

Nutrition Science

Bachelor of Science

The Nutrition Science major focuses on nutrition, dietetics, and promoting healthy lifestyles. This major provides a strong base in the sciences while also developing students' communication skills, critical thinking, teamwork, and leadership abilities. The Nutrition Science major is designed for students who wish to pursue the Registered Dietitian credential, or post-baccalaureate studies in Nutrition or other related fields. Students will be prepared for entry level careers in food and nutrition, health and wellness, public health, and physical education. The program fosters a global and holistic understanding of the interrelationships between human nutrition, wellness and food. Graduates who do not wish to pursue the Registered Dietitian credential may pursue alternate career paths such as nutrition education, sales, food service management, public policy or health fields, and the local and sustainable food industry.

Exercise Science Requirements:

- General Education Requirements
- Bachelor of Science Requirements
- Major Requirements
- Electives or Minor

Total Credit Hours | 136–138 Credit Hours

General Education Requirements: 41 Credit Hours

See details in the General Education section of the catalog.

Bachelor of Science Requirements

6-8 additional hours in math or science, not duplicating core coursework, taken from:

| Prefix | Course Number |
|--------|-----------------------------------|
| BIO | 101, 102, 105, 121, 122, 271, 272 |
| CHM | 101, 111, 211, 212, 311 |
| MAT | 111, 112, 116, 117, 215, 220, 227 |
| PHY | 101, 111, 112 |
| SCI | 211 |
| MAT | 215 |

Major Requirements | 89 Credit Hours

Additional Requirements | 16 Credit Hours

If not taken as part of the Core or the BS Degree Requirements, students are required to take the following courses:

| Class Name | Credit Hours |
|---|----------------|
| BIO 114 Introduction to Biology I with Lab | 4 credit hours |
| BIO 115 Introduction to Biology II with Lab | 4 credit hours |

| Class Name | Credit Hours |
|--|----------------|
| BIO 271 Anatomy and Physiology I with Lab | 4 credit hours |
| BIO 272 Anatomy and Physiology II with Lab | 4 credit hours |

Core Requirements I 73 Credit Hours

| Class Name | Credit Hours |
|---|----------------|
| BIO 105 Medical Terminology | 3 credit hours |
| BIO 311 Microbiology | 4 credit hours |
| CHM 111 General Chemistry I | 4 credit hours |
| CHM 112 General Chemistry II | 4 credit hours |
| CHM 211 Organic Chemistry I | 4 credit hours |
| PSY 133 General Psychology | 3 credit hours |
| MAT 215 Statistics | 3 credit hours |
| EXS 210 Intro to Health and Wellness Science | 3 credit hours |
| EXS 360 Evidence Based Practice and Research | 3 credit hours |
| EXS 480 Transition to Professional Practice | 2 credit hours |
| NTR 255 Nutrition, Health and Wellness | 3 credit hours |
| NTR 230 Food Science | 3 credit hours |
| NTR 305 Population Health | 3 credit hours |
| NTR 308 Health Promotion and Aging | 3 credit hours |
| NTR 312 Environmental and Global Health | 3 credit hours |
| NTR 350 Healthcare Informatics | 3 credit hours |
| NTR 455 Epidemiology | 3 credit hours |
| NTR 460 Program Planning and Education Models | 3 credit hours |
| NTR 461 Medical Nutrition Therapy | 3 credit hours |
| NTR 499 Capstone | 3 credit hours |
| Choose one of the following: | |
| BIO 121 Introduction to Ecology | 3 credit hours |
| BIO 122 Introduction to Evolution | 3 credit hours |
| BIO 221 General Botany | 3 credit hours |
| BIO 336 Biomedical Ethics | 3 credit hours |
| Choose one of the following: | |
| BIO 361 Genetics | 4 credit hours |
| BIO 461 Cell Biology | 4 credit hours |
| BIO 467 Biochemistry | 4 credit hours |
| Choose one of the following: | |
| NTR 330 Sports Nutrition | 3 credit hours |
| NTR 361 Lifecycle Nutrition | 3 credit hours |

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Minor

Required Courses | 20 Credit Hours

| Class Name | Credit Hours |
|---|----------------|
| NTR 255 Nutrition, Health and Wellness | 3 credit hours |
| NTR 230 Food Science | 3 credit hours |
| NTR 330 Sports Nutrition OR NTR 361 Lifecycle Nutrition | 3 credit hours |
| NTR 461 Medical Nutrition Therapy | 3 credit hours |
| CHM 211 Organic Chemistry I | 4 credit hours |
| BIO 311 Microbiology | 4 credit hours |