NUTRITIONAL SCIENCES, B.S.

Begin Campus: Any Penn State Campus
End Campus: University Park

Program Description
Nutrition is a dynamic science that incorporates knowledge of human biology and biochemistry to understand how the body utilizes nutrients and related substances for optimal health throughout the lifecycle. Students gain an understanding of how the interplay of nutrition and lifestyle relate to current public health issues as well as the development and nutrition management of chronic and acute diseases. Students learn the scientific rationale and practice methodology to assess the nutritional status of individuals in the clinical setting and for population analysis. They will use these skills to implement medical nutrition therapy or understand nutrition guidelines, standards, and policies to improve the health and well-being of the population.

Students may select one or more Options: Behavioral Nutrition and Public Health, Nutritional Physiology and Biochemistry, and Nutrition and Dietetics. The Nutrition and Dietetics Option is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND).

Behavioral Nutrition and Public Health Option
This option integrates knowledge of social and behavioral sciences with human physiology and nutrition. Students learn to apply knowledge of nutrition to improve the health and well-being of individuals and populations by applying nutrition principles in different practice settings. Graduates of this option can seek employment in public health and policy, business including the food industry, community, and international agencies, schools, or continue to graduate study in nutrition or related fields.

Nutrition and Dietetics Option
This option offers multi-disciplinary training in the biological sciences, social and behavioral sciences, and business principles to prepare students to work in a variety of settings and to be eligible to continue their education to acquire the Registered Dietitian Nutritionist (RDN) credential. It links nutrition and human behavior by applying nutrition principles, counseling skills, and educational skills to improving the nutritional status and health of individuals and communities. Students gain training that will prepare them to work in a variety of clinical, community, and business settings. It also prepares students for management positions in the nutrition field and food systems settings. Graduates satisfy the current requirements for application to accredited post-baccalaureate dietetic supervised practice programs and Master’s degree programs. Upon satisfactory completion of these programs, graduates are eligible to take the registration examination to become a Registered Dietitian Nutritionist (RDN).

Nutritional Physiology and Biochemistry Option
This option incorporates knowledge from biology, chemistry, physiology, and physics with nutrition. This option is recommended for students preparing for careers in medicine and other health-related fields such as dentistry, optometry, physician assistant, physical therapy, and chiropractic, as well as graduate school. Also, this option prepares students for careers in laboratory research in the pharmaceutical or food industries, government, or academia.

What is Nutritional Sciences?
Nutritional Sciences uses nutrition as the backbone to integrate physiological science, behavioral sciences, foods, food systems management, and nutrition as medicine to prepare students to help individuals and communities locally and globally. Students are uniquely prepared to integrate their strong science foundation and nutrition knowledge to help others lead healthier lives. Areas of study include the application of nutrition principles to health promotion and wellness, sports performance, research and intervention science, medical nutrition therapy, and behavioral interventions.

You Might Like This Program If...
- You want to learn about nutrition and foods’ connection to health.
- You plan to go to medical school, physician assistant school, and other health-related pre-professional programs.
- You want to become a Registered Dietitian Nutritionist.
- You want to work in scientific research related to human health or the food industry.
- You want to advocate for healthier communities using sustainable food practices and access to nutritious food.
- You want to learn about interventions to nutrition-related health problems that affect the world’s populations.

Entrance to Major

Behavioral Nutrition and Public Health Option
In order to be eligible for entrance to the Behavioral Nutrition and Public Health option in the major, a student must:

1. attain at least a C (2.00) cumulative grade-point average for all courses taken at the University; and
2. have third-semester classification (http://www.registrar.psu.edu/enrollment/semester-classification.cfm).

Nutrition and Dietetics Option
In order to be eligible for entrance to the Nutrition and Dietetics option in the major, a student must:

1. attain a C or better in NUTR 251, BIOL 161, BIOL 162, BIOL 163, BIOL 164, and CHEM 110 or CHEM 130.

Nutritional Physiology and Biochemistry Option
In order to be eligible for entrance to the Nutritional Physiology and Biochemistry option in the major, a student must:

1. attain at least a C (2.00) cumulative grade-point average for all courses taken at the University; and
2. have third-semester classification (http://www.registrar.psu.edu/enrollment/semester-classification.cfm).

Retention Requirements
Retention for the Nutrition and Dietetics option will be determined through verification of sustained academic growth as demonstrated
by earning of grades of C or higher in all of the Nutritional Sciences prescribed and related courses. Failure to do so will result in referral of the student to the student’s academic adviser so that they may work together to develop a clear written strategy and a time frame for the student to return to good standing. Should the student not address the issue, the faculty may advise the student into a different Nutritional Sciences option. To graduate, a student enrolled in the nutrition and dietetics option must earn a grade of C or better in all prescribed and major requirement courses, as specified by Senate Policy 82-44.

**Degree Requirements**

For the Bachelor of Science degree in Nutritional Sciences, a minimum of 120 credits is required:

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Education</td>
<td>45</td>
</tr>
<tr>
<td>Electives</td>
<td>2-5</td>
</tr>
<tr>
<td>Requirements for the Major</td>
<td>88-91</td>
</tr>
</tbody>
</table>

17-18 of the 45 credits for General Education are included in the Requirements for the Major. This includes: Nutritional Physiology and Biochemistry Option: 6 credits of GQ courses; 3 credits of GHW courses; 9 credits of GN courses. Behavioral Nutrition and Public Health Option: 3 credits of GQ courses; 3 credits of GHW courses; 8 credits of GN courses; 3 credits of GS courses. Nutrition and Dietetics Option: 3 credits of GQ courses; 3 credits of GHW courses; 8 credits of GN courses; 3 credits of GS courses.

Per Senate Policy 83.80.5, the college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. NUTR requires students to complete 24 credits for the major through courses taken at University Park. Courses taken at other Penn State campuses may not be counted toward this 24 credit minimum. For more information, check the Suggested Academic Plan for this major.

**Requirements for the Major**

To graduate, a student enrolled in the major must earn a grade of C or better in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (https://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#82-44).

