



Nutrition – B.S. (120 Credits)

Sample Eight-Semester Plan (Updated 09/15/23)

Students are expected to review and track their own progress towards completion of degree requirements. This is provided as a sample guideline—it does NOT reduce the importance of careful and regular discussions between a student and their academic advisor.

Important Reminders:

1. Students must complete a minimum of **120** credits. This sample shows 121-122 credits.
2. Students must maintain a cumulative GPA of at least a **2.0**.

Year 1

Fall Semester		
Course		Credits
RC 101	First Year Seminar (CORE)	3
EN 105	Writing Seminar (CORE)	3
QR 101	Quantitative Reasoning**	3
BI 105	Anatomy & Physiology I/Lab (CORE)	4
PE	Physical Education Course	1
Total		14

Spring Semester		
Course		Credits
FYS (HFS 150)	FYS-Linked Course (CORE-SS I)*	3
EN 106	Critical Reading, Thinking, Writing (CORE)	3
BI 106	Anatomy & Physiology II/Lab	4
CORE	Expressive Arts*	3
CORE	Philosophy*	3
Total		16

Year 2

Fall Semester		
Course		Credits
CH 103	Chemical Structures & Reactions I/Lab (CORE)	4
HFS 211	Health & Wholeness	3
NUTR 103	Introduction to Nutrition (CORE-SS II*)	3
NUTR 248	Food & Society	3
ID 230	Interdependence of Healthcare Prof	3
Total		16

Spring Semester		
Course		Credits
CH 104	Chemical Structures & Reactions II/Lab	4
MA 210	Statistics (CORE)**	3
PE	Physical Education Course	1
PS 233	Intro to Human Development	3
CORE	Literature*	3
Total		14

Year 3

Fall Semester		
Course		Credits
CH 305	Organic Chemistry I/Lab	4
NUTR 319	Life Cycle Nutrition	3
NUTR 250	Obesity & Body Weight Management	3
CORE	History*	3
HFS 208	CPR & First Aid	3
Total		16

Spring Semester		
Course		Credits
CH 306	Organic Chemistry II/Lab or Elective****	3-4
BI 108	Microbiology/Lab	4
NUTR 320	Community Nutrition	3
CORE	Minor or Elective Course	3
CORE	Religious Studies*	3
Total		16-17

Year 4

Fall Semester		
Course		Credits
NUTR 334	Medical Nutrition Therapy I	3
NUTR 325	Food Science & Prep	3
HFS 412	Internship/Seminar	4
CORE	Ethics*	3
Elective	Minor or Elective Course	3
Total		16

Spring Semester		
Course		Credits
NUTR 335	Medical Nutrition Therapy II	3
IPE 306	Research Methods	3
HFS 413	Internship/Seminar***	4
Elective	Minor or Elective Course	3
Total		13

* Asterisked CORE Requirements may be taken in any order; FYS-Linked Course satisfies one CORE requirement—that CORE for Nutrition should be HFS 150.

** Students must successfully complete or place out of QR 101/QR 101A in order to take MA 210.

*** All students are required to complete an e-portfolio as part of graduation requirements—this is completed through the major's capstone course.

**** CH 306 – Organic Chemistry II is recommended, but not required for the major.