NUTRITION, FITNESS, and HEALTH
College of Health and Human Sciences

NUTR SCI-BS
NFHL
120 credits

Student: __________________________________________________________________   PUID: _________________________________   Catalog Term:  Fall 2024

Additional Majors: __________________________________________________   Minors: _______________________________________________________________

Major Requirements (34 credits)

___ (1) NUTR 10500 Nutrition in the 21st 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 for the Life Sciences I AND
___ (3) CHM 25600 Organic Chemistry for the Life Sciences II
___ (3) ECON 21000 Principles of Economics or AGEC 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

5/2024
NUTR Math Selective List

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>MA 15300</td>
<td>College Algebra</td>
</tr>
<tr>
<td>MA 15555</td>
<td>Quantitative Reasoning</td>
</tr>
<tr>
<td>MA 15800</td>
<td>Precalculus – Functions and Trigonometry</td>
</tr>
<tr>
<td>MA 16010</td>
<td>Applied Calculus I</td>
</tr>
<tr>
<td>MA 16020</td>
<td>Applied Calculus II</td>
</tr>
<tr>
<td>MA 16100</td>
<td>Plane Analytic Geometry and Calculus I</td>
</tr>
<tr>
<td>MA 16200</td>
<td>Plane Analytic Geometry and Calculus II</td>
</tr>
<tr>
<td>MA 16500</td>
<td>Analytic Geometry and Calculus I</td>
</tr>
<tr>
<td>MA 16600</td>
<td>Analytic Geometry and Calculus II</td>
</tr>
</tbody>
</table>

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 (NFHL)

## Suggested Arrangement of Courses: Fall 2024

### 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) 1st 8 weeks |  | 0-3 | Elective |  
**14-18** |

### Credits | Fall 2nd Year | Prerequisite | Credits | Spring 2nd Year | Prerequisite
--- | --- | --- | --- | --- | ---
4 | BIOL 20300* | (Fall only) | 4 | BIOL 20400* | BIOL 20300
3 | NUTR 20500* (Fall/Spring) | CHM 11200 or 11600 | 3 | NUTR 31500* | 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 AGEC 21700 |  | 0-3 | CHM 25600* (if CHM 25500 fall) | CHM 25500
2 | Electives |  | 0-2 | Electives |  
**16-17** (17 if CHM 25700, 16 if CHM 25500) | **13-16** (13 if CHM 25700 fall, 14-16 if CHM 25500/25600) |

### Credits | Fall 3rd Year | Prerequisite | Credits | Spring 3rd 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* & 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*cc
3 | Electives |  | 2 | NUTR 43700 (Spring/Summer) | NUTR 31500 & BIOL 20400
**13** | **17** |

### Credits | Fall 4th Year | Prerequisite | Credits | Spring 4th 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 |  
**13** | **13-17** |

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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.

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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