



### FOUR-YEAR PROGRAM COMPLETION PLAN

#### Department of Food and Nutrition

-- Domain General Education courses and open electives may be taken in any semester and in any order, except for Common Core Domain requirements, which must be taken during Year One.

-- A minor is strongly recommended.

--Please refer to your Degree Audit for specific course requirements.

#### Recommended Schedule for Bachelor of Science: Major in Health & Wellness, Concentration in Fitness (UHWF):

Year One: Fall Semester	Year One: Spring Semester
CHEM 103 Introductory Chemistry (with Lab) <b>OR</b> CHEM 107 Principles of Chemistry (with Lab)	BIOL 130 Principles of Biology (with Lab) (Gen. Ed. Domain II-B) <b>OR</b> Any introductory BIOL course with Lab
ENGL 110 Expository Writing	HLTH 105 Personal and Community Health <b>OR</b> NUTR 205 Nutrition Science and Applications
HLTH 105 Personal and Community Health <b>OR</b> NUTR 205 Nutrition Science and Applications	PSYC 101 General Psychology <b>OR</b> SOCI 101 Introduction to Sociology
MATH 123 College Algebra	Domain General Education Course

Year Two: Fall Semester	Year Two: Spring Semester
BIOL 241 Anatomy and Physiology I (with Lab)	BIOL 242 Anatomy and Physiology II (with Lab)
NUTR 262 Food, Culture, and Society (with Lab)	MRKT 181 Marketing Principles
ENGL 286 Professional Writing <b>OR</b> COMM 215 Science Communication	HLTH 206 Wellness Behavior
Domain General Education Course	Domain General Education Course

Year Three: Fall Semester	Year Three: Spring Semester
BIOL 303 Exercise Physiology (with Lab)	NUTR 271 Nutrition for Sports and Exercise
HLTH 310 Exercise Testing and Prescription	NUTR 333 Nutrition and Chronic Disease
Domain General Education Course	Domain General Education Course
Open Elective	Additional HLTH course <b>OR</b> Additional NUTR course

Year Four: Fall Semester	Year Four: Spring Semester
HLTH 326 Drugs, Alcohol, and Addictive Behavior	HLTH 410 Personal Training
NUTR 482 Management of Food and Nutrition Services*	HLTH 495 Internship in Fitness
Domain General Education Course	Open Elective
Open Elective	Open Elective

\*If Business Minor is declared, then MGMT 381 Human Resource Management can be taken instead.

#### **Domain General Education Checklist:**

-	Domain II-B is fulfilled through completion of the major.	
Common Core:	___	A. ENGL 110 Expository Writing
	___	B. MATH XXX (credit-bearing)
Domain I:	___	A. Creative Arts
	___	B. Humanities
	___	C. Language
Domain II:	___	A. Analysis, Modeling, Problem Solving
	<u>  </u> X <u>  </u>	B. Natural Sciences (two courses)
Domain III:	___	A. Perspectives on the Past
	___	B. Perspectives on Contemporary World
	___	C. Global Competency, Ethical Reasoning, Human Diversity