

B.S. IN NUTRITION - LIFESTYLE NUTRITION CONCENTRATION

College of Health Sciences

Curriculum

Code	Title	Credits
GENERAL EDUCATION REQUIREMENTS (http://catalog.wcupa.edu/undergraduate/general-education-requirements/) ⁴		
Academic Foundations		
	First Year Experience requirement	4
	English Composition requirement	6-7
	Mathematics requirement	3-4
	Interdisciplinary requirement	3
	Diverse Communities requirement	3
	Ethics requirement	3
Distributed Disciplinary Foundations		
	Science requirement	6-8
	Behavioral & Social Science requirement	6
	Humanities requirement	6
	Arts requirement	3
ADDITIONAL BACCALAUREATE REQUIREMENTS (http://catalog.wcupa.edu/undergraduate/general-education-requirements/) ⁴		
University Requirements		
	Writing Emphasis requirement	9
	Speaking Emphasis requirement	9
Degree Requirements		
	Capstone requirement	1-15
MAJOR REQUIREMENTS		
Common Major NTD Required Courses ¹		
NTD 200	Nutrition and Culture ²	3
NTD 203	The Dietetic Profession	1
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
Common Cognate Requirements		
BIO 100	Basic Biological Science ²	3
BIO 269	Human Anatomy and Physiology II	4
BIO 259	Human Anatomy and Physiology I	4
CHE 107	General Chemistry for Allied Health Sciences ²	4
CRL 107	General Chemistry Lab for Allied Health Sciences	1
MAT 121	Introduction to Statistics I ^{1,2}	3
Concentration Requirements		
Students must take the required courses in their concentration to reach the 120 credits required for graduation.		
Total Minimum Credits Required		120

Lifestyle Nutrition Concentration

Code	Title	Credits
Lifestyle Nutrition Concentration Required Courses ¹		
NTD 415	Community Nutrition	3
NTD 416	Food Service and Nutrition Systems Management	3
NTD 420	Perspectives on Obesity	3
NTD 422	Nutrition for Health, Fitness & Sport	3
NTD 404	Nutrition and Disease Prevention	3
NTD 425	Entrepreneurial Nutrition Management ²	3
Lifestyle Nutrition Concentration Cognate Courses		
ACC 201	Financial Accounting	3
ECO 111	Principles of Economics (Macro) ¹	3
	or ECO 112 Principles of Economics (Micro)	
EXS 180	Lifetime Fitness Concepts	3
EXS 380	Exercise Physiology	3
EXL 380	Exercise Physiology Lab	1
MKT 250	Principles of Marketing ¹	3
PSY 100	Introduction to Psychology ²	3
SOC 100	Introduction to Sociology ²	3
	or ANT 102 Introduction to Cultural Anthropology	
Lifestyle Nutrition Concentration Electives		
Select 15 credits from the following suggested electives (other electives may be taken through advisement):		15
NTD 226	Farm to Table Food, Flavor, and Health	
NTD/ANT 277	Sustainable Food Systems	
NTD 301	Consumer Nutrition	
NTD 333	Nutrition: East Meets West	
NTD 305	Plant-Based Nutrition	
NTD 304	Global Nutrition	
NTD 315	Food - Mind - Spirit	
NTD 325	The Food Chain	
ANT 375	Ethnographic Field School	
NTD 435	Nutrition Workshops	
NTD 455	Nutrition Assessment, Education and Service in Honduras	
Capstone Requirement		
NTD 444	Lifestyle Nutrition Practicum ^{1,2,3}	3

¹ Students must complete all required NTD courses and MAT 121 with a minimum grade of C to graduate from the B.S. in Nutrition. The Lifestyle Nutrition Concentration also requires a minimum grade of C in ECO 111 in order to take MKT 250.

² These required courses also satisfy general education requirements.

³ This course fulfills the Capstone requirement.

⁴ 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.

Sample Course Plan

To track their individual degree progress, students are advised to access their Degree Progress Report (DPR) via myWCU regularly. For more information, visit wcupa.edu/DegreeProgressReport (<http://wcupa.edu/degreeprogressreport/>).

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
Year One		
Semester One		
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
Credits		16
Semester Two		
NTD 200	Nutrition and Culture	3
NTD 203	The Dietetic Profession	1
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
Select one of the following:		3
WRT 200	Critical Writing and Research	
WRT 204	Critical Writing: Approaches to Pop Culture	
WRT 205	Critical Writing: Investigating Experience	
WRT 206	Critical Writing: Multidisciplinary Imagination	
WRT 208	Critical Writing: Entering Public Sphere	
WRT 220	Critical Writing: Special Topics	
Credits		15
Year Two		
Semester Three		
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 or or Public Speaking	3
SPK 208		
Interdisciplinary course		3
Credits		16
Semester Four		
NTD 310	Nutrition Research	3
BIO 269	Human Anatomy and Physiology II	4
SOC 100	Introduction to Sociology or or Introduction to Cultural	3
ANT 102	Anthropology	
ECO 111	Principles of Economics (Macro)	3
Arts course		3
Credits		16
Year Three		
Semester Five		
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 course (LIT/CLS, HIS, or PHI)		3
Credits		15

Semester Six		
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 course (LIT/CLS, HIS, or PHI)		3
Credits		13
Year Four		
Semester Seven		
NTD 404	Nutrition and Disease Prevention	3
NTD 425	Entrepreneurial Nutrition Management	3
MKT 250	Principles of Marketing	3
Student Elective		3
Student Elective		2
Credits		14
Semester Eight		
NTD 415	Community Nutrition	3
NTD 444	Lifestyle Nutrition Practicum	3
Student Elective		3
Student Elective		3
Student Elective		3
Credits		15
Total Credits		120