

## Human Nutrition Eight-semester Suggested Program of Study: Nutrition and Disease Prevention 2019-2020

First-Year Fall Term Semester 1		First-Year Spring Term Semester 2	
Course	Credits	Course	Credits
NUTR 221 Human Nutrition	3	NUTR 226 Orientation to Nutrition and Dietetics	1
CHEM 101 Applying Chemistry to Society/CHEM 104 or CHEM 105	3-4	BIOL 150/151	4
Math 111/150 or 151	3	Humanities and Art Elective	3
WRIT 101	3	HMXP 102 Human Experience	3
ACAD 101	1	CSCI 101/CSCI 101 A,B,C Computer Sci.	3
PSYC 101 General Psychology	3		
<b>TOTAL</b>	<b>16</b>	<b>TOTAL</b>	<b>14</b>
Sophomore (Year 2)- Fall Semester 3		Sophomore (Year 2)- Spring Semester 4	
Course	Credits	Course	Credits
NUTR 231/232 Food Composition	4	NUTR 229 Nutritional Assessment	2
Language 1	4	Language 2	4
BIOL 213 Anatomy and Physiology I	4	Global Perspectives Elective	3
MATH 141 Statistics	3	CRTW 201 Critical Reading Writing Thinking	3
		BIOL 214 Anatomy and Physiology II	4
<b>TOTAL</b>	<b>15</b>	<b>TOTAL</b>	<b>16</b>
Junior (Year 3) - Fall Semester 5		Junior (Year 3) - Spring Semester 6	
Course	Credits	Course	Credits
NUTR 370 Food and Nutrition n Cultural Perspective	3	NUTR 380 Nutrition Education and Program Planning	3
NUTR 421 Nutrition through Lifespan	3	Constitution Requirement	3
NUTR 371 Food and Nutrition Mgt I	3	NUTR 329 Nutrition and Wellness	3
HLTH 300 Personal and Community Health	3	HCMT 200 Introduction to Health Care Management	3
Physical Activity Elective	1	Social Science Elective	3
NUTR 227 Medical Terminology	1		
<b>TOTAL</b>	<b>14</b>	<b>TOTAL</b>	<b>15</b>
Senior (Year 4)- Fall Semester 7		Senior (Year 4)- Spring Semester 8	
Course	Credits	Course	Credits
NUTR 427 Medical Nutrition Therapy I	4	NUTR 580 Nutrition Counseling	2
NUTR 520 Sports Nutrition	3	Historical Perspective	3
HLTH 500 Contemporary Health Problem	3	NUTR 494 Seminar in Nutrition	3
NUTR 490A	1	NUTR 428 Community Nutrition	3
Elective	3	Humanities & Art Elective	3
<b>TOTAL</b>	<b>14</b>	<b>TOTAL</b>	<b>14</b>

Total = 120 hours

**Plan subject to change due to curricular adjustments**

\*NUTR 490A can be taken anytime during the class 3 semesters for 1 credit.