

## Recommended Course Sequence for Applied Nutrition Majors

The Applied Nutrition major is for students who do not intend to pursue requirements for the registration exam for dietitians. Students take basic science courses in chemistry and biology in addition to a core of food and nutrition courses that provide a general background in nutrition and health, community nutrition, and foodservice management. Students complete a one-course internship during their senior year.

Use this course sequence as a guideline for discussion with your advisor.

<b><u>Fall Semester</u></b>	<b><u>Spring Semester</u></b>
<b><u>Freshman Year</u></b> NUTR 205 Nutrition Science and Applications CHEM 103 General Chemistry –or– CHEM 107 Principles of Chemistry (L) (Goal 6) Goal 1 - Writing Goal 2 - Quantitative	<b><u>Freshman Year</u></b> PSYC 101 General Psychology (Goal 9) BIOL 142 Introduction to Human Biology (Goal 7) Goal 3 Language CONS 210 Consumer Economics
<b><u>Sophomore Year</u></b> NUTR 262 Food, Culture and Society (pre, L) ENGL 286 Professional Writing Goal 4 - Literature or Philosophy Elective	<b><u>Sophomore Year</u></b> Goal 8 - Historical Studies (Study of the Constitution) CHEM 201 Organic Chemistry (L) NUTR 271 Nutrition for Sports and Exercise Goal 5 - Visual or Performing Arts (Suggest COMM 107 Effective Speaking)
<b><u>Junior Year</u></b> NUTR 364 Experimental Study of Food (p, L) NUTR 381 Introduction to Nutrition Practice (pre) NUTR 482 Management of Food & Nutrition Services Elective	<b><u>Junior Year</u></b> Elective Elective (Suggest: PSYC 205 Health Psychology) Goal 11 Non-Western Studies Elective (Suggest CONS 105 Personal & Community Health)
<b><u>Senior Year</u></b> NUTR 384 Foodservice Systems (p) NUTR 478 Community Nutrition (pre) Goal 12 - Gender, Class, and Race CONS 314 Consumer and Health Communication A minor is strongly recommended.	<b><u>Senior Year</u></b> NUTR 496 Internship in Food and Nutrition NUTR 479 Computer Applications in Nutrition (pre) Goal 10 – Forces in the United States (Study of the Constitution if not met by Goal 8) Elective

pre = prerequisite course(s) required, see catalog for details.

L = laboratory included as part of course.

Elective = Course to meet chosen minor.

### **Notes:**

- General Education Goals 1 and 2 must be taken within the first three semesters
- Other General Education courses are interchangeable and in some instances, two goals can be met by one course, e.g., overlay. If course selection meets two goals, then a free General Education elective is possible.

- If you have taken BIOL 101 Biological Concepts to meet Goal 7, you must take BIOL 142 Intro to Human Biology, BIOL 333 Principles of Human Physiology or BIOL 272 Human Anatomy and Physiology I as your physiology course.
- Be aware of the following course prerequisite chains:
  1. General Chemistry → Organic Chemistry → Experimental Study of Food
  2. Nutrition: Science and Applications → Food, Culture and Society → Experimental Study of Food → Foodservice Systems → Management of Food and Nutrition Services
  3. Food, Culture and Society → Introduction to Nutrition Practice → Community Nutrition
  4. Food Culture and Society → Computer Applications in Nutrition
- Students who transfer in courses meeting General Education goals may elect to take other courses.
- Students are encouraged to select a minor in one of the following areas: biology, business, information technology, journalism, psychology, sociology, Spanish, communication arts, or professional writing.