



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 |
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| CHEM 103 Introductory Chemistry with Lab OR CHEM 107 Principles of Chemistry with Lab | BIOL 130 Principles of Biology with Lab OR Any introductory BIOL course with Lab |
| ENGL 110 Expository Writing | NUTR 110 Fundamentals of Nutrition Science |
| HLTH 110 Wellness for Life | PSYC 101 General Psychology OR SOC 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 OR COMM 215 Science Communication | HLTH 206 Wellness Behavior |
| Domain General Education Course | Domain General Education Course |
| Year Three: Fall Semester | Year Three: Spring Semester |
| HLTH 301 Exercise Physiology | 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 OR 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.

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| 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 |