# Bachelor of Science in Nutrition Sciences

### Program Overview

Food and nutrition are the foundations of good health. In the Manchester University nutrition sciences major, students are prepared to develop lifelong personal health practices and to advise others on what to eat to lead a healthy lifestyle or achieve a specific health-related goal.

Many complex diseases, such as cancer, diabetes and heart disease, could be better managed with the help of a nutritionist as part of a health care team. In fact, the U.S. Centers for Disease Control and Prevention indicate that nutritionists and dietitians will be in higher demand because of the increasing prevalence of complex diseases in an aging population and a continued shift to lifestyle medicine. Manchester nutrition science majors develop a comprehensive understanding of the relationship between nutrition and medicine as they relate to human health.

#### **Degree Requirements**

To earn this degree, students must have a GPA of 2.0 or higher in the Major as well as an overall GPA of 2.0, complete a minimum of 120 credit hours, and fulfill the course requirements of the program listed below.

\*This is a sample plan; specific courses may vary from year to year. Academic advisors will work with each student to develop their individual schedule.

	Major-Specific Required Courses			
$\checkmark$				
	BIOL 101^	General Biology	3	
	BIOL 204	Fundamentals of Human Physiology	3	
	CHEM 105^	Introduction to Inorganic Chemistry	3	
	CHEM 105L	Introduction to Inorganic Chemistry Lab	1	
	CHEM 106	Introduction to Organic Chemistry	3	
	CHEM 106L	Introduction to Organic Chemistry Lab	1	
	EXSC 107	Medical Terminology For Allied Health	3	
	EXSC 476	Internship	4	
	MATH 115^	Elementary Probability Statistics	3	
	NUTR 101	Nutrition Screening Lab	1	
	NUTR 102	Nutrition Communication	3	
	NUTR 103	Global Food and Nutrition	3	
	NUTR 210	Introduction to Human Nutrition	3	
	NUTR 211	Human Life Cycle Nutrition	3	
	NUTR 220	Food Science	3	
	NUTR 220L	Food Science Lab	1	
	NUTR 320	Meal Prep and Diet Planning	3	
	NUTR 330	Micronutrients and Metabolism	3	
	NUTR 340	Macronutrients and Metabolism	3	
	Choose 2 of	the following:	CREDITS	
	Elective*	(NUTR 230-Sports Nutrition)	3	
	Elective*	(NUTR 250-Weight Management)	3	
	Elective*	(NUTR 240-Cardiovascular and Wellness Nutr.)	3	

## Total Program Credits: 120+

MAJOR	*Options
CORE	^CORE equivalent
ELECTIVE/MINOR	
EXPERIENTIAL	

. /	CORE		CREDITS
$\sim$		Foundation	
	LA-FWS	First-Year Writing Seminar	3
	LA-FCS	First-Year Communication Seminar	3
	LA-FQR	Quantitative Reasoning	3-4
	LA-FSS	First Year Success Seminar	1
	LA-FCG	Cultural and Global Understanding	3-5
		Exploration	
	LA-EAH	Arts and Humanities	3
	LA-ENS	Natural Sciences	3-6
	LA-ESS	Social Sciences	3-4
		Transformation	
	LA-TFR	Faith, Reason, and Ethics	3
	LA-TBI	Big Issues - 2 courses	6-7
	LA-TCE	Creative Expression	1-3
	Additional c	redits to bring total to 120+ credits	CREDITS
~		Electives	
		Experiential Learning	

## Example Course Sequence:

The following is a sample of a semester-by-semester approach to completing this program in 4 years.

YEAR 1							
FIRST SEMESTER							
COURSE		CREDITS	PREREQUISITES				
NUTR 101	Nutrition Screening Lab	1					
NUTR 103	Global Food and Nutrition	3					
LA-FCS	First-Year Communication Seminar	3					
LA-FWS	First-Year Writing Seminar	3					
LA-FSS	First Year Success Seminar	1					
JAN TERM							
COURSE		CREDITS					
ELECTIVE/MINOR		3					
SECOND SEMESTER							
COURSE		CREDITS					
NUTR 102	Nutrition Communication	3					
EXSC 107	Medical Terminology For Allied Health	3					
BIOL 101^	General Biology	3					
MATH 115^	Elementary Probability Statistics	3					
LA-ESS	Social Sciences	3					
		29					

THIRD SEMESTER							
COURSE		CREDITS	PREREQUISITES				
NUTR 210	Introduction to Human Nutrition	3					
BIOL 204	Fundamentals of Human Physiology	3	Fall				
CHEM 105^	Introduction to Inorganic Chemistry	3	Fall, Conc. o	or comp.	of MATH	105 or pla	ce higher
CHEM 105L	Introduction to Inorganic Chemistry Lab	1					
LA-TFR	Faith, Reason, and Ethics	3					
JAN TERM							
COURSE		CREDITS					
ELECTIVE/MINOR		3					
FOURTH SEMESTER							
COURSE		CREDITS					
CHEM 106	Introduction to Organic Chemistry	3	Spring, CHE	M 105			
CHEM 106L	Introduction to Organic Chemistry Lab	1	CHEM 105L				
NUTR 220	Food Science	3					
NUTR 220L	Food Science Lab	1					
LA-EAH	Arts and Humanities	3					
ELECTIVE/MINOR		3					
		30					

YEAR 3						
FIFTH SEMESTER						
COURSE		CREDITS	F	REREQUISI	TES	
NUTR 320	Meal Prep and Diet Planning	3				
NUTR 211	Human Life Cycle Nutrition	3				
ELECTIVE/MINOR		3				
ELECTIVE/MINOR		3				
EXPERIENTIAL		3				
JAN TERM						
COURSE		CREDITS				
SIXTH SEMESTER						
COURSE		CREDITS				
NUTR 240*	Cardiovascular & Wellness Nutrition	3				
NUTR 330	Micronutrients and Metabolism	3	NUTR 210			
LA-TCE	Creative Expression	3				
LA-TBI	Big Issues	6				
EXPERIENTIAL		3				
		33				

YEAR 4								
SEVENTH SEMESTER								
COURSE		CREDITS	PREREQUISITES					
NUTR 340	Macronutrients and Metabolism	3	NUTR 210					
NUTR 250*	Weight Management	3						
LA-FCG	Cultural and Global Understanding	3						
ELECTIVE/MINOR		3						
EXPERIENTIAL		3						
JAN TERM								
COURSE		CREDITS						
EXPERIENTIAL		3						
EIGHTH SEMESTER								
COURSE		CREDITS						
EXSC 476	Internship	4	Junior or Senio	or Stan	ding			
LA-TBI	Big Issues	3						
ELECTIVE/MINOR		3						
EXPERIENTIAL		3						
		31						
	TOTAL CREDITS	123						