

Bachelor of Science in Nutrition: Health Promotion Concentration

**PLANNING GUIDE: Bachelor of Science in Nutrition: HP - 4 YEAR PLAN**

<b>Fall</b>	<b>Spring</b>
ICON 100 I-Connect (3) (GE)	BIOL 222 Anatomy & Physiology II (3) (GE)
ENGL 101 Composition & Rhetoric (3) (GE)	COMM 121 Fundamentals of Public Communication (3) (GE)
MATH 122 Algebra (3) (GE)	SOHS 150 or BIOL 352 Medical Terminology in Medicine (3)
PSYC 121 General Psychology (3) (GE)	NTRN 215 Nutrition (3) (GE)
BIOL 221 Anatomy & Physiology I (3)	CHEM 121 Introduction to Chemistry (3)
<b>15 semester credit hours</b>	<b>15 semester credit hours</b>
<b>Fall</b>	<b>Spring</b>
NTRN 250 Food Science (3) <b>pre-requisite: NTRN 215</b>	PHES 225 Health Communication (3)
NTRN 275 Lifespan Nutrition (3) <b>pre-requisite: NTRN 215; Co-requisite PSYC 232</b>	MATH 302 Statistics (3) (GE- technology) <b>Pre-requisite: MATH 122 or MATH 125</b>
BIOL 223 Microbiology (3) <b>Pre-requisites: BIOL 221 &amp; 222</b>	CHEM 243 Organic & Biochemistry (4) <b>Pre-requisite: CHEM 121</b>
PSYC 232 Human Growth & Development (3) <b>Pre-requisite: PSYC 121</b>	Directed Elective (3)*
Rhetoric and Research (3) (GE)	Directed Elective (3)*
<b>15 credit hours</b>	<b>16 credit hours</b>
<b>Fall</b>	<b>Spring</b>
NTRN 325 Nutrition & Metabolism (3) <b>Pre-requisites: NTRN 215, BIOL 221 &amp; 222; Co-requisite: CHEM 243</b>	NTRN 460 Topics in Nutrition and Fitness (3)
Care for Creation (3) (GE)	Literature (3) (GE)
Franciscan Tradition (3) (GE)	History (3) (GE)
Directed Elective (3)*	Directed Elective (3)*
Elective (3)	Directed Elective (3)*
<b>15 credit hours</b>	<b>15 credit hours</b>
<b>Fall</b>	<b>Spring</b>
NTRN 364 Community Nutrition (3) <b>pre-requisites NTRN 215, NTRN 275</b>	NTRN 470 Senior Capstone Health Promotion (3)
Health & Wellness (2-3) (GE)	Philosophy (3) (GE)
Creative Arts (3) (GE)	Directed Elective (3)*
Theology (3) (GE)	Directed Elective (3)*
Directed Elective (3)*	Elective (3)
<b>14-15 credit hours</b>	<b>15 credit hours</b>

(GE) = General Education courses -- are offered within Distributions and are approved by the university's Curriculum Council. Please see your Academic advisor for additional information.

**Directed Electives:**

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ACCT 100	Basics of Managerial Accounting	PHES 245	Personal Training
BIOL 270	Pathophysiology	PHES 260	Stress Management
MGMT 230	Principles of Management	PHES 360	Exercise Physiology
MKT 281	Intro to Marketing	PHES 456	Community Health
COMM 310	Group Communication or	PHES 465	Exercise Prescription
COMM 250	Interpersonal Communication	PHES 480	Internship in Health/ Exercise Science
NTRN 364	Community Nutrition	PSYC 325	Abnormal Psychology
NTRN 332	Food Service Management	PSYC 441	Social Psychology
PHES 240	Nutrition & Exercise in the Training Athlete		
SOCI 251	Sociology of Health or SOCI 252 Sociology of Sport		

*Please note: This schedule is subject to change based on course offerings and curriculum developments that may occur throughout the academic year.*

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