



### 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 Nutrition & Food Studies (UHWU):

Year One: Fall Semester	Year One: Spring Semester
BIOL 142 Human Biology (Gen. Ed. Domain II-B with Lab)	HLTH 105 Personal and Community Health
ENGL 110 Expository Writing	PSYC 101 General Psychology <b>OR</b> SOCI 101 Introduction to Sociology
NUTR 205 Nutrition Science and Applications	FINA 100 Financial Literacy (Gen. Ed. II-A)
MATH 123 College Algebra	Domain General Education Course

Year Two: Fall Semester	Year Two: Spring Semester
CHEM 103 Introductory Chemistry (with Lab) <b>OR</b> CHEM 107 Principles of Chemistry (with Lab)	CHEM 201 Introductory Organic Chemistry and Biochemistry (with Lab)
NUTR 262 Food, Culture, and Society (with Lab)	HLTH 206 Wellness Behavior
ENGL 286 Professional Writing <b>OR</b> COMM 215 Science Communication	NUTR 381 Medical Nutrition Therapy I
Domain General Education Course	Domain General Education Course

Year Three: Fall Semester	Year Three: Spring Semester
HLTH 326 Drugs, Alcohol, and Addictive Behavior	NUTR 271 Nutrition for Sports and Exercise
NUTR 364 Experimental Study of Food (with Lab)	NUTR 333 Nutrition and Chronic Disease
Domain General Education Course	Additional HLTH course <b>OR</b> Additional NUTR course
Open Elective	Open Elective

Year Four: Fall Semester	Year Four: Spring Semester
NUTR 478 Community Nutrition	Additional HLTH course <b>OR</b> Additional NUTR course
NUTR 482 Management of Food and Nutrition Services*	HLTH 495 Internship in Health and Wellness
NUTR 384 Foodservice Systems	Open Elective
Domain General Education Course	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>  X  </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