UNIVERSITY OF St.Thomas

Degree Planning Guide: Nutrition (B.S.)

First year (< 28 credits)	**Sophomore** (28-59 credits)	**Junior** (60-91 credits)	**Senior** (92+ credits)
Semester 1 BIOL 105 or BIOL 207 PSYC 111 MATH 108 (or placement)	**Semester 1** DASC 120 EXSC 213 CHEM 111	**Semester 1** NUTR 260 CHEM 201	**Semester 1** BIOL 340 NUTR 310
Semester 2 CHEM 110 (Jterm) or placement in CHEM 111 BIOL 208	**Semester 2** NUTR 245 EXSC 214 CHEM 112	**Semester 2** NUTR 360 BIOL 209	**Semester 2** BIOL 256 NUTR 460

REQUIREMENTS FOR DEGREE

Major Courses (26 credits):
EXSC 213 Human Anatomy & Lab (4 cr)
EXSC 214 Human Physiology & Lab (4 cr)
NUTR 245 Introduction to Nutrition (4 cr)
NUTR 260 Introduction to Food Science (4 cr)
NUTR 310 Nutrition Internship (2 cr)
NUTR 360 Nutrition for Sports and Fitness (4 cr)
NUTR 460 Food and Nutrition Communication (4 cr)

Elective Course Requirements (12 credits):
PUBH 200 Emerging Disease and Global Health (4 cr)
PUBH 225: Global Health and Development (4 cr)
PUBH 230: Public Health Communications (2 cr)
EXSC 211: Intro do Research in EXSC (2 cr)
EXSC 240 Medical Terminology (2 cr)
HLTH 250 Personal Health and Wellness (4 cr)
HLTH 420: Lifestyle Change & Health Promotion (4 cr)
HLTH 430 Worksite Health Promotion (4 cr)

Allied Course Requirements (40 credits):
CHEM 111 General Chemistry 1 & Lab (4 cr)
CHEM 112 General Chemistry 2 & Lab (4 cr)
PSYCH 111 General Psychology (4 cr)
DASC 120 Intro to Computational Statistics & Lab (4 cr)
BIOL 105 Human Biology OR BIOL 207 Gen Ecology Evolution
BIOL 208 Biological Communication & Energetics (4 cr)
CHEM 201 Organic Chemistry 1 & Lab (4 cr)
BIOL 209 Biology of Sustainability*
BIOL 256 Foundations of Microbiology and Health & Lab (4 cr)
BIOL 340 Principles of Biochemistry* (4 cr)

*Most students will take BIOL 340 for the biochemistry requirement. Those planning to apply to non-dietetic/healthcare graduate programs (such as nutritional or food science) may need to take CHEM 440 +Lab instead. If so, these students will take CHEM 202 instead of BIOL 209.

Core Requirements:
Students need to fulfill all core requirements in addition to the courses listed on this guide.

Advising:
The Department of Health and Exercise Science encourages students to consult our faculty about opportunities to engage in enrichment outside the curriculum such as research.

Students planning to continue their studies in various graduate or medical school programs may need to supplement the required courses with additional, related coursework as electives. Consulting your academic advisor and pre-health professions advisor is recommended.