**Common Requirements for the Major (All Options)**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 161</td>
<td>Human Anatomy and Physiology I - Lecture</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 163</td>
<td>Human Anatomy and Physiology II - Lecture</td>
<td>3</td>
</tr>
<tr>
<td>BMB 211</td>
<td>Elementary Biochemistry</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 251</td>
<td>Introductory Principles of Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 445</td>
<td>Energy and Macronutrient Metabolism</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 446</td>
<td>Micronutrient Metabolism</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 451</td>
<td>Nutrition throughout the Life Cycle</td>
<td>3</td>
</tr>
</tbody>
</table>

**Prescribed Courses**

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<th>Title</th>
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<td>BIOL 163</td>
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<tr>
<td>NUTR 451</td>
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</tr>
</tbody>
</table>

**Additional Courses**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAT 200</td>
<td>Elementary Statistics</td>
<td>3</td>
</tr>
<tr>
<td>or STAT 250</td>
<td>Introduction to Biostatistics</td>
<td>3</td>
</tr>
</tbody>
</table>

**Requirements for the Option**

Select an option

**Behavioral Nutrition and Public Health Option (64 credits)**

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDFS 129</td>
<td>Introduction to Human Development and Family Studies</td>
<td>3</td>
</tr>
<tr>
<td>or PSYCH 100</td>
<td>Introductory Psychology</td>
<td></td>
</tr>
<tr>
<td>NUTR 421</td>
<td>Biocultural Perspectives on Public Health Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>or NUTR 425</td>
<td>Global Nutrition Problems: Health, Science, and Ethics</td>
<td></td>
</tr>
<tr>
<td>NUTR 175</td>
<td>or NUTR 175Z</td>
<td>Healthy Food for All: Factors that Influence What we Eat in the US - LINKED</td>
</tr>
</tbody>
</table>

Select one of the following:

- AGBM 101 | Economic Principles of Agribusiness Decision Making | 3       |
- ECON 102 | Introductory Microeconomic Analysis and Policy | 3       |
- ECON 104 | Introductory Macroeconomic Analysis and Policy | 3       |

**Food, Nutrition, and Sustainability**

Students must choose six (6) credits from the courses listed:

- AEE 440 | Communication Methods and Media | 3       |
- AEE 450 |  | 3       |
- AGBM 102 | Economics of the Food System | 3       |
- AGBM 170 | Investigating the U.S. Food System: How food moves from field to table | 3       |
- AGBM 170Z | Investigating the U.S. Food System: How food moves from field to table -LINKED | 3       |
- CED 152 | Community Development Concepts and Practice | 3       |
- COMM 320 | Introduction to Advertising | 3       |
- COMM 370 | Public Relations | 3       |
- FOR 201 | Global Change and Ecosystems | 3       |
- GEOG 3N | Food and the Future Environment | 3       |
- GEOG 30N | Environment and Society in a Changing World | 3       |
- GEOG 230 | Geographic Perspectives on Environment, Society and Sustainability | 3       |
- HDFS 210Z | Ethnicity, Health and Aging | 3       |
Nutritional Sciences, B.S.  

Nutrition and Dietetics Option (64 credits)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTR 495</td>
<td>Nutrition Seminar</td>
</tr>
<tr>
<td>NUTR 490W</td>
<td>Introduction to Human Development and Family Studies</td>
</tr>
<tr>
<td>NUTR 453</td>
<td>Medical Nutrition Therapy</td>
</tr>
<tr>
<td>NUTR 452</td>
<td>Nutritional Aspects of Disease</td>
</tr>
<tr>
<td>NUTR 400</td>
<td>Introduction to Nutrition Counseling</td>
</tr>
<tr>
<td>NUTR 393</td>
<td>Dietetic Internship Application Development</td>
</tr>
<tr>
<td>SOC 30</td>
<td>Sociology of the Family</td>
</tr>
<tr>
<td>NUTR 386</td>
<td>Managing Quality in Food and Nutrition Services</td>
</tr>
<tr>
<td>BIOL 164</td>
<td>Human Anatomy and Physiology II - Laboratory</td>
</tr>
<tr>
<td>HDFS 129</td>
<td>Introduction to Human Development and Family Studies</td>
</tr>
<tr>
<td>PSYCH 100</td>
<td>Introductory Psychology</td>
</tr>
<tr>
<td>NUTR 211R</td>
<td>Applying Biochemistry to Nutrition</td>
</tr>
<tr>
<td>NUTR 230</td>
<td>Principles of Food Production Management</td>
</tr>
<tr>
<td>NUTR 330</td>
<td>Food Production and Operations Management</td>
</tr>
<tr>
<td>NUTR 106</td>
<td>Elementary Microbiology</td>
</tr>
<tr>
<td>NUTR 107</td>
<td>Elementary Microbiology Laboratory</td>
</tr>
<tr>
<td>NUTR 211</td>
<td>Nutrition Seminar</td>
</tr>
<tr>
<td>CHEM 202</td>
<td>Fundamentals of Organic Chemistry I</td>
</tr>
<tr>
<td>CHEM 210</td>
<td>Organic Chemistry I</td>
</tr>
<tr>
<td>HDFS 129</td>
<td>Introduction to Human Development and Family Studies</td>
</tr>
<tr>
<td>PSYCH 100</td>
<td>Introductory Psychology</td>
</tr>
</tbody>
</table>

Supporting Courses and Related Areas

Choose six (6) additional supporting credits at the 400 level, in consultation with an adviser, from University-wide offerings that provide relevance to this option. No more than three (3) credits may be NUTR 496. See program list of recommended courses.

