

# NUTRITION MAJOR

## Acceptance to Major Requirements

Course Requirements/Prerequisites: Completion or concurrent enrollment in:

Code	Title	Hours
NUTR 125	Concepts of Nutrition Science	4
NUTR 225 or NUTR 223	Experimental Food Science Introduction to Food Science	4
NUTR 323	Public Health Nutrition: Infancy Through Aging	4
CHEM 125	Introduction to Chemical Structure and Properties	4
BIOL 101	Foundations of Biology	4

Minimum grade for requirements/prerequisites courses: Minimum grade of C in each prerequisite

Minimum cumulative GPA: 2.0 for Nutrition majors, 2.8 for Dietetics program

### 46 credits required

Code	Title	Hours
BIOL 101	Foundations of Biology	4
BIOL 201 or BIOL 216	Intermediate Cell Biology and Genetics Human Physiology	4
CHEM 125	Introduction to Chemical Structure and Properties	4
CHEM 250	Reactions of Nucleophiles and Electrophiles (Reactivity 1)	4
MATH 124	Probability and Statistical Inference	4
NUTR 125	Concepts of Nutrition Science	4
NUTR 223 or NUTR 225	Introduction to Food Science Experimental Food Science	4
NUTR 323	Public Health Nutrition: Infancy Through Aging	4
NUTR 301	Diet, Health & Disease Prevention	4
NUTR 395 or NUTR 396	Senior Nutrition Seminar Nutrition Research Capstone	2
NUTR elective courses		8
<b>Total Hours</b>		<b>46</b>

Suggested course work in individual areas of interest are planned in close consultation with an academic advisor and will include all required courses to complete the Nutrition major as well as courses that fulfill recommended pre-requisites or curriculum related to student interests and goals.

## Additional Requirements:

### General Education Requirements:

All undergraduate students must complete the requirements of the Integrations Curriculum (IC) which is designed to ensure all of our students receive a liberal arts education. Please review details of the Integrations Curriculum (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/integrations-curriculum/>) requirements here (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/integrations-curriculum/>).

## Graduation Requirements:

In addition to the Integrations Curriculum, all undergraduate students must meet the following minimum degree requirements to earn their degree from CSB and SJU.

**Credits:** 124 total credits, 40 of which must be from upper division coursework

**GPA:** 2.0 or higher\*

**Residency:** At least 24 of your last 32 credits must be completed at CSB/SJU

Please visit Graduation (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/graduation/>) under the Academic Policies and Regulations (<https://catalog.csbsju.edu/catalog/academic-programs-policies-regulations/>) portion of the catalog for additional details regarding degree requirements.

\* Cumulative GPA as well as major(s)/minor(s) GPA. Please note some majors/minors may require a higher GPA to earn their degree.

## Four Year Plans

### Nutrition - Pre-Medicine

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
INTG 105	College Success	1
INTG 100	Foundations	4
Language 111		4
NUTR 125	Concepts of Nutrition Science	4
BIOL 101	Foundations of Biology	4
<b>Hours</b>		<b>17</b>
<b>Spring</b>		
CSD 100	Cultural and Social Difference: Identity	4
Language 112		4
PSYC 111	Introductory Psychology	4
BIOL 201	Intermediate Cell Biology and Genetics	4
<b>Hours</b>		<b>16</b>
<b>Second Year</b>		
<b>Fall</b>		
Language 211		4
THEO 100	Theological Explorations	4
NUTR 225 or NUTR 223	Experimental Food Science or Introduction to Food Science	4
CHEM 125	Introduction to Chemical Structure and Properties	4
CHEM 201	Purification and Separation Lab I	1
<b>Hours</b>		<b>17</b>
<b>Spring</b>		
HE Way of Thinking Course		4
BIOL 216	Human Physiology	4
NUTR 323	Public Health Nutrition: Infancy Through Aging	4
CHEM 250	Reactions of Nucleophiles and Electrophiles (Reactivity 1)	4
CHEM 202	Purification and Chromatography Lab II	1
<b>Hours</b>		<b>17</b>
<b>Third Year</b>		
<b>Fall</b>		
AE Way of Thinking Course with Artistic Engagement		4
PHYS 105	Physics for the Life Sciences I	4
CHEM 251	Intermediate Reactions of Nucleophiles and Electrophiles (Reactivity 2)	4
CHEM 203	Synthesis Lab	1
COLG 121	Medical Terminology	1

