

### Human Nutrition Eight-semester Suggested Program of Study: Nutrition and Health Promotion 2022-2023

First-Year Fall Term Semester 1		First-Year Spring Term Semester 2	
Course	Credits	Course	Credits
NUTR 223 Human Nutrition/NUTR 222 (	4	Physical Activity	1
CHEM 101 Applying Chemistry to Society or CHEM 105 ( <b>Natural Science Physical General Education</b> )	3-4	BIOL 150/151	4
Math 111/112/150 or 151 ( <b>Quantitative Skills General Education</b> )	3	Humanities and Art GE Elective	3
WRIT 101	3	HMXP 102 Human Experience	3
ACAD 101	1	CSCI 101/CSCI 101 A,B,C Computer Sci. ( <b>Technology GE</b> )	3
NUTR 226 Orient. to Nutr. and Dietetics	1		
<b>TOTAL</b>	<b>15-16</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	ANTH 201 Intr. to Cultural Anthropology ( <b>Global Perspectives GE</b> )	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 321 Nutrition Metabolism	3	NUTR 380 Nutrition Education	3
NUTR 421 Nutrition through Lifespan	3	Constitution Requirement	3
NUTR 371 Food and Nutrition Mgt I	3	NUTR 329 Nutrition, Wellness, and Human Performance	3
HLTH 300 Personal and Community Health	3	SUST 102 Intro Sustainability or another Elective course	3
NUTR 227 Medical Terminology	1	NUTR 471 Food and Nutrition Mgt II	3
HCMT 200 Intro. to Health Care Mgt	3		
<b>TOTAL</b>	<b>16</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
ENVS 101 ( <b>Social Sciences GE</b> )	3	Historical Perspective	3
500 Level HLTH Elective	3	NUTR 494 Seminar in Nutrition	3
NUTR 490A Practicum	1	Humanities & Art Elective	3
NUTR 428 Cultural Community Nutrition	3	PSYC 101 ( <b>Social Sciences GE</b> )	3
<b>TOTAL</b>	<b>14</b>	<b>TOTAL</b>	<b>14</b>

Total 120 hours/ Subject to Change/NUTR 490A can be taken anytime in the last 3 semesters