

Nutrition, Pre-Health and Nutrition Science (Health and Wellness) – NSHW

Overview of the BS Nutrition, Pre-Health and Nutrition Science Option

The Bachelor of Science in Nutrition is designed to provide students with a comprehensive understanding of the principles of nutrition and its impact on health. This degree program can be used as a pre-health major for professional programs including medicine, optometry, dental, physician assistant, occupational therapy, physical therapy, and more. Alternatively, it can be used for careers in Health and Wellness, which includes a minor in areas including Public Health, International Minor in Human Sciences, Hunger Studies, or Health and Human Development.

To support their career goals and meet the admission requirements for professional programs, students are encouraged to work closely with their academic advisors. Advisors will help students select professional electives that assist in meeting the prerequisites for their desired professional programs,

Students enrolled in the BS Nutrition degree must earn a grade of “C” or better in all NTRI courses to graduate. Additionally, students must earn a grade of “C” or better in all pre-requisite courses to enroll in the subsequent NTRI course.

Freshman

Fall	Hours	Spring	Hours
CHEM 1030 Fundamentals Chemistry I		3 ENGL 1120 English Composition II	3
CHEM 1031 Fund Of Chemistry I Lab		1 Core History	3
ENGL 1100 English Composition I		3 CHEM 1040 Fundamental Chemistry II	3
MATH 1610 Calculus I		4 CHEM 1041 Fund Of Chemistry II Lab	1
BIOL 1020 Principles Of Biology		3 BIOL 1030 Organismal Biology	3
BIOL 1021 Principles Of Biology Lab		1 BIOL 1031 Organismal Biology Laboratory	1
NTRI 1010 Intro Pre-Health Professions		1 NTRI 2000 Nutrition And Health	3
	16		17

Sophomore

Fall	Hours	Spring	Hours
BIOL 2500 Human Anatomy and Physiology I		3 BIOL 2510 Human Anatomy and Physiology 2	3
BIOL 2501 A&P I Lab		1 BIOL 2511 A&P II Lab	1
Core History		3 Core Social Science	3
NTRI 2010 Basic Sports Nutrition		3 Core Literature	3
NTRI 2070 Careers in Nutrition		1 NTRI 3820 Nutrition In The Life Cycle	3
PSYC 2010 Intro To Psychology		3 CHEM 2030 Survey Of Organic Chemistry	3
	14		16

Junior

Fall	Hours	Spring	Hours
NTRI 3750 Nutrition Education		3 Professional Elective ¹	3
Professional Elective ¹		3 STAT 2510 Stats For Bio And Health Sci	3
HDFS 2100 Science of Human Connections, HOSP 2000 Principles Service Management, or CADS 2000 Global Consumer Culture		3 HDFS 2100 Science of Human Connections, CADS 2000 Global Consumer Culture, or HOSP 2000 Principles Service Management	3
BCHE 3180 Nutritional Biochemistry		3 NTRI 4090 Professional Issues	1
NTRI 3560 Experimental Study of Foods		3 NTRI 4820 Macronutrient Metabolism	3

NTRI 3561 Exp Study of Foods Lab		1 NTRI 4830 Micronutrient Metabolism	3
		16	16
Senior			
Fall	Hours	Spring	Hours
COMM 1000 Public Speaking		3 PHIL 1030 Ethics And The Health Sciences	3
Core Fine Arts		3 NTRI 5100 Controver Nutr: Ev Bas Analys	3
Professional Elective ¹		3 NTRI 5760 Nutrition Counseling	2
NTRI 4620 Public Health Nutrition		3 NTRI 5830 Nutritional Genomics	3
Elective		2 Professional Elective ¹	3
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		14	14
Total Hours: 123			

Students in the Honors College may take equivalent honors courses.

College and Department Notes: Required major courses and College core courses are in bold. Grades in these courses are used to calculate the GPA in the major and to meet graduation standards (2.0 overall GPA for graduation).

¹Professional electives are used to fulfill requirements for a minor. Students must select from one of the following 4 minors: Health and Human Development, Hunger Studies, International Minor in Human Sciences, or Public Health