Nutritional Physiology and Biochemistry Option (66-67 credits)

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 110</td>
<td>Biology: Basic Concepts and Biodiversity</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 162</td>
<td>Human Anatomy and Physiology I - Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 164</td>
<td>Human Anatomy and Physiology II - Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>BIOL 230W</td>
<td>Biology: Molecules and Cells</td>
<td>4</td>
</tr>
<tr>
<td>BMB 212</td>
<td>Elementary Biochemistry Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 110</td>
<td>Chemical Principles I</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 111</td>
<td>Experimental Chemistry I</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 112</td>
<td>Chemical Principles II</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 113</td>
<td>Experimental Chemistry II</td>
<td>1</td>
</tr>
<tr>
<td>MATH 140</td>
<td>Calculus With Analytic Geometry I</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 175Z</td>
<td>Healthy Food for All: Factors that Influence What we Eat in the US</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 211R</td>
<td>Applying Biochemistry to Nutrition</td>
<td>1</td>
</tr>
<tr>
<td>NUTR 358</td>
<td>Assessment of Nutritional Status</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 452</td>
<td>Nutritional Aspects of Disease</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 490W</td>
<td>Nutrition Seminar</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 250</td>
<td>Introductory Physics I</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 251</td>
<td>Introductory Physics II</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 202</td>
<td>Fundamentals of Organic Chemistry I</td>
<td>6</td>
</tr>
<tr>
<td>CHEM 210</td>
<td>Organic Chemistry I</td>
<td></td>
</tr>
<tr>
<td>CHEM 212</td>
<td>Organic Chemistry II</td>
<td></td>
</tr>
<tr>
<td>MICR 106</td>
<td>Elementary Microbiology</td>
<td>4</td>
</tr>
<tr>
<td>MICR 107</td>
<td>Elementary Microbiology</td>
<td>5</td>
</tr>
<tr>
<td>MICR 201</td>
<td>Introductory Microbiology Laboratory</td>
<td></td>
</tr>
<tr>
<td>MICR 202</td>
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<tr>
<td>NUTR 421</td>
<td>Biocultural Perspectives on Public Health Nutrition</td>
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<tr>
<td>NUTR 425</td>
<td>Global Nutrition Problems: Health, Science, and Ethics</td>
<td></td>
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Supporting Courses and Related Areas

Additional Courses: Require a grade of C or better

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<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>NUTR 496</td>
<td>Nutrition Seminar</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 496</td>
<td>Introduction to Human Development and Family Studies</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 496</td>
<td>Introductory Psychology</td>
<td>3</td>
</tr>
</tbody>
</table>

Supporting Courses and Related Areas

Select 9 credits, in consultation with an adviser, from University-wide offerings that provide relevance to this option. See program list of recommended courses. (At least 6 credits must be at the 400 level and, of those, no more than 3 credits may be NUTR 496.) Three (3) credits may be substituted with credits earned through ROTC.

Global Health and Nutrition Policy

Students must choose six (6) credits from the courses listed:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>AEE 465</td>
<td>Leadership Practices: Power, Influences, and Impact</td>
<td>6</td>
</tr>
<tr>
<td>BBH/AFAM</td>
<td>Diversity and Health</td>
<td></td>
</tr>
<tr>
<td>BBH 305</td>
<td>Introduction to Global Health Issues</td>
<td></td>
</tr>
<tr>
<td>BBH 316</td>
<td>Foundations and Principles of Health Promotion</td>
<td></td>
</tr>
<tr>
<td>BBH 407</td>
<td>Global Health Equity</td>
<td></td>
</tr>
<tr>
<td>BBH/WMNST/</td>
<td>Women's Health Issues</td>
<td></td>
</tr>
<tr>
<td>NURS 452</td>
<td>Supporting Courses and Related Areas</td>
<td></td>
</tr>
</tbody>
</table>

Additional Courses

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<thead>
<tr>
<th>Code</th>
<th>Title</th>
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<tbody>
<tr>
<td>BIO 1183</td>
<td>Biology: Basic Concepts and Biodiversity</td>
<td>4</td>
</tr>
<tr>
<td>BIO 162</td>
<td>Human Anatomy and Physiology I - Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>BIO 230W</td>
<td>Biology: Molecules and Cells</td>
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<td>BMB 212</td>
<td>Elementary Biochemistry Laboratory</td>
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<td>CHEM 110</td>
<td>Chemical Principles I</td>
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<td>MICR 106</td>
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</tr>
</tbody>
</table>
Select 9 credits, in consultation with an adviser, from University-wide offerings that provide relevance to this option. Students need to complete at least three (3) credits that cover the topic of ethics. At least six (6) credits must be at the 400 level with no more than three (3) credits of NUTR 496. See program list of recommended courses. Three (3) credits may be substituted with credits earned through ROTC.

General Education
Connecting career and curiosity, the General Education curriculum provides the opportunity for students to acquire transferable skills necessary to be successful in the future and to thrive while living in interconnected contexts. General Education aids students in developing intellectual curiosity, a strengthened ability to think, and a deeper sense of aesthetic appreciation. These are requirements for all baccalaureate students and are often partially incorporated into the requirements of a program. For additional information, see the General Education Requirements (https://bulletins.psu.edu/undergraduate/general-education/baccalaureate-degree-general-education-program/) section of the Bulletin and consult your academic adviser.

The keystone symbol appears next to the title of any course that is designated as a General Education course. Program requirements may also satisfy General Education requirements and vary for each program.

Foundations (grade of C or better is required and Inter-Domain courses do not meet this requirement.)
- Quantification (GQ): 6 credits
- Writing and Speaking (GWS): 9 credits

Breadth in the Knowledge Domains (Inter-Domain courses do not meet this requirement.)
- Arts (GA): 3 credits
- Health and Wellness (GHW): 3 credits
- Humanities (GH): 3 credits
- Social and Behavioral Sciences (GS): 3 credits
- Natural Sciences (GN): 3 credits

Integrative Studies
- Inter-Domain Courses (Inter-Domain): 6 credits

Exploration
- GN, may be completed with Inter-Domain courses: 3 credits
- GA, GH, GN, GS, Inter-Domain courses. This may include 3 credits of World Language course work beyond the 12th credit level or the requirements for the student’s degree program, whichever is higher: 6 credits

University Degree Requirements
First Year Engagement
All students enrolled in a college or the Division of Undergraduate Studies at University Park, and the World Campus are required to take 1 to 3 credits of the First-Year Seminar, as specified by their college First-Year Engagement Plan.

Other Penn State colleges and campuses may require the First-Year Seminar; colleges and campuses that do not require a First-Year Seminar provide students with a first-year engagement experience.

First-year baccalaureate students entering Penn State should consult their academic adviser for these requirements.

Cultures Requirement
6 credits are required and may satisfy other requirements
- United States Cultures: 3 credits
- International Cultures: 3 credits

Writing Across the Curriculum
3 credits required from the college of graduation and likely prescribed as part of major requirements.

Total Minimum Credits
A minimum of 120 degree credits must be earned for a baccalaureate degree. The requirements for some programs may exceed 120 credits. Students should consult with their college or department adviser for information on specific credit requirements.

