

Blazer Core Sample Plan of Study for Nutrition Sciences Major with Nutrition and Dietetics Certificate

Freshman Year

First Term (16 Total Hours)

- Academic Foundations: Writing (3 hours)
- Academic Foundations: Quantitative Literacy (3 hours)
- CH 115/116: General Chemistry I and Lab (4 hours)
- Local Beginnings: HRP 101 SHP FYE (3 hours)
- NTR 121: Well-Being and You (3 hours)

Second Term (17 Total Hours)

- Academic Foundations: Writing (3 hours)
- BY 123/123L: Introductory Biology I and Lab (4 hours)
- PY 101: Introduction to Psychology (3 hours)
- NTR 222: Nutrition and Health – offered online (3 hours)
- CH 117/118: General Chemistry II and Lab (4 hours)

Sophomore Year

First Term (16 hours)

- CH 235/236: Organic Chemistry I and Lab (4 hours)
- Thinking Broadly: Creative Arts (3 hours)
- NTR 232: Lifecycle Nutrition – offered online (3 hours)
- CHHS 141: Lifelong Health and Wellness (3 hours)
- One of these approved three-hour courses
 - PY 107: Psychology of Adjustment
 - PY 305: Medical Psychology
 - SW 315: Human Behavior and Social Environment
 - PUH 204: Social and Behavioral Determinants of Health
 - SOC 280: Intro to Medical Sociology
 - ANTH 319: Food and Culture

Second Term (16 hours)

- NTR 330: Nutrition and Metabolism – offered online (3 hours)
- NTR 320: Nutrition and the Consumer – offered online (3 hours)
- BY 115: Human Anatomy (4 hours)
- Academic Foundations: Reasoning (3 hours)

- NTR 421: Nutritional Assessment and the Nutrition Care Process – offered online (3 hours)

Junior Year

First Term (12-15 Total Hours)

- BY 116: Introductory Human Psychology (4 hours)
- NTR 450: Translational Research in Biobehavioral and Nutrition Science (3 hours)
- One of these approved Statistics Courses (3 hours)
 - HCM 360
 - MA 180
 - PY 216
 - QM 214/215
- HCM 306: Intro to Cultural Awareness and Competency (2 hours)

Second Term (18 Total Hours)

- NTR 300: Nutrition Communication: From Science to Consumer – offered online (3 hours)
- NTR 201: Healthy People Healthy Planet (3 hours)
- Thinking Broadly: History and Meaning (3 hours)
- BY 261/261L: Microbiology and Lab (4 hours)
- NTR 355: Food Science and Food Systems and Lab (5 hours)

Senior Year

First Term (15 Total Hours)

- NTR 444: Nutrition and Chronic Disease (3 hours)
- NTR 455: Medical Nutrition Therapy and Counseling (4 hours)
- NTR 420: Nutritional Genetics – offered online (3 hours)
- NTR 480: Professional Studies in Nutrition and Dietetics (2 hours)
- Academic Foundations: Communicating with the World (3 hours)

Second Term (15 Total Hours)

- NTR 490: Capstone (3 hours)
- NTR 433: Health and Wellness in the Information Age (3 hours)
- Thinking Broadly: History and Meaning (3 hours)
- HCM 316: Accounting and Finance for Health Care – offered online (3 hours)
- HCM 330: Health Care Systems (3 hours)