# B.S. IN NUTRITION - LIFESTYLE NUTRITION CONCENTRATION

## Curriculum

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<td>Farm to Table Food, Flavor, and Health</td>
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<td>Consumer Nutrition</td>
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<td>NTD 333</td>
<td>Nutrition: East Meets West</td>
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<td>NTD 305</td>
<td>Plant-Based Nutrition</td>
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<td>NTD 304</td>
<td>Global Nutrition</td>
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<td>NTD 325</td>
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<tr>
<td>ANT 375</td>
<td>Ethnographic Field School</td>
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<td>NTD 453</td>
<td>Nutrition Workshops</td>
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<td>NTD 455</td>
<td>Nutrition Assessment, Education and Service in Honduras</td>
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<tr>
<td>NTD 444</td>
<td>Lifestyle Nutrition Practicum 1,2,3</td>
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**Lifestyle Nutrition Concentration Required Courses**

- **Code**: NTD 226
- **Title**: Farm to Table Food, Flavor, and Health
- **Credits**: 3

- **Code**: NTD 277
- **Title**: Sustainable Food Systems
- **Credits**: 3

- **Code**: NTD 301
- **Title**: Consumer Nutrition
- **Credits**: 3

- **Code**: NTD 333
- **Title**: Nutrition: East Meets West
- **Credits**: 3

- **Code**: NTD 305
- **Title**: Plant-Based Nutrition
- **Credits**: 3

- **Code**: NTD 304
- **Title**: Global Nutrition
- **Credits**: 3

- **Code**: NTD 315
- **Title**: Food - Mind - Spirit
- **Credits**: 3

- **Code**: NTD 325
- **Title**: The Food Chain
- **Credits**: 3

- **Code**: ANT 375
- **Title**: Ethnographic Field School
- **Credits**: 3

- **Code**: NTD 453
- **Title**: Nutrition Workshops
- **Credits**: 3

- **Code**: NTD 455
- **Title**: Nutrition Assessment, Education and Service in Honduras
- **Credits**: 3

**Lifestyle Nutrition Concentration Electives**

Select 15 credits from the following suggested electives.

(Other electives may be taken through advisement):

- **Code**: NTD 226
- **Title**: Farm to Table Food, Flavor, and Health
- **Credits**: 3

- **Code**: NTD/ANT 277
- **Title**: Sustainable Food Systems
- **Credits**: 3

- **Code**: NTD 301
- **Title**: Consumer Nutrition
- **Credits**: 3

- **Code**: NTD 333
- **Title**: Nutrition: East Meets West
- **Credits**: 3

- **Code**: NTD 305
- **Title**: Plant-Based Nutrition
- **Credits**: 3

- **Code**: NTD 304
- **Title**: Global Nutrition
- **Credits**: 3

- **Code**: NTD 315
- **Title**: Food - Mind - Spirit
- **Credits**: 3

- **Code**: NTD 325
- **Title**: The Food Chain
- **Credits**: 3

- **Code**: ANT 375
- **Title**: Ethnographic Field School
- **Credits**: 3

- **Code**: NTD 453
- **Title**: Nutrition Workshops
- **Credits**: 3

- **Code**: NTD 455
- **Title**: Nutrition Assessment, Education and Service in Honduras
- **Credits**: 3

**Capstone Requirement**

- **Code**: NTD 444
- **Title**: Lifestyle Nutrition Practicum 1,2,3
- **Credits**: 3

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**Sample Course Plan**

To track their individual degree progress, students are advised to access their Degree Progress Report (DPR) via my-WCU 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.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td><strong>Year One</strong></td>
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<tr>
<td><strong>Semester One</strong></td>
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<td>Effective Writing I</td>
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<td>WRT 205</td>
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<td>SPK 208</td>
<td>Public Speaking or Public Speaking</td>
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<td>Lifetime Fitness Concepts</td>
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**Semester Six**

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