Quality of Work
Candidates must complete the degree requirements for their major and earn at least a 2.00 grade-point average for all courses completed within their degree program.

Limitations on Source and Time for Credit Acquisition
The college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. Credit used toward degree programs may need to be earned from a particular source or within time constraints (see Senate Policy 83-80 (https://senate.psu.edu/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/#83-80)). For more information, check the Suggested Academic Plan for your intended program.

Integrated B.S. in Nutritional Sciences and M.P.S. in Nutritional Sciences
Requirements for the Integrated B.S. in Nutritional Sciences and M.P.S. in Nutritional Sciences can be found in the Graduate Bulletin (https://bulletins.psu.edu/graduate/programs/majors/nutritional-sciences/). For more information, check the Integrated Undergraduate-Graduate Program Text.

Integrated B.S. in Nutritional Sciences and M.P.H. in Public Health
Requirements for the Integrated B.S. in Nutritional Sciences and M.P.H. in Public Health can be found in the Graduate Bulletin (https://bulletins.psu.edu/graduate/programs/majors/public-health/).

Program Learning Objectives
- Explain the role of chemical, biochemical, microbiological, and physiological processes and demonstrate how they interrelate with the body's utilization of nutrients and food components during digestion, absorption, metabolism, and excretion.
- Describe and apply the functions and interrelationships of nutrients and food in human health, disease prevention, and disease states.
- Describe food and nutrition programs that contribute to the continuum of nutrition services to improve the health of our population: preconception to old age.
- Apply leadership and management theory within the healthcare and food service management systems.
• Integrate the biological, behavioral, socioeconomic and environmental factors related to food and nutrient intakes and needs across the lifespan.
• Interpret and evaluate nutrition standards and analyze nutritional assessment data to make evidence-based decisions.
• Locate, interpret, and evaluate research findings and professional literature to explain implications, limitations, and applications to practice.
• Demonstrate effective and professional technical and scientific written communication skills using various media formats.
• Demonstrate effective and professional technical and scientific oral communication skills using various media formats.

### Academic Advising

The objectives of the university’s academic advising program are to help advisees identify and achieve their academic goals, to promote their intellectual discovery, and to encourage students to take advantage of both in-and out-of class educational opportunities in order that they become self-directed learners and decision makers.

Both advisers and advisees share responsibility for making the advising relationship succeed. By encouraging their advisees to become engaged in their education, to meet their educational goals, and to develop the habit of learning, advisers assume a significant educational role. The advisee’s unit of enrollment will provide each advisee with a primary academic adviser, the information needed to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (https://senate.psu.edu/policies-and-rules-for-undergraduate-students/32-00-advising-policy/)

### University Park

**Joanna Maatta**
Nutritional Sciences Adviser
110 Chandlee Laboratory
University Park, PA 16802
814-863-5826
nutrsci@psu.edu

### Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2023-24 academic year. To access previous years' suggested academic plans, please visit the archive (https://bulletins.psu.edu/undergraduate/archive/) to view the appropriate Undergraduate Bulletin edition (Note: the archive only contains suggested academic plans beginning with the 2018-19 edition of the Undergraduate Bulletin).

### Behavioral Nutrition and Public Health Option: Nutritional Sciences, B.S. at University Park Campus

The course series listed below provides only one of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an Academic Requirements or What If report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

<table>
<thead>
<tr>
<th>Suggested Academic Plan</th>
<th>Fall Credits</th>
<th>Spring Credits</th>
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<tbody>
<tr>
<td>First Year</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fall</strong></td>
<td><strong>Credits</strong></td>
<td><strong>Credits</strong></td>
</tr>
<tr>
<td>BIOL 161 (GN)†</td>
<td>3</td>
<td>NUTR 251 (GHW)†</td>
</tr>
<tr>
<td>BIOL 162 (GN)†</td>
<td>1</td>
<td>BIOL 163 (GN)†</td>
</tr>
<tr>
<td>NUTR 175N (US)</td>
<td>3</td>
<td>BIOL 164 (GN)†</td>
</tr>
<tr>
<td>GQ per ALEKS score (GQ)†2</td>
<td>3</td>
<td>ECON 102, 104, or AGBM 101</td>
</tr>
<tr>
<td>General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended)†1</td>
<td>3</td>
<td>Select 3-4 credits of Electives (Suggest NUTR 170)</td>
</tr>
<tr>
<td>PSU First-Year Seminar (elective) and HHD thematic seminar (elective)</td>
<td>2</td>
<td>General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended)†1</td>
</tr>
<tr>
<td><strong>Second Year</strong></td>
<td><strong>Credits</strong></td>
<td><strong>Credits</strong></td>
</tr>
<tr>
<td><strong>Fall</strong></td>
<td><strong>Credits</strong></td>
<td><strong>Credits</strong></td>
</tr>
<tr>
<td>CHEM 110 or 1302</td>
<td>3</td>
<td>CHEM 202 or 2103</td>
</tr>
<tr>
<td>PSYCH 100 or HDFS 129 (GS)†</td>
<td>3</td>
<td>STAT 200 or 250 (GQ)††</td>
</tr>
<tr>
<td>NUTR 360</td>
<td>3</td>
<td>NUTR 361 (US)‡</td>
</tr>
<tr>
<td>General Education Course (GH)</td>
<td>3</td>
<td>General Education Course (Exploration)</td>
</tr>
<tr>
<td><strong>Third Year</strong></td>
<td><strong>Credits</strong></td>
<td><strong>Credits</strong></td>
</tr>
<tr>
<td><strong>Fall</strong></td>
<td><strong>Credits</strong></td>
<td><strong>Credits</strong></td>
</tr>
<tr>
<td>BMB 211†</td>
<td>3</td>
<td>NUTR 320</td>
</tr>
<tr>
<td>NUTR 211R</td>
<td>1</td>
<td>NUTR 425 (IL) or select 3 credits from one of the two themes in consultation with academic adviser †4</td>
</tr>
<tr>
<td>NUTR 358</td>
<td>3</td>
<td>NUTR 445*</td>
</tr>
<tr>
<td>NUTR 421 (IL) or select 3 credits from one of the two themes in consultation with academic adviser †4</td>
<td>3</td>
<td>Select 3 credits from one of the two themes in consultation with academic adviser</td>
</tr>
<tr>
<td>General Education Course (Integrative Studies)</td>
<td>3</td>
<td>General Education Course (GWS) (ENGL 202A or ENGL 202C recommended)††</td>
</tr>
<tr>
<td><strong>Fourth Year</strong></td>
<td><strong>Credits</strong></td>
<td><strong>Credits</strong></td>
</tr>
<tr>
<td><strong>Fall</strong></td>
<td><strong>Credits</strong></td>
<td><strong>Credits</strong></td>
</tr>
<tr>
<td>NUTR 446*</td>
<td>3</td>
<td>NUTR 451*</td>
</tr>
<tr>
<td>BBH 440 or HPA 440 (US/IL)†</td>
<td>3</td>
<td>NUTR 452</td>
</tr>
<tr>
<td>Select 3 credits from one of the two themes in consultation with academic adviser</td>
<td>3</td>
<td>NUTR 490W†</td>
</tr>
<tr>
<td>Select 3 credits of 400-level selection in consultation with academic adviser †4</td>
<td>3</td>
<td>Select 3 credits from one of the two themes in consultation with academic adviser</td>
</tr>
<tr>
<td><strong>Credits</strong></td>
<td><strong>Credits</strong></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>16</td>
<td></td>
</tr>
</tbody>
</table>

