



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 OR CHEM 107 Principles of Chemistry with Lab	BIOL 130 Principles of Biology with Lab OR Any introductory BIOL course with Lab
ENWR 110 Composition II	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.

Common Core:	___	A. ENWR 110 Composition II
	___	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