

# B.S. IN NUTRITION - LIFESTYLE NUTRITION CONCENTRATION

## Curriculum

Code	Title	Credits
<b>GENERAL EDUCATION REQUIREMENTS</b> ( <a href="https://catalog.wcupa.edu/undergraduate/general-education-requirements/">https://catalog.wcupa.edu/undergraduate/general-education-requirements/</a> ) <sup>1</sup>		
<b>Academic Foundations</b>		
First Year Experience requirement		4
English Composition requirement		6-7
Mathematics requirement		3-4
MAT 121	Introduction to Statistics I <sup>2</sup>	
Interdisciplinary requirement		3
Diverse Communities requirement		3
NTD 200	Nutrition and Culture	
Ethics requirement		3
<b>Distributed Disciplinary Foundations</b>		
Science requirement		6-8
BIO 100	Basic Biological Science	
CHE 107	General Chemistry for Allied Health Sciences	
Behavioral & Social Science requirement		6
PSY 100	Introduction to Psychology	
SOC 100	Introduction to Sociology	
or ANT 102	Introduction to Cultural Anthropology	
Humanities requirement		6
Arts requirement		3
<b>ADDITIONAL BACCALAUREATE REQUIREMENTS</b> ( <a href="https://catalog.wcupa.edu/undergraduate/general-education-requirements/">https://catalog.wcupa.edu/undergraduate/general-education-requirements/</a> ) <sup>1</sup>		
<b>University Requirements</b>		
Writing Emphasis requirement		9
Speaking Emphasis requirement		9
<b>Degree Requirements</b>		
Capstone requirement		1-15
<b>MAJOR REQUIREMENTS</b>		
<b>Common Major NTD Required Courses</b> <sup>2</sup>		
NTD 200	Nutrition and Culture <sup>3</sup>	3
NTD 205	Principles of Food Selection and Preparation	3
NTD 303	Introductory Principles Human Nutrition	3
NTD 309	Nutrition Throughout the Lifecycle	3
NTD 310	Nutrition Research	3
NTD 410	Quantity Food Production	3
NTD 415	Community Nutrition	3
NTD 416	Food Service and Nutrition Systems Management	3
<b>Common Cognate Requirements</b>		
MAT 121	Introduction to Statistics I <sup>2,3</sup>	3
BIO 100	Basic Biological Science <sup>3</sup>	3
or BIO 110	General Biology I	
BIO 259	Human Anatomy and Physiology I	4
BIO 269	Human Anatomy and Physiology II	4
CHE 107	General Chemistry for Allied Health Sciences <sup>3</sup>	4

CRL 107	General Chemistry Lab for Allied Health Sciences	1
PSY 100	Introduction to Psychology <sup>3</sup>	3
SOC 100	Introduction to Sociology <sup>3</sup>	3
or ANT 102	Introduction to Cultural Anthropology	
<b>Lifestyle Nutrition Concentration Required Courses</b> <sup>2</sup>		
NTD 404	Nutrition and Disease Prevention	3
NTD 420	Perspectives on Obesity	3
NTD 422	Nutrition for Health, Fitness & Sport	3
NTD 425	Entrepreneurial Nutrition Management	3
<b>Lifestyle Nutrition Concentration Cognate Courses</b>		
ACC 201	Financial Accounting	3
EXS 180	Lifetime Fitness Concepts	3
EXS 380	Exercise Physiology	3
EXL 380	Exercise Physiology Lab	1
MKT 250	Principles of Marketing	3
<b>Electives</b>		
Students must take the required courses to reach the 120 credits required for graduation.		
<b>Capstone Requirement</b>		
NTD 444	Lifestyle Nutrition Practicum <sup>2,4</sup>	3
<b>Total Minimum Credits Required</b>		<b>120</b>

<sup>1</sup> Courses selected under advisement. Note that many of the general education and additional baccalaureate courses will be fulfilled by the required cognates. Students are encouraged to schedule courses that fulfill both the interdisciplinary and writing emphasis requirements simultaneously or to schedule arts and/or humanities courses that simultaneously fulfill their writing emphasis requirement.

<sup>2</sup> Students must complete all required NTD courses and MAT 121 with a minimum grade of C to graduate from the B.S. in Nutrition - Lifestyle Nutrition Concentration.

<sup>3</sup> This course satisfies a General Education requirement.

<sup>4</sup> This course fulfills the Capstone requirement.

## Sample Course Plan

To track their individual degree progress, students are advised to access their Degree Audit via RamPortal regularly. For more information, visit the Degree Audit FAQ webpage (<https://www.wcupa.edu/academicEnterpriseSystems/student-system-modernization/degree-audit-faqs.aspx>).

The following is a sample suggested course sequence for this program; course offerings and availability are not guaranteed. Students should consult their academic advisor with any questions.

Course	Title	Credits
<b>Year One</b>		
<b>Semester One</b>		
NTD 205	Principles of Food Selection and Preparation	3
NTD 303	Introductory Principles Human Nutrition	3
BIO 100	Basic Biological Science	3
WRT 120	Effective Writing I	3
FYE 100X	First Year Experience	4
<b>Credits</b>		<b>16</b>
<b>Semester Two</b>		
NTD 200	Nutrition and Culture	3
CHE 107	General Chemistry for Allied Health Sciences	4

CRL 107	General Chemistry Lab for Allied Health Sciences	1
MAT 121	Introduction to Statistics I	3
WRT XXX	200-level WRT Course	3
<b>Credits</b>		<b>14</b>
<b>Year Two</b>		
<b>Semester Three</b>		
NTD 309	Nutrition Throughout the Lifecycle	3
BIO 259	Human Anatomy and Physiology I	4
PSY 100	Introduction to Psychology	3
SPK 208	Public Speaking	3
or SPK 230	or Business and Professional Speech Communication	
Interdisciplinary Gen Ed		3
<b>Credits</b>		<b>16</b>
<b>Semester Four</b>		
NTD 310	Nutrition Research	3
BIO 269	Human Anatomy and Physiology II	4
SOC 100	Introduction to Sociology	3
or ANT 102	or Introduction to Cultural Anthropology	
MKT 250	Principles of Marketing	3
Arts Gen Ed		3
<b>Credits</b>		<b>16</b>
<b>Year Three</b>		
<b>Semester Five</b>		
NTD 410	Quantity Food Production	3
NTD 422	Nutrition for Health, Fitness & Sport	3
EXS 180	Lifetime Fitness Concepts	3
ACC 201	Financial Accounting	3
Humanities Gen Ed		3
<b>Credits</b>		<b>15</b>
<b>Semester Six</b>		
NTD 416	Food Service and Nutrition Systems Management	3
NTD 420	Perspectives on Obesity	3
EXS 380	Exercise Physiology	3
EXL 380	Exercise Physiology Lab	1
Humanities Gen Ed		3
<b>Credits</b>		<b>13</b>
<b>Year Four</b>		
<b>Semester Seven</b>		
NTD 404	Nutrition and Disease Prevention	3
NTD 425	Entrepreneurial Nutrition Management	3
Student Elective		3
Student Elective		3
Student Elective		3
<b>Credits</b>		<b>15</b>
<b>Semester Eight</b>		
NTD 415	Community Nutrition	3
NTD 444	Lifestyle Nutrition Practicum	3
Student Elective		3
Student Elective		3
Student Elective		3
<b>Credits</b>		<b>15</b>
<b>Total Credits</b>		<b>120</b>