**Nutritional Sciences, B.S.**

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* † ‡ †‡ †† †‡† †‡‡ †‡†1 †‡‡1 †‡†2 †‡‡2 †‡†3 †‡‡3 †‡†4 †‡‡4 †‡†5

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**Note:** The archive only contains suggested academic plans. For access to previous editions, please visit the archive (https://bulletins.psu.edu/undergraduate/archive/). The Undergraduate Bulletin edition (Note: the archive only contains suggested academic plans beginning with the 2018-19 edition of the Undergraduate Bulletin).
Select 3 credits of 400-level selection in consultation with academic adviser

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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<tbody>
<tr>
<td>3 General Education Course</td>
<td>3</td>
</tr>
<tr>
<td>(Integrative Studies)</td>
<td></td>
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</tbody>
</table>

Total Credits 120-122

* Course requires a grade of C or better for the major
‡ Course requires a grade of C or better for General Education
# Course is an Entrance to Major requirement
† Course satisfies General Education and degree requirement

1 Schreyer Honors College first year students at University Park will take ENGL/CAS 137H in the fall semester and ENGL/CAS 138T in the spring semester. These courses carry GWS designation and replace both ENGL 30 and CAS 100. Each course is 3 credits. At the discretion of the college, ENGL/CAS 138T satisfies the first-year seminar requirement.

2 Enforced MATH prerequisites for Chemistry: CHEM 110 - ALEKS score > 61 or completion of MATH 22; CHEM 130 ALEKS score > 46 or completion of MATH 21. If ALEKS score is not in the needed range, elective credits should be used for MATH preparation.

3 Students must complete CHEM 110 and CHEM 112 before enrolling in CHEM 210.

4 Students should take either NUTR 421 or NUTR 425.

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

All incoming Schreyer Honors College first-year students at University Park will take ENGL 137H/CAS 137H in the fall semester and ENGL 138T/CAS 138T in the spring semester. These courses carry the GWS designation and replace both ENGL 30H and CAS 100. Each course is 3 credits.

Advising Notes:

Scheduling patterns for courses not taught each semester:

- Courses taught spring semester only – NUTR 170 (suggested, not required), NUTR 425.
- Courses taught fall semester only – NUTR 421.
Behavioral Nutrition and Public Health Option: Nutritional Sciences, B.S. at Commonwealth Campuses

The course series listed below provides only one of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an Academic Requirements or What If report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

### First Year

<table>
<thead>
<tr>
<th>Semester</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>Fall</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BIOL 161 (GN)†</td>
<td>3</td>
<td>NUTR 251 (GHW)††</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 162 (GN)†</td>
<td>1</td>
<td>BIOL 163 (GN)††</td>
<td>3</td>
</tr>
<tr>
<td>PSYCH 100 or HDFS 129 (GS)†</td>
<td>3</td>
<td>BIOL 164 (GN)‡</td>
<td>1</td>
</tr>
<tr>
<td>GQ per ALEKS score‡‡</td>
<td>3</td>
<td>ECON 102, 104, or AGBM 101</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended)‡‡†</td>
<td>3</td>
<td>General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended)‡‡†</td>
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</tr>
<tr>
<td>First-Year Seminar (elective)</td>
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<td>General Education Course (Exploration)</td>
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<td><strong>Total Credits 14-16</strong></td>
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<table>
<thead>
<tr>
<th>Semester</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
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<tr>
<td>Second Year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fall</td>
<td>Credits</td>
<td>Spring</td>
<td>Credits</td>
</tr>
<tr>
<td>CHEM 110 or 130§</td>
<td>3</td>
<td>CHEM 202 or 210§</td>
<td>3</td>
</tr>
<tr>
<td>BBH 101</td>
<td>3</td>
<td>STAT 200 or 250 (GQ)‡‡</td>
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<tr>
<td>Select 3-4 credits of Electives</td>
<td>3-4</td>
<td>NUTR 360 (through DLC)</td>
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<tr>
<td>General Education Course (GH)</td>
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<td>General Education Course (GWS) (ENGL 202A or ENGL 202C recommended)‡‡†</td>
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<td>General Education Course (GA)</td>
<td>3</td>
<td>General Education Course (Integrative Studies)</td>
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<td><strong>Total Credits 15-16</strong></td>
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<td><strong>15-16</strong></td>
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<table>
<thead>
<tr>
<th>Semester</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>Third Year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fall</td>
<td>Credits</td>
<td>Spring</td>
<td>Credits</td>
</tr>
<tr>
<td>BBM 211*</td>
<td>3</td>
<td>NUTR 320</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 175N (US)†</td>
<td>3</td>
<td>NUTR 358</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 211R</td>
<td>1</td>
<td>NUTR 425 (IL) or Select 3 credits from one of the two themes in consultation with academic adviser‡‡</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 361 (US)‡</td>
<td>3</td>
<td>NUTR 445§</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 421 (IL) or Select 3 credits from one of the two themes in consultation with academic adviser‡‡</td>
<td>3</td>
<td>Select 3 credits from one of the two themes in consultation with academic adviser</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total Credits 13</strong></td>
<td><strong>13</strong></td>
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<table>
<thead>
<tr>
<th>Semester</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>Fourth Year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fall</td>
<td>Credits</td>
<td>Spring</td>
<td>Credits</td>
</tr>
<tr>
<td>NUTR 446‡</td>
<td>3</td>
<td>NUTR 451†</td>
<td>3</td>
</tr>
<tr>
<td><strong>Total Credits 119-121</strong></td>
<td><strong>119-121</strong></td>
<td><strong>119-121</strong></td>
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</tbody>
</table>

