

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/) ¹ | | |
| Academic Foundations | | |
| First Year Experience requirement | | 4 |
| English Composition requirement | | 6-7 |
| Mathematics requirement | | 3-4 |
| MAT 121 | Introduction to Statistics I ² | |
| Interdisciplinary requirement | | 3 |
| Diverse Communities requirement | | 3 |
| NTD 200 | Nutrition and Culture | |
| Ethics requirement | | 3 |
| Distributed Disciplinary Foundations | | |
| 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 |
| ADDITIONAL BACCALAUREATE REQUIREMENTS (http://catalog.wcupa.edu/undergraduate/general-education-requirements/) ¹ | | |
| University Requirements | | |
| Writing Emphasis requirement | | 9 |
| Speaking Emphasis requirement | | 9 |
| Degree Requirements | | |
| Capstone requirement | | 1-15 |
| MAJOR REQUIREMENTS | | |
| Common Major NTD Required Courses ² | | |
| 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 |
| Common Cognate Requirements | | |
| BIO 259 | Human Anatomy and Physiology I | 4 |
| BIO 269 | Human Anatomy and Physiology II | 4 |
| CRL 107 | General Chemistry Lab for Allied Health Sciences | 1 |

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 ² | | |
| 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 | 3 |
| Lifestyle Nutrition Concentration Cognate Courses | | |
| 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 ² | 3 |
| Capstone Requirement | | |
| NTD 444 | Lifestyle Nutrition Practicum ^{2,3} | 3 |
| Student Electives | | 18 |

¹ 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.

² 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.

³ This course fulfills the Capstone 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 |
| 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 |
| Credits | | 14 |
| 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 | 3 |
| or | or Public Speaking | |
| SPK 208 | | |
| Interdisciplinary Gen Ed | | 3 |
| Credits | | 16 |
| Semester Four | | |
| NTD 310 | Nutrition Research | 3 |
| BIO 269 | Human Anatomy and Physiology II | 4 |
| SOC 100 | Introduction to Sociology | 3 |
| or | or Introduction to Cultural | |
| ANT 102 | Anthropology | |
| MKT 250 | Principles of Marketing | 3 |
| Arts Gen Ed | | 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 Gen Ed | | 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 Gen Ed | | 3 |
| Credits | | 13 |
| Year Four | | |
| Semester Seven | | |
| NTD 404 | Nutrition and Disease Prevention | 3 |
| NTD 425 | Entrepreneurial Nutrition Management | 3 |
| Student Elective | | 3 |
| Student Elective | | 3 |
| Student Elective | | 3 |
| Credits | | 15 |
| 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 |