organic Chemistry *AND*
  - \_\_\_ (3) CHM 25600 Organic Chemistry
- \_\_\_ (3) ECON 21000 Principles of Economics *or* AGECE 21700 Economics
- \_\_\_ (4-3) ENGL 10600 First-Year Composition *or* ENGL 10800 Accelerated First-Year Composition **[Satisfies Written Communication Core]**
- \_\_\_ (3) HK 36800 Exercise Physiology I
- \_\_\_ (3) HK 42100 Health Screening and Fitness Evaluation and Design
- \_\_\_ (3) HK 42200 Basic Concepts in Exercise Program Design
- \_\_\_ (3) HK 46800 Advanced Exercise Physiology II (prerequisite: HK 36800 with minimum C- grade)
- \_\_\_ (3) HK 46900 Exercise Testing & Prescription in Special Populations
- \_\_\_ (3) PSY 12000 Elementary Psychology *or* SOC 10000 Introductory Sociology **[Satisfies Behavioral/Social Science Core]**
- \_\_\_ (3) STAT 30100 Elementary Statistical Methods **[Satisfies Information Literacy Core]**
- \_\_\_ (3) \_\_\_\_\_ **[Humanities Core]** – *select from University list* (PHIL 11100 Ethics recommended)
- \_\_\_ (3) \_\_\_\_\_ **[Oral Communication Core]** – *select from University list*
- \_\_\_ (3-5) \_\_\_\_\_ **[Quantitative Reasoning Core]** – *select from NUTR Math Selective List*
- \_\_\_ (1-3) \_\_\_\_\_ **[Science, Technology & Society Core]** – *select from University list*

**Electives (11-20 credits)**

\_\_\_ ( ) \_\_\_\_\_    \_\_\_ ( ) \_\_\_\_\_    \_\_\_ ( ) \_\_\_\_\_    \_\_\_ ( ) \_\_\_\_\_

\_\_\_ ( ) \_\_\_\_\_    \_\_\_ ( ) \_\_\_\_\_    \_\_\_ ( ) \_\_\_\_\_    \_\_\_ ( ) \_\_\_\_\_

**120 credits required for Bachelor of Science degree**

NUTR Math Selective List

MA 15300	College Algebra
MA 15555	Quantitative Reasoning
MA 15800	Precalculus – Functions and Trigonometry
MA 16010	Applied Calculus I
MA 16020	Applied Calculus II
MA 16100	Plane Analytic Geometry and Calculus I
MA 16200	Plane Analytic Geometry and Calculus II
MA 16500	Analytic Geometry and Calculus I
MA 16600	Analytic Geometry and Calculus II

A student may elect the Pass / Not-Pass (P/NP) grading option for elective courses only, unless an academic unit requires that a specific departmental course/s be taken P/NP. Students may elect to take University Core Curriculum courses P/NP; however, some major Plans of Study require courses that also fulfill UCC foundational outcomes. In such cases, students may not elect the P/NP option. A maximum of 24 credits of elective courses under the P/NP grading option can be used toward graduation requirements. For further information, students should refer to the College of Health and Human Sciences P/NP Policy.

Students are encouraged to use this advising worksheet as a resource when planning progress toward completion of degree requirements. An Academic Advisor may be contacted for assistance in interpreting this worksheet. This worksheet is not an academic transcript, and it is not official notification of completion of degree or certificate requirements. The University Catalog is the authoritative source for displaying plans of study. The student is ultimately responsible for knowing and completing all degree requirements.

## Nutrition, Fitness & Health

### Suggested Arrangement of Courses:

**Fall 2023**

Credits	Fall 1st Year	Prerequisite	Credits	Spring 1st Year	Prerequisite
4	BIOL 11000♦		4	BIOL 11100♦	BIOL 11000
3-4	*CHM 11100♦ or *CHM 11500♦	For CHM 11500; MA 15800 or calculus placement	3-4	*CHM 11200♦ or *CHM 11600♦	CHM 11100 or 11500
4-3	*ENGL 10600♦ or ENGL 10800♦	(Fall or Spring)	3	*Humanities Core	
3-5	*NUTR Math Selective	ALEKS placement or appropriate SAT math	3	*Oral Communications Core	
1	NUTR 10500 (Fall only) 1 <sup>st</sup> 8 weeks		0-3	Elective	
<b>14-18</b>			<b>13-16</b>		

Credits	Fall 2 <sup>nd</sup> Year	Prerequisite	Credits	Spring 2 <sup>nd</sup> Year	Prerequisite
4	BIOL 20300♦ (Fall only)		4	BIOL 20400♦ (Spring only)	BIOL 20300
3	NUTR 20500♦ (Fall/Spring)	CHM 11200 or 11600	3	NUTR 31500♦ (Fall/Spring/Summer)	BIOL 11100 or CHM 11200 or CHM 11600
4-3	*CHM 25700♦ or (CHM 25500♦ and CHM 25600)	CHM 11200 or 11600	3	*STAT 30100♦	
3	*PSY 12000 or SOC 10000		1-3	Science, Technology, & Society Core	
3	ECON 21000 or AGECE 21700		0-3	CHM 25600♦ (if CHM 25500 fall)	CHM 25500
			0-2	Electives	
<b>16-17</b>	<b>(17 if CHM 25700, 16 if CHM 25500)</b>		<b>13-16</b>	<b>(13 if CHM 25700 fall, 14-16 if CHM 25500/25600)</b>	

Credits	Fall 3 <sup>rd</sup> Year	Prerequisite	Credits	Spring 3 <sup>rd</sup> Year	Prerequisite
3	BCHM 30700♦	CHM 25600 or CHM 25700	3	HK 42100♦ (Fall/Spring)	HK 36800
3	HK 36800♦ (Fall/Spring/Summer)	BIOL 20400	3	HK 46800♦ (Fall/Spring)	HK 36800 min C-
3	NUTR 33000 (Fall/Spring)	NUTR 20500 <sup>cc</sup> & NUTR 31500	3	NUTR 33200 (Spring only)	NUTR 33000
2	NUTR 45400		3	NUTR 36500 (Spring only)	NUTR 31500
2	Electives		2	NUTR 43600 (Spring only)	NUTR 31500 & BCHM 307 <sup>cc</sup>
			3	NUTR 43700 (Spring/Summer)	NUTR 31500 & BIOL 20400
<b>13</b>			<b>17</b>		

Credits	Fall 4 <sup>th</sup> Year	Prerequisite	Credits	Spring 4 <sup>th</sup> Year	Prerequisite
3	HK 42200♦ (Fall/Spring)	HK 36800	3	HK 46900♦ (Fall/Spring)	HK 42100
3	NUTR 43800 (Fall only)	BCHM 30700 & NUTR 43700	3	NUTR 42400 (Fall/Spring)	NUTR 33000 min C
3	NUTR 48800 (Fall/Spring)	STAT 30100, HK 36800 C- & NUTR 33000	2	NUTR 43000 (Spring only)	NUTR 31500
4	Electives		5-9	Electives	
<b>13</b>			<b>13-17</b>		

Note: 30 credits required each year to reach subsequent class standing, which may affect financial aid.

\*Satisfies a University Core Requirement ♦ Critical Course: one that a student must be able to pass to persist and succeed in this major and/or need to take in a given semester.

**120 semester credits required for Bachelor of Science degree.**

**2.0 Graduation GPA required for Bachelor of Science degree.**

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**The student is ultimately responsible for knowing and completing all degree requirements.**

**Degree Works is knowledge source for specific requirements and completion.**

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