* Course requires a grade of C or better for the major
† Course requires a grade of C or better for General Education
‡ Course is an Entrance to Major requirement
† Course satisfies General Education and degree requirement
‡‡ Students should take either NUTR 421 or NUTR 425.
§ Students must complete CHEM 110 and CHEM 112 before enrolling in CHEM 210.

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of ‘C’ or better.

Advising Notes:

Scheduling patterns for courses not taught each semester:

- Courses taught spring semester only – NUTR 170 (suggested, not required), NUTR 425.
- Courses taught fall semester only – NUTR 421.
• NUTR 175N: If it is taught at a commonwealth campus, students can take this in the second year prior to transferring to UP.
Nutritional Physiology and Biochemistry
Option: Nutritional Sciences, B.S. at All Campuses

The course series listed below provides only one of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an Academic Requirements or What If report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

<table>
<thead>
<tr>
<th>First Year</th>
<th>Fall Credits</th>
<th>Spring Credits</th>
<th>Total Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 110 &amp; CHEM 111 (GN)†</td>
<td>4 CHEM 112 &amp; CHEM 113</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>BIOL 110 (GN)†</td>
<td>4 BIOL 161 (GN)†</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>NUTR 175N (US) or select 3 credits of electives in consultation with academic adviser.†</td>
<td>3 BIOL 162</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>General Education Course (GWS) (ENG 15, ENG 30H, ESL 15, ENG/CAS 137H recommended)††</td>
<td>3 NUTR 251 (GHW)††</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>NUTR 175N (US) or select 3 credits of electives in consultation with academic adviser.†</td>
<td>3 BIOL 162</td>
<td>1</td>
<td>4</td>
</tr>
<tr>
<td>General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENG/CAS 138T recommended)††</td>
<td>3 NUTR 251 (GHW)††</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>First Year Seminar (elective)</td>
<td>1 General Education Course (GH)</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENG/CAS 138T recommended)††</td>
<td>3 NUTR 251 (GHW)††</td>
<td>3</td>
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<tr>
<td><strong>Total Credits</strong></td>
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<td><strong>17</strong></td>
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<table>
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<th>Second Year</th>
<th>Fall Credits</th>
<th>Spring Credits</th>
<th>Total Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 202 or 210</td>
<td>3 CHEM 203 or 212</td>
<td>3</td>
<td>6</td>
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<td>MICRB 106 and MICRB 107 or MICRB 201 and MICRB 202</td>
<td>4-5 BIOL 230W</td>
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<tr>
<td>MATH 140 (GQ)‡</td>
<td>4 STAT 200 or 250 (GQ)‡</td>
<td>3-4</td>
<td>7-8</td>
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<td>BIOL 163‡</td>
<td>3 General Education Course (GA)</td>
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<td>3</td>
</tr>
<tr>
<td>BIOL 164</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total Credits</strong></td>
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<td><strong>13-14</strong></td>
<td><strong>28-30</strong></td>
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<th>Fall Credits</th>
<th>Spring Credits</th>
<th>Total Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMB 211*</td>
<td>3 NUTR 445*</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>BMB 212</td>
<td>1 PHYS 251</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>NUTR 211R</td>
<td>1 NUTR 358</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 250</td>
<td>4 NUTR 425 (IL) or General Education Course (GS)13</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>NUTR 175N (US) or select 3 credits of electives in consultation with academic adviser.</td>
<td>3 General Education Course (GWS) (ENG 202C recommended)††</td>
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<tr>
<td><strong>Total Credits</strong></td>
<td><strong>12</strong></td>
<td><strong>16</strong></td>
<td><strong>28</strong></td>
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<table>
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<tr>
<th>Fourth Year</th>
<th>Fall Credits</th>
<th>Spring Credits</th>
<th>Total Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTR 446*</td>
<td>3 NUTR 451*</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td><strong>Total Credits</strong></td>
<td><strong>3</strong></td>
<td><strong>6</strong></td>
<td><strong>9</strong></td>
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</tbody>
</table>

### University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of ‘C’ or better.

All incoming Schreyer Honors College first-year students at University Park will take ENGL/CAS 137H in the fall semester and ENGL/CAS 138T in the spring semester. These courses carry GWS designation and replace both ENGL 303 and CAS 100. Each course is 3 credits. At the discretion of the college, ENGL/CAS 138T satisfies the first-year seminar requirement.

### Scheduling patterns for courses not taught each semester:

Schreyer Honors College first year students at University Park will take ENGL/CAS 137H in the fall semester and ENGL/CAS 138T in the spring semester. These courses carry GWS designation and replace both ENGL 030 and CAS 100. Each course is 3 credits. At the discretion of the college, ENGL/CAS 138T satisfies the first-year seminar requirement.

Enforced MATH prerequisites for Chemistry: CHEM 110 - ALEKS score > 61 or completion of MATH 22. If ALEKS score is not in the needed range, elective credits should be used for MATH preparation.

Schreyer Honors College first year students at University Park will take ENGL/CAS 137H in the fall semester and ENGL/CAS 138T in the spring semester. These courses carry GWS designation and replace both ENGL 303 and CAS 100. Each course is 3 credits.

### Advising Notes:

What If
• Courses taught spring semester only – NUTR 170 (suggested, not required), NUTR 425.
• Courses taught fall semester only – NUTR 421.

If NUTR 175N is offered at your commonwealth campus, students are advised to take 175N at the campus before coming to UP.
Nutritional Sciences, B.S.

