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

NUTR SCI-BS
NFHL
120 credits

Student: _____ PUID: _____ Catalog Term: Fall 2025

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) CHM 11100 General Chemistry *or*
  ____ (3) CHM 11510 General Chemistry I **[Satisfies 1 Science Core Course]** (C or better) *AND*
  ____ (1) CHM 11520 General Chemistry I Laboratory or CHM 11530 General Chemistry I Laboratory
____ (3) CHM 11200 General Chemistry *or*
  ____ (3) CHM 11610 General Chemistry II **[Satisfies 1 Science Core Course]** (C or better) *AND*
  ____ (1) CHM 11620 General Chemistry II Laboratory or CHM 11630 General Chemistry II Laboratory
____ (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 with Conferences *or* ENGL 10800 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

5/2025

University Foundational Learning Outcomes List: https://www.purdue.edu/provost/students/s-initiatives/curriculum/courses.html

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 (NFHL)

Suggested Arrangement of Courses: **Fall 2025**

Credits	**Fall 1st Year**	**Prerequisite**	Credits	**Spring 1st Year**	**Prerequisite**
4	BIOL 11000◆		4	BIOL 11100◆	BIOL 11000
3-4	*CHM 11100◆ or *[CHM 11510 and CHM 11520 or 11530]◆	CHM 11510: MA 15800 or ALEKS 75 or SATR Math 620 or ACT Math 26	3-4	*CHM 11200◆ or *[CHM 11610 and CHM 11620 or 11630]	CHM 11100 or CHM 11500 or [CHM 11610 and CHM 11620 or 11630]
4-3	*ENGL 10600♦ or ENGL 10800♦		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			**13-17**		

Credits	**Fall 2nd Year**	**Prerequisite**	Credits	**Spring 2nd Year**	**Prerequisite**
4	BIOL 20300◆ (Fall or Summer only)		4	BIOL 20400◆ (Spring only)	BIOL 20300
3	NUTR 20500◆ (Fall/Spring)	CHM 11200 or CHM 11600 or [CHM 11610 and CHM 11620 or 11630]	3	NUTR 31500◆ (Fall/Spring or Summer)	BIOL 11100 or CHM 11200 or CHM 11600 or [CHM 11610 and CHM 11620 or 11630]
4-3	*CHM 25700◆ or (CHM 25500◆ and CHM 25600)	CHM 11200 or CHM 11600 or [CHM 11610 and CHM 11620 or 11630]	3	*STAT 30100◆	
3	*PSY 12000 or SOC 10000		1-3	Science, Technology, & Society Core	
3	ECON 21000 or AGEC 21700		3	CHM 25600◆ (*if CHM 25500 fall*)	CHM 25500
			0-2	Electives	
16-17			**14-16**		

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 or Summer)	BIOL 20400	3	HK 46800◆ (Fall/Spring)	C- in HK 36800
3	NUTR 33000	NUTR 20500CC & NUTR 31500	3	NUTR 33200 (Spring only)	NUTR 33000
2	NUTR 45400		3	NUTR 36500 (Spring only)	NUTR 31500
1-2	Electives		2	NUTR 43600 (Spring only)	NUTR 31500 & BCHM 307CC
			3	NUTR 43700 (Spring or Summer)	Biochemistry and NUTR 31500 & BIOL 20400
12-13			**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
3	NUTR 48800 (Fall/Spring)	STAT 30100 & HK 36800 with a C- & NUTR 33000	2	NUTR 43000 (Spring only)	NUTR 31500
6	Electives		6	Electives	
15			**14**		

*Satisfies a University Core Requirement

CC May be taken concurrently

◆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.

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

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