****

# College of Health & Human Sciences Four-Year Plan: Nutrition and Dietetics, B.S.

If you are interested in becoming a Registered Dietitian Nutritionist (RDN), please make an appointment with your advisor

2025-2026 Catalog Year

## First Year Fall Semester (14 credits)

| Course | Credits |
| --- | --- |
| Written Communication General Studies (1 of 2) – ENG 1010 recommended | 3 |
| MTH 1110 College Algebra for Calculus\* | 4 |
| BIO 1080 General Biology I (Natural & Physical Science General Studies) | 3 |
| BIO 1090 General Biology Laboratory I | 1 |
| NUT 2040 Introduction to Nutrition | 3 |

## First Year Spring Semester (15 credits)

| Course | Credits |
| --- | --- |
| NUT 1800 Careers in Nutrition and Dietetics | 1 |
| Written Communication General Studies (2 of 2) – ENG 1020 recommended | 3 |
| Oral Communication General Studies | 3 |
| Arts & Humanities General Studies (1 of 2)\*\* | 3 |
| CHE 1110 Principles of Chemistry (Natural & Physical Science General Studies) | 3 |
| CHE 1150 Principles of Chemistry Laboratory | 1 |

## Second Year Fall Semester (15 credits)

| Course | Credits |
| --- | --- |
| RST 1200 Basic Cooking Skills | 3 |
| PSY 1001 Introductory Psychology (Social & Behavioral Science General Studies) | 3 |
| BIO 2310 Human Anatomy & Physiology I | 4 |
| MTH 1210 Introduction to Statistics (Quantitative Literacy General Studies) | 4 |
| General Elective | 1 |

## Second Year Spring Semester (15 credits)

| Course | Credits |
| --- | --- |
| NUT 3400 Nutrition & Weight Management ***or*** NUT 3200 Nutrition & Sports Performance | 3 |
| CHE 2100 Intro to Organic & Biological Chemistry | 4 |
| CHE 2150 Intro to Organic & Biological Chemistry Laboratory | 1 |
| BIO 2320 Human Anatomy & Physiology II | 4 |
| Social & Behavioral Science General Studies\*\* | 3 |

\*MTH 1110 recommended because it is a prerequisite for CHE 1100 – please see advisor for other math or test out options

\*\*one of these courses must also have a GD designation to fulfill the Global Diversity general studies requirement, one must also have an ESSJ designation to fulfill the Ethnic Studies and Social Justice graduation requirement

\*\*\*requires DPD application to be submitted to department

## Third Year Fall Semester (15 credits)

| Course | Credits |
| --- | --- |
| HCM 3150 Health Care Organization & Management | 3 |
| NUT 3150 Advanced Nutrition – Macronutrients\*\*\* | 3 |
| NUT 3160 Advanced Nutrition – Micronutrients\*\*\* | 3 |
| NUT 3700 Nutrition Education and Counseling | 3 |
| Historical General Studies\*\* | 3 |

## Third Year Spring Semester (15 credits)

| Course | Credits |
| --- | --- |
| NUT 3500 Food Safety | 3 |
| NUT 4200 Lifecycle Nutrition for Majors | 3 |
| Arts & Humanities General Studies\*\* | 3 |
| Upper Division General Elective | 3 |
| General Elective | 3 |

## Fourth Year Fall Semester (16 credits)

| Course | Credits |
| --- | --- |
| NUT 3300 Cultural Aspects of Nutrition | 3 |
| NUT 4800 Medical Nutrition Therapy | 4 |
| NUT 4720 Nutrition Capstone | 3 |
| General Elective | 3 |
| General Elective | 3 |

## Fourth Year Spring Semester (15 credits)

| Course | Credits |
| --- | --- |
| NUT 4210 Community Nutrition | 3 |
| NUT 4160 Empowered Leadership in Nutrition | 3 |
| General Elective | 3 |
| General Elective | 3 |
| General Elective | 3 |

\*MTH 1110 recommended because it is a prerequisite for CHE 1100 – please see advisor for other math or test out options

\*\*one of these courses must also have a GD designation to fulfill the Global Diversity general studies requirement, one must also have an ESSJ designation to fulfill the Ethnic Studies and Social Justice graduation requirement

\*\*\*requires DPD application to be submitted to department