Nutrition and Dietetics Option: Nutritional Sciences, B.S. at University Park Campus

The course series listed below provides only one of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an Academic Requirements or What If report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>GQ per ALEKS score†‡‡</td>
<td>3 NUTR 251 (GHW) †‡</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>BIOL 161 &amp; BIOL 162 (GN) †‡‡</td>
<td>4 BIOL 163 &amp; BIOL 164 (GN) †‡‡</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>General Education Course (advise NUTR 175N for Integrative Studies)</td>
<td>3 NUTR 170 (suggested supporting class)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/ CAS 137H recommended) ††</td>
<td>3 General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/ CAS 138T recommended) ††</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>PSU First-Year Seminar (elective) and HHD thematic seminar (elective)</td>
<td>2 PSYCH 100 or HDFS 129 (GS) †</td>
<td>3</td>
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</table>

Second Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 110 or 130‡</td>
<td>3 CHEM 202 or 210†</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>NUTR 360</td>
<td>3 STAT 200 or 250 (GQ) †‡</td>
<td>3-4</td>
<td></td>
</tr>
<tr>
<td>MICRB 106 &amp; MICRB 107 (GN) †</td>
<td>4 NUTR 361†</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>General Education Course (Exploration)</td>
<td>3 General Education Course (GA)</td>
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Third Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
<th>Summer</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMB 211*</td>
<td>3 NUTR 358</td>
<td>3 NUTR 495</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NUTR 211R</td>
<td>1 NUTR 391</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NUTR 320</td>
<td>4 NUTR 445*</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NUTR 386</td>
<td>3 HM 330</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HM 230</td>
<td>3 General Education Course (GWS) (ENGL 202A or ENGL 202C recommended) ††</td>
<td>3</td>
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Fourth Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTR 393</td>
<td>1 NUTR 451*</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>NUTR 400</td>
<td>2 NUTR 453</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>NUTR 446*</td>
<td>3 NUTR 490W</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>NUTR 452</td>
<td>3 Select 3 credits from 400-level supporting courses in consultation with an academic adviser †</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>General Education Course (Integrative Studies)</td>
<td>3 Select 3 credits from supporting courses in consultation with an academic adviser †</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Select 3 credits from 400-level supporting courses in consultation with an academic adviser †</td>
<td>3</td>
<td></td>
<td></td>
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</tbody>
</table>

Total Credits 121-122

* Course requires a grade of C or better for the major
†‡ Course requires a grade of C or better for General Education
# Course is an Entrance to Major requirement
† Course satisfies General Education and degree requirement

† All incoming Schreyer Honors College first year students at University Park will take ENGL/CAS 137H in the fall semester and ENGL/CAS138T
in the spring semester. These courses carry GWS designation and replace ENGL 15/30 and CAS 100. Each course is 3 credits. At the discretion of the college, ENGL/CAS 138T satisfies the first-year seminar requirement.

2 Enforced MATH prerequisites for Chemistry: CHEM 110 - ALEKS score > 61 or completion of MATH 22; CHEM 130 ALEKS score > 46 or completion of MATH 21. If ALEKS score is not in the needed range, elective credits should be used for MATH preparation.

3 Students must complete CHEM 110 and CHEM 112 before enrolling in CHEM 210.

4 Supporting Course List: https://hhd.psu.edu/nutrition/supporting-courses (https://hhd.psu.edu/nutrition/supporting-courses/).

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

All incoming Schreyer Honors College first-year students at University Park will take ENGL 137H/CAS 137H in the fall semester and ENGL 138T/CAS 138T in the spring semester. These courses carry the GWS designation and replace both ENGL 30H and CAS 100. Each course is 3 credits.

Advising Notes:

Scheduling patterns for courses not taught each semester:

- Courses taught fall semester only – NUTR 386, NUTR 421.
- Courses taught spring semester only – NUTR 170 (suggested, not required), NUTR 391, NUTR 425.
# Nutrition and Dietetics Option: Nutritional Sciences, B.S. at Commonwealth Campuses

The course series listed below provides only one of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an Academic Requirements or What If report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

## First Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>GQ per ALEKS score†&lt;sup&gt;2&lt;/sup&gt;</td>
<td>3</td>
<td>NUTR 251 (GHW)††</td>
<td>3</td>
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<tr>
<td>BIOL 161 &amp; BIOL 162 (GN)&lt;sup&gt;†&lt;/sup&gt;</td>
<td>4</td>
<td>BIOL 163 &amp; BIOL 164 (GN)&lt;sup&gt;†&lt;/sup&gt;</td>
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</tr>
<tr>
<td>PSYCH 100 or HDFS 129 (GS)&lt;sup&gt;†&lt;/sup&gt;</td>
<td>3</td>
<td>General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended)&lt;sup&gt;†&lt;/sup&gt;</td>
<td>3</td>
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### General Education Course (GWS)
ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended)<sup>†</sup>

<table>
<thead>
<tr>
<th>Credits</th>
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<tbody>
<tr>
<td>First-Year Seminar (elective)</td>
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## Second Year

<table>
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<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
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<tbody>
<tr>
<td>CHEM 110 or 130&lt;sup&gt;‡&lt;/sup&gt;</td>
<td>3</td>
<td>CHEM 202 or 210&lt;sup&gt;‡&lt;/sup&gt;</td>
<td>3</td>
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<tr>
<td>MICRB 106 &amp; MICRB 107 (GN)&lt;sup&gt;†&lt;/sup&gt;</td>
<td>4</td>
<td>STAT 200 or 250 (GQ)&lt;sup&gt;‡&lt;/sup&gt;</td>
<td>3-4</td>
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<tr>
<td>General Education Course (GH)</td>
<td>3</td>
<td>General Education Course (GWS) (ENGL 202A or ENGL 202C recommended)&lt;sup&gt;‡&lt;/sup&gt;</td>
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<table>
<thead>
<tr>
<th>Credits</th>
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<tbody>
<tr>
<td>General Education Course (Exploration)</td>
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## Third Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
<th>Summer</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTR 211R</td>
<td>1</td>
<td>NUTR 391</td>
<td>2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NUTR 320</td>
<td>4</td>
<td>NUTR 445&lt;sup&gt;†&lt;/sup&gt;</td>
<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NUTR 361 (US)&lt;sup&gt;†&lt;/sup&gt;</td>
<td>3</td>
<td>HM 330</td>
<td>3</td>
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<table>
<thead>
<tr>
<th>Credits</th>
<th>16</th>
<th>15-16</th>
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<tbody>
<tr>
<td>BMB 211&lt;sup&gt;†&lt;/sup&gt;</td>
<td>3</td>
<td>NUTR 358</td>
</tr>
<tr>
<td>HM 230</td>
<td>3</td>
<td>Select 1 credit from supporting courses in consultation with an academic adviser (suggest 1 credit NUTR 170)</td>
</tr>
</tbody>
</table>

