NUTRITION MAJOR

Acceptance to Major Requirements

Course Requirements/Prerequisites: Completion or concurrent enrollment in:

Code	Title	Hours
NUTR 113	Exploring Nutrition	4
NUTR 225	Food & Culinary Science (NW)	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

46 credits required

Code	Title	Hours
BIOL 101	Foundations of Biology	4
BIOL 201	Intermediate Cell Biology and Genetics	4
or BIOL 216	Human Physiology	
CHEM 125	Introduction to Chemical Structure and Properties	4
MATH 124	Probability and Statistical Inference	4
or PSYC 221	Applied Behavioral Statistics	
NUTR 113	Exploring Nutrition	4
NUTR 215	Health Science Literacy and Research Methods	2
NUTR 225	Food & Culinary Science (NW)	4
NUTR 301	Diet, Health & Disease Prevention	4
NUTR 319	Macronutrients	2
NUTR 320	Micronutrient Metabolism and Nutritional Supplementation	2
NUTR 323	Public Health Nutrition: Infancy Through Aging	4
Food & Culinary Exploration (minimum of 4 credits)		4
NUTR 230	Food and Culture	
NUTR 231	Sustainable Cuisine	
NUTR 232	Eating for Optimal Health	
NUTR 300	Culinology of French Cuisine	
Public Health & Community Impact (minimum of 4 credits)		4
NUTR 240	Food Systems: Policy and Controversies	
NUTR 326	Global Malnutrition and Disease	
NUTR 341	Nutrition Education	
NUTR 342	Interviewing and Counseling Skills	
NUTR 350	Public Health & Community Nutrition	
NUTR 377A	Native Food Sovereignty	
Investigation & Application (minimum of 4 credits)		4
NUTR 220	Exploring Weight Issues: Obesity and Eating Disorders	
NUTR 312	Nutrition Assessment	
NUTR 380	Nutrition Research Seminar I	
NUTR 381	Nutrition Research Seminar II	
NUTR 260@ (Topics in Nutrition)		
Total Hours		**50**

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 and 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
First Year		
Fall		
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
	Hours	**17**
Spring		
CSD 100	Cultural and Social Difference: Identity	4
Language 112		4
PSYC 111	Introductory Psychology	4
BIOL 201	Intermediate Cell Biology and Genetics	4
	Hours	**16**
Second Year		
Fall		
Language 211		4
THEO 100	Theological Explorations	4

NUTR 225 or NUTR 223	Food & Culinary Science (NW) or Introduction to Food Science	4
CHEM 125	Introduction to Chemical Structure and Properties	4
CHEM 201	Purification and Separation Lab I	1
	Hours	**17**
Spring		
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
	Hours	**17**
Third Year		
Fall		
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
	Hours	**18**
Spring		
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
	Hours	**17**
Fourth Year		
Fall		
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
	Hours	**14**
Spring		
INTG 300	Learning Integrations	4
BIOL 317	Biochemistry	4
MATH 124	Probability and Statistical Inference	4
NUTR Elective		4
	Hours	**16**
	Total Hours	**132**

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

Course	Title	Hours
First Year		
Fall		
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
	Hours	**18**
Spring		
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
	Hours	**17**
Second Year		
Fall		
Language 211		4
THEO 100	Theological Explorations	4
NUTR 225 or NUTR 223	Food & Culinary Science (NW) or Introduction to Food Science	4
NUTR 220	Exploring Weight Issues: Obesity and Eating Disorders	2
BIOL 101	Foundations of Biology	4
	Hours	**18**
Spring		
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
	Hours	**17**
Third Year		
Fall		
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
	Hours	**16**
Spring		
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
	Hours	**16**
Fourth Year		
Fall		
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
	Hours	**16**
Spring		
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
	Hours	**14**
	Total Hours	**132**