

NAME \_\_\_\_\_ ID# \_\_\_\_\_

**CORE CURRICULUM – 43-45 Semester Hours (SH)**

**UNIVERSITY CORE**

**A. Core Foundations (12SH)**

CORE 101	_____	3
CORE 102	_____	3
CORE 103*	_____	3
CORE 201	_____	3
CORE 202	_____	3

**B. Core Skills & Knowledge (16SH)**

Courses must be from different disciplines:

**MATHEMATICAL SCIENCES (3SH)**  
 MATH 137 \_\_\_\_\_ 3\*\*

**NATURAL SCIENCES (4 SH)**  
 CHEM 101 \_\_\_\_\_ 4\*\*

**HUMANITIES (3 SH)**  
 \_\_\_\_\_ 3

One of the following: CLSS 110, ENGL 200 HIST 101, 102 PHIL 111, 112, 114 POSC 110 RELN 111, 112, 203, 206

**SOCIAL/BEHAV. SCIENCES(3SH)**  
 PSYC 121 \_\_\_\_\_ 3\*\*

**VISUAL & PERFORMING ARTS (3 SH)**  
 \_\_\_\_\_ 3

One of the following: ART 100, 215, 216 CVPA 266 DNCE 111 MUSC 100, 121, 123 THEA 100, 180

NOTE: Courses listed in multiple areas can only be used to fulfill a single area requirement.

Students can use only one course with their major prefix to fulfill core requirements.

\* Honors course – will replace CORE 101 & 102 for those students in the RU honors program

\*\* Program requirements met through Core Curriculum

**COLLEGE CORE**

**A. National & International Perspectives (6SH)**

Courses must be from different disciplines:

**U. S. PERSPECTIVES (3 SH)**  
 \_\_\_\_\_ 3

One of the following: APST 200 ECON 101, 105, 106, ENGL 203 GEOG 201, 202, 203 HIST 111, 112 POSC 120, SOCY 110

**GLOBAL PERSPECTIVES (3SH)**  
 \_\_\_\_\_ 3

One of the following: CVPA 266 ENGL 201, 202 FORL 103 GEOG 101, 102, 140, 280 HIST 101, 102 INST 101 ITEC 112 PEAC 200 RELN 112, 205, SOCY 121 THEA 180 WMST 101

**B. Supporting Skills & Knowledge (9-11SH)**

**NATURAL SCI. OR MATHEMATICAL SCIENCES (3-4 SH)**  
 STAT 200 \_\_\_\_\_ 3\*\*

**HUMANITIES, VISUAL & PERFORMING ARTS, OR FOREIGN LANGUAGES (3-4 SH)**  
 \_\_\_\_\_ 3-4

One of the following: CLSS 110 ENGL 200 HIST 101, 102 PHIL 111, 112, 114 POSC 110 RELN 111, 112, 203, 206 Or ART 100, 215, 216 DNCE 111 MUSC 100, 121, 123 THEA 100, 180 Or ARAB 100, 200, 210, 300 CHNS 101: 102, 201: 202 FORL 100, 109, 209, 309, 409, 200: 210 FREN 100, 200:210, 300, 320 GRMN 100, 200: 210, 300 LATN 101: 102, 201, 350 RUSS 100, 200, 210, 300 SPAN 101: 102, 201: 202

**SOCIAL/ BEHAV. SCI. OR HEALTH & WELLNESS (3SH)**  
 NUTR 214 \_\_\_\_\_ 3\*\*

**NUTRITION AND DIETETICS MAJOR REQUIREMENTS**

**Major Courses (59 SH)**

NUTR 214 MET BY CORE REQUIREMENT

**ADMISSION TO NUTR UPPER DIVISION REQUIRED TO ENROLL IN THE FOLLOWING COURSES:**

To register for upper division NUTR classes, students must apply to the major. The application and admission standards can be found at: <http://bit.ly/RU-NUTR>

NUTR 300	Medical Terminology	_____	1 (S)
NUTR 301	Intro in Prof. in Nutrition & Dietetics	_____	2 (F)
NUTR 303	Nutrition Assessment	_____	3 (F)
NUTR 304	Rsrch Methods in Nutr. & Dietetics	_____	3 (S)
NUTR 310	Food Service Studies I	_____	3 (F)
NUTR 315	Food Service Studies II	_____	4 (S)
NUTR 316	Nutr. Life Cycle I: Maternal & Child	_____	3 (F)
NUTR 317	Nutr. Life Cycle II: Adult & Elderly	_____	3 (S)
NUTR 320	Food Science and Preparation	_____	4 (F)
NUTR 405	Comm. & Cult. Nutrition	_____	3 (F)
NUTR 414	Adv. Nutr. & Biochemistry I	_____	4 (F)
NUTR 415	Adv. Nutr. & Biochemistry II	_____	4 (S)
NUTR 420	Diet Planning & Preparation	_____	4 (S)
NUTR 425	Medical Nutrition Therapy I	_____	4 (F)
NUTR 426	Medical Nutrition Therapy II	_____	4 (S)
NUTR 435	Nutr. Counseling & Educ. I	_____	3 (F)
NUTR 436	Nutr. Counseling & Educ. II	_____	3 (S)

