

Student: _____ PUID: _____ Catalog Term: _____

Additional Majors: _____ Minors: _____

Nutrition, Fitness and Health Core (University Foundational Learning Outcomes) (24-27 credits)

- ___ (4-3) ENGL 10600 First-Year Composition or ENGL 10800 Accelerated First-Year Composition **[Written Communication]**
- ___ (3) STAT 30100 Elementary Statistical Methods **[Information Literacy]**
- ___ (3) COM 11400 Fundamentals of Speech Communication **[Oral Communication]**
- ___ (3-4) CHM 11100 General Chemistry or CHM 11500 General Chemistry **[Fulfills 1 Science Core Course]**
- ___ (3-4) CHM 11200 General Chemistry or CHM 11600 General Chemistry **[Fulfills 1 Science Core Course]**
- ___ () _____ **[Humanities]** – *select from University list* (PHIL 11100 Ethics suggested)
- ___ (3) PSY 12000 Elementary Psychology or SOC 10000 Introductory Sociology **[Behavior/Social Science]**
- ___ () _____ **[Quantitative Reasoning]** ***fulfilled by MA 15300 or MA 16010
- ___ () _____ **[Science, Technology & Society]** – *select from University list*

Required Courses in Other Departments (46-50 credits)

- ___ (3) BCHM 30700 Biochemistry or CHM 33300 Principles of Biochemistry
- ___ (1) BCHM 30900 Biochemistry Laboratory
- ___ (4) BIOL 11000 Fundamentals of Biology I
- ___ (4) BIOL 11100 Fundamentals of Biology II
- ___ (4-3) BIOL 20300 Human Anatomy & Physiology or BIOL 30100 Human Design: Anatomy & Physiology
- ___ (4-3) BIOL 20400 Human Anatomy & Physiology or BIOL 30200 Human Design: Anatomy & Physiology
- ___ (4) CHM 25700 Organic Chemistry or
 - ___ (3) CHM 25500 Organic Chemistry AND
 - ___ (3) CHM 25600 Organic Chemistry
- ___ (3) ECON 21000 Principles of Economics or AGE 21700 Economics
- ___ (3) HK 36800 Exercise Physiology I
- ___ (3) HK 42100 Health Screening and Fitness Evaluation and Design
- ___ (3) HK 42200 Basic Concepts in Exercise Program Design
- ___ (3) HK 46800 Advanced Exercise Physiology II
- ___ (3) HK 46900 Exercise Testing & Prescription in Special Populations
- ___ (3) MA 15300 Algebra & Trigonometry I AND **[Fulfills Quantitative Reasoning Core]**
- ___ (3) MA 15400 Algebra & Trigonometry II OR
 - ___ (3) MA 15300 Algebra & Trigonometry I AND **[Fulfills Quantitative Reasoning Core]**
 - ___ (3) MA 16010 Applied Calculus I OR
 - ___ (3) MA 16010 Applied Calculus I AND **[Fulfills Quantitative Reasoning Core]**
 - ___ (3) MA 16020 Applied Calculus II

Major Requirements (36 credits)

- ___ (1) NUTR 10500 Nutrition in the 21st Century
- ___ (3) NUTR 20500 Food Science I
- ___ (3) NUTR 31500 Fundamentals of Nutrition
- ___ (3) NUTR 33000 Diet Selection & Planning
- ___ (3) NUTR 33200 Nutrition Counseling
- ___ (3) NUTR 36500 Physiology and Nutrition During the Life Cycle
- ___ (2) NUTR 41500 Practicum in Nutrition, Fitness & Health
- ___ (3) NUTR 42400 Communication Techniques in Foods & Nutrition
- ___ (3) NUTR 43700 Macronutrient Metabolism In Human Health and Disease
- ___ (3) NUTR 43800 Micronutrient and Phytochemical Metabolism in Human Health and Disease
- ___ (4) NUTR 45300 or FS 45300 Food Chemistry
- ___ (3) NUTR 48800 Topics in Nutrition, Fitness, & Health
- ___ (2) NUTR 53000 Public Health Nutrition

Electives 7-14 credits

___ () _____ ___ () _____ ___ () _____ ___ () _____
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120 credits required for Bachelor of Science degree

