

Health and Wellness: Nutrition and Food Studies Concentration
Required Courses and Suggested Undergraduate Course Sequence for Entering Freshmen

Year One: Fall	Year One: Spring
BIOL 142 Human Biology (Gen. Ed. Domain II-B; L)	HLTH 105 Personal and Community Health
ENGL 110 Expository Writing	PSYC 101 General Psychology OR SOCI 101 Introduction to Sociology
NUTR 205 Nutrition Science and Applications	FINA 100 Financial Literacy (Gen. Ed. II-A)
Any 100-level or higher Gen. Ed. MATH Course	Domain Gen. Ed. Course
Year Two: Fall	Year Two: Spring
CHEM 103 Introductory Chemistry OR CHEM 107 Principles of Chemistry (both Gen. Ed. Domain II-B; L)	CHEM 201 Introductory Organic Chemistry and Biochemistry (PR, L)
NUTR 262 Food, Culture, and Society (PR, L)	HLTH 206 Wellness Behavior (PR)
ENGL 286 Professional Writing OR COMM 215 Science Communication	NUTR 381 Medical Nutrition Therapy I (PR)
Domain Gen. Ed. Course	Domain Gen. Ed. Course
Year Three: Fall	Year Three: Spring
HLTH 326 Drugs, Alcohol, and Addictive Behavior (PR)	NUTR 271 Nutrition for Sports and Exercise (PR)
NUTR 364 Experimental Study of Food (PR, Lab)	NUTR 333 Nutrition and Chronic Disease (PR)
Domain Gen. Ed. Course	Additional HLTH course OR Additional NUTR course
Open Elective	Open Elective
Year Four: Fall	Year Four: Spring
NUTR 478 Community Nutrition (PR)	Additional HLTH course OR Additional NUTR course
NUTR 482 Management of Food and Nutrition Services** (PR)	HLTH 495 Internship in Health and Wellness (PR) Application required, one day free
NUTR 384 Foodservice Systems	Open Elective
Domain Gen. Ed. Course	Open Elective
Submit application for NUTR 495	

PR = pre-requisite required L = three hour lab is required

** If you declare a BUSI minor, you can substitute MGMT 381 Human Resource Management

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Notes

1. You are strongly encouraged to seek assistance from your advisor especially if you are a transfer student.
2. CHEM 103 is offered in fall semester only; Chem 201 is offered in the spring semester only. You may need to take CHEM 107 depending on when Fitness is selected as the concentration
3. MRKT 181 has been offered in Winter Intersession and might be in future
4. If you are a transfer student, you are encouraged to use R.A.M.S. to identify transfer courses that meet FSU requirements. If the course does not meet the FSU requirement, you can meet with the chair of the related Department to share the syllabus for further discussion.
5. A list of electives is available from your advisor.
6. You will benefit from taking ENGL 286 or COMM 215 before HLTH 206 and HLTH 326 because the courses involve research papers.