**Pre-requisites**

Junior Level
BIOL 322 & Junior Level
BIOL 322, NUTR 316, CHEM 101/120, Junior Level
Junior Level
NUTR 310 & 320, Junior Level
NUTR 214, BIOL 322, Junior Level
NUTR 214, BIOL 322, Junior Level
Junior Level
NUTR 214, 316, 317, SR level
NUTR 304, 316, 317, CHEM 103, BIOL 322, 334, SR level
NUTR 304, 316, 317, CHEM 101/120, 103 BIOL 322, 334, SR level
NUTR 320, 316, 317
BIOL 322, NUTR 316, 317, 303, 300, CHEM 101/120, 103, SR level
NUTR 425
PSYC 121, BIOL 322, NUTR 303, 316, 317, CHEM 101/120, CHEM 103 SR level
NUTR 435

**General Elective (4SH)**

\_\_\_\_\_ 4  
 Recommended electives include Spanish courses that indicate fluency in conversational Spanish

**ADDITIONAL REQUIREMENTS (18 SH)**

CHEM 103	General Chemistry	_____	4	
BIOL 105	Biology for Health Sciences	_____	4	
BIOL 334	Microbiology	_____	4	BIOL 105
BIOL 322	Human Anatomy & Physiology	_____	6	BIOL 105

A 3.0 GPA on all college work attempted and a 3.0 GPA in the major are required for admission into upper-division courses. Students are required to achieve and maintain a 3.0 GPA of higher to complete and graduate in this program.

B.S. Degree option : BIOL 322 fulfills the additional requirements for the B.S. Degree

## Nutrition and Dietetics SAMPLE Program 4 Year Plan

\*Must be taken in designated semester. Courses in **Bold** are required in Core Curriculum.

Fall Semester		Spring Semester	
<b>Freshman Year</b>	<b>Cr.</b>	<b>Freshman Year</b>	<b>Cr.</b>
*University Core A: Core 101	3	*University Core A: Core 102	3
University Core B: <b>CHEM 101 General Chemistry</b>	4	BIOL 105 Biology for Health Sciences	4
College Core A: Global Perspectives	3	University Core B: <b>Psychology 121</b>	3
University Core B: Humanities	3	College Core A: US Perspectives	3
College Core B: <b>NUTR 214 Introduction to Nutrition</b>	3	University Core B: Visual/Performing Arts	3
	<b>Total 16</b>		<b>Total 16</b>
<b>Sophomore Year</b>	<b>Cr.</b>	<b>Sophomore Year</b>	<b>Cr.</b>
*University Core A: Core 201	3	*University Core A: Core 202	3
BIOL 334 Microbiology	4	BIOL 322 Anatomy and Physiology	6
College Core B: <b>STAT 200</b>	3	College Core B: Humanities/VPA/FORL	3
Elective	4	University Core B: <b>MATH 137 College Algebra</b>	3
	<b>Total 14</b>		<b>Total 15</b>
<b>Junior Year</b>	<b>Cr.</b>	<b>Junior Year</b>	<b>Cr.</b>
*NUTR 301 Introduction to Professions in NUTR	2	* NUTR 300 Medical Terminology	1
*NUTR 303 Nutrition Assessment	3	* NUTR 304 Research Methods in Nutrition and Dietetics	3
*NUTR 310 Food Service I: Introduction to Food Service Systems	3	*NUTR 315 Food Service Studies II: Operations Management	4
*NUTR 316 Nutrition through the Life Cycle I: Maternal and Child	3	*NUTR 317 Nutrition through the Life Cycle II: Adult and Elderly	3
*NUTR 320 Food Science and Preparation	4	CHEM 103 General Chemistry	4
	<b>Total 15</b>		<b>Total 15</b>
<b>Senior Year</b>	<b>Cr.</b>	<b>Senior Year</b>	<b>Cr.</b>
*NUTR 405 Community and Cultural Nutrition	3	* NUTR 420 Diet Planning and Preparation	4
*NUTR 414 Advanced Nutrition and Biochemistry	4	* NUTR 415 Advanced Nutrition and Biochemistry II	4
*NUTR 425 Medical Nutrition Therapy I	4	* NUTR 426 Medical Nutrition Therapy II	4
*NUTR 435 Nutrition Counseling and Education I	3	* NUTR 436 Nutrition Counseling and Education II	3
	<b>Total 14</b>		<b>Total 15</b>