University Foundational Learning Outcomes List: <https://www.purdue.edu/provost/initiatives/curriculum/course.html>

Name: _____

Department of Nutrition Science

Minor Code(s): _____

Nutrition, Fitness & Health - NFHL

120 Credit Hours

Freshman Year - First Semester			Sem/Yr	Grade	Second Semester			Sem/Yr	Grade
(3-4)	CHM 111 or 115-General Chemistry (CHM 115 - MA 158 or calculus placement)				(3-4)	CHM 112 or 116 -General Chemistry (Chm 111/115)			
(4)	BIOL 110 - Fundamentals of Biology I				(4)	BIOL 111 - Fundamentals of Biology II			
(3)	COM 114-Fundamentals Of Speech Communication				(4)	ENGL 106-First Year Composition			
(3)	MA 153/158/16010-College Algebra or Intro Analysis ALEKS placement - MA 153 is first of two-semester sequence				(3)	MA 154/16010/MA 16020 (MA 153/158/16010)			
(1)	NUTR 105 - Nutrition for the 21st Century (8 weeks only)	Fall only							
[15]					(14-15]				

Sophomore Year - Third Semester			Sem/Yr	Grade	Fourth Semester			Sem/Yr	Grade
(4)	BIOL 203-Human Anatomy And Physiology (Biol 203)	Fall only			(4)	BIOL 204-Human Anatomy And Physiology (Biol 203)	Spring only		
(4)	CHM 257-Organic Chemistry (Chm 112 or 116)				(3)	Science/Tech/Society Selective			
(3)	NUTR 205 - Food Science (Two semesters of general chemistry)				(3)	NUTR 315 - Principles of Nutrition (Biol 203 & CHM 112 or 116)			
(3)	Behavioral Science Selective - PSY 120 or SOC 100				(2)	Elective			
(1)	Elective				(3)	Humanities Selective			
[15]					[15]				

Notes: Responsibility for meeting graduation requirements is solely that of the student.

Notes: All students must complete 32 hours of 300 level courses or higher courses at Purdue for graduation.

Junior Year - Fifth Semester			Sem/Yr	Grade	Sixth Semester			Sem/Yr	Grade
(3)	CHM 333 or BCHM 307-Principles of Biochemistry				(3)	NUTR 437 -Macronutrient Metabolism	Spring/Summer		

	(1 semester or 1 year of Organic Chemistry)		
(1)	BCHM 309 - Biochemistry Laboratory		
	(Organic Chemistry)		
(3)	NUTR 330 - Diet Selection & Planning	Fall/Summer	
	(NUTR 205 & NUTR 315)		
(4)	NUTR 453 - Food Chemistry		
(3)	HK 368 - Exercise Physiology I		
	(BIOL 204)		
[14]			

Notes:

	(Biochemistry & NUTR 315 & BIOL 203)		
(3)	NUTR 365 - Phys & Nutrition during the Lifecycle		
(3)	NUTR 332 - Nutrition Counseling		Spring preferred
	(NUTR 330)		
(3)	HK 421 - Health Screening & Fitness		Spring Only
	(BIOL 204)		
(3)	STAT 301 - Elementary Statistical Methods		
[15]			

Notes:

Senior Year - Seventh Semester		Sem/Yr	Grade	Eighth Semester		Sem/Yr	Grade
(3)	NUTR 438 - Micronutrient Metabolism	Fall Only		(3)	NUTR 424 -Com Tech in Food & Nutrition		
	(Biochemistry & NUTR 437)				(NUTR 330)		
(3)	HK 422 - Exercise Design Program						
	(HK 421)	Fall Preferred		(3)	ECON 210 or AGECE 217		
(3)	NUTR 488 - Topics in NFHL			(3)	HK 469 - Exercise Testing in Special Populations		
	(NUTR 437/HK 368/HK 421/NUTR 330)			(3)	Elective		
(3)	HK 468 - Advanced Exercise Physiology II			(2)	NUTR 415 - Practicum in NFHL		
	(HK 368 C- or better)				(NUTR 330, HK 421, NUTR 332)		
(3)	Elective			(2)	NUTR 530 - Public Health Nutrition	Spring only	
					(NUTR 330)		
[15]				[16]			

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