NUTR Elective		4
<b>Hours</b>		<b>18</b>
<b>Spring</b>		
Cltural and Social Difference: Systems with additional requirement		4
PHYS 106	Physics for the Life Sciences II	4
MATH 119	Calculus I	4
CHEM 255	Macroscopic Chemical Analysis	4
CHEM 205	Chemical Measurement Lab	1
<b>Hours</b>		<b>17</b>
<b>Fourth Year</b>		
<b>Fall</b>		
THEO 3XX Theology Integrations		4
SOCI 111	Introduction to Sociology (or 2nd PSYC Course)	4
NUTR 301	Diet, Health & Disease Prevention	4
NUTR 395	Senior Nutrition Seminar (Capstone)	2
<b>Hours</b>		<b>14</b>
<b>Spring</b>		
INTG 300	Learning Integrations	4
BIOL 317	Biochemistry	4
MATH 124	Probability and Statistical Inference	4
NUTR Elective		4
<b>Hours</b>		<b>16</b>
<b>Total Hours</b>		<b>132</b>

## Nutrition - Pre-PT/Pre-OT/Pre-Health

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
INTG 105	College Success	1
INTG 100	Foundations	4
Language 111		4
NUTR 125	Concepts of Nutrition Science	4
CHEM 125	Introduction to Chemical Structure and Properties	4
CHEM 201	Purification and Separation Lab I	1
<b>Hours</b>		<b>18</b>
<b>Spring</b>		
CSD 100	Cultural and Social Difference: Identity	4
Language 112		4
PSYC 111	Introductory Psychology	4
CHEM 250	Reactions of Nucleophiles and Electrophiles (Reactivity 1)	4
CHEM 202	Purification and Chromatography Lab II	1
<b>Hours</b>		<b>17</b>
<b>Second Year</b>		
<b>Fall</b>		
Language 211		4
THEO 100	Theological Explorations	4
NUTR 225 or NUTR 223	Experimental Food Science or Introduction to Food Science	4
NUTR 220	Exploring Weight Issues: Obesity and Eating Disorders	2
BIOL 101	Foundations of Biology	4
<b>Hours</b>		<b>18</b>
<b>Spring</b>		
HE Way of Thinking Course		4
MATH 124	Probability and Statistical Inference	4
NUTR 323	Public Health Nutrition: Infancy Through Aging	4
BIOL 201	Intermediate Cell Biology and Genetics	4
COLG 121	Medical Terminology	1
<b>Hours</b>		<b>17</b>

## Third Year

<b>Fall</b>		
AE Way of Thinking Course with Artistic Engagement		4
PHYS 105	Physics for the Life Sciences I	4
BIOL 325	Human Anatomy and Physiology I	4
NUTR 330	Nutritional Biochemistry and Assessment (Macronutrients)	4
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
Cltural and Social Difference: Systems with additional requirement		4
PHYS 106	Physics for the Life Sciences II	4
MATH 119	Calculus I	4
BIOL 326	Human Anatomy and Physiology II	4
<b>Hours</b>		<b>16</b>
<b>Fourth Year</b>		
<b>Fall</b>		
THEO 3XX Theology Integrations		4
PSYC 360	Developmental Psychology	4
NUTR 301	Diet, Health & Disease Prevention	4
NUTR 342	Interviewing and Counseling Skills	2
NUTR 395	Senior Nutrition Seminar (Capstone)	2
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
INTG 300	Learning Integrations	4
PSYC 381	Psychological Disorders	4
NUTR 302	Physiology of Weight Regulation (or two credit NUTR elective)	2
Nutrition or Other Elective		4
<b>Hours</b>		<b>14</b>
<b>Total Hours</b>		<b>132</b>