| General Education Course (advise NUTR 175N for Integrative Studies) | 3 |

## Fourth Year

<table>
<thead>
<tr>
<th>Fall</th>
<th>Credits</th>
<th>Spring</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTR 386</td>
<td>3</td>
<td>NUTR 360 (through DLC)</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 393</td>
<td>1</td>
<td>NUTR 453</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 400</td>
<td>2</td>
<td>NUTR 490W</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 446&lt;sup&gt;‡&lt;/sup&gt;</td>
<td>3</td>
<td>Select 3 credits from supporting courses in consultation with an academic adviser&lt;sup&gt;4&lt;/sup&gt;</td>
<td>3</td>
</tr>
<tr>
<td>NUTR 452</td>
<td>3</td>
<td>Select 3 credits from 400-level supporting courses in consultation with an academic adviser&lt;sup&gt;4&lt;/sup&gt;</td>
<td>3</td>
</tr>
</tbody>
</table>

| Credits | 14 | 15 | 3 |
Select 3 credits from 400-level supporting courses in consultation with an academic adviser.

<table>
<thead>
<tr>
<th>15</th>
<th>15</th>
</tr>
</thead>
</table>

**Total Credits 120-121**

* Course requires a grade of C or better for the major
† Course requires a grade of C or better for General Education
‡ Course is an Entrance to Major requirement
# Course satisfies General Education and degree requirement

1. All incoming Schreyer Honors College first year students at University Park will take ENGL/CAS 137H in the fall semester and ENGL/CAS 138T in the spring semester. These courses carry GWS designation and replace ENGL 15/30 and CAS 100. Each course is 3 credits. At the discretion of the college, ENGL/CAS 138T satisfies the first-year seminar requirement.

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**Advising Notes:**

Scheduling patterns for courses not taught each semester:

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- Courses taught spring semester only – NUTR 170 (suggested, not required), NUTR 391, NUTR 425.

HM 230: If it is taught at a commonwealth campus, students can enroll in the 4th semester prior to coming to UP.

---

**Career Paths**

The multidisciplinary nature of the Nutritional Sciences degree prepares students in our program for a variety of career options and for graduate study in research and advanced professional training.

Students who choose the Nutrition and Dietetics option are well prepared for a post-graduate Dietetics supervised practice program that leads to the Registered Dietitian Nutritionist (RDN) credential. With the RDN, students can pursue careers in clinical dietetics, nutrition counseling, sports nutrition, public-health nutrition and policy, culinary nutrition, the food retail industry, sustainability, and applied research.

Courses taken in the Nutritional Physiology and Biochemistry option provide a strong science foundation for a variety of biomedical and health-related careers. This option is perfect for students interested in furthering their education by applying to medical, dental, physician assistant, chiropractic schools, or to continue their studies in graduate school for Nutritional Sciences. Students may also seek biomedical careers in research, pharmaceutical or other health related industries.

Students in the Behavioral Nutrition and Public Health (BNPH) option are prepared to work in global programs, public health, health promotion and education. Students in this option can also plan their coursework to meet the requirements needed to apply to health-related pre-professional programs (e.g., occupational therapy, nursing, or physician's assistant) Students may choose to attend graduate school in Nutritional Sciences, Public Health or a wide variety of other graduate programs.

**Careers**

Armed with an advanced degree in Nutritional Science (NUTR), you will leverage your Penn State education and a vast network of like-minded professionals to find a fulfilling career that incorporates the physiological and biochemical aspects of nutritional practices in the context of health and wellness.

There is a seemingly endless array of positions in healthcare settings, academia, research, management and/or policymaking in which your skills and knowledge will be put to great use.

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES [https://hhd.psu.edu/nutrition/graduate-program/](https://hhd.psu.edu/nutrition/graduate-program/)

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES OF THE NUTRITIONAL SCIENCES PROGRAM [https://hhd.psu.edu/nutrition/graduate-program/careers/](https://hhd.psu.edu/nutrition/graduate-program/careers/)

**Professional Resources**

- Academy of Nutrition and Dietetics [https://www.eatright.org](https://www.eatright.org)
- American Society for Nutrition [https://nutrition.org](https://nutrition.org)
- Society for Nutrition Behavior and Education [https://sneb.org](https://sneb.org)
- Pennsylvania Academy of Nutrition and Dietetics [https://eatrightpa.org](https://eatrightpa.org)
- American Association of Medical Colleges (allopathic) [https://www.aacmc.org](https://www.aacmc.org)
- American Association of Colleges of Osteopathic Medicine [https://www.aacom.org](https://www.aacom.org)
- American Association of Colleges of Osteopathic Medicine [https://www.adea.org](https://www.adea.org)
- Physician Assistant Education Association [https://www.paeaoonline.org](https://www.paeaoonline.org)
- American Dental Education Association [https://www.adea.org](https://www.adea.org)
- American Association of Colleges of Nursing [https://www.aacnnursing.org](https://www.aacnnursing.org)
• American Association of Schools & Programs of Public Health (https://www.aspph.org)

Accreditation
The Accreditation Council for Education in Nutrition and Dietetics (ACEND) is the accrediting body for the Didactic Program in Dietetics, which is the Nutrition and Dietetics option of the Nutritional Sciences major.

The Pennsylvania State University Didactic Program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics, 120 Riverside Plaza, Suite 2190, Chicago, IL 60606-6995, 312-899-0040, ext 5400.

MORE INFORMATION ABOUT THE ACCREDITATION COUNCIL FOR EDUCATION IN NUTRITION AND DIETETICS (https://eatrightpro.org/acend/)

Professional Licensure/Certification
Many U.S. states and territories require professional licensure/certification to be employed. If you plan to pursue employment in a licensed profession after completing this program, please visit the Professional Licensure/Certification Disclosures by State (https://www.psu.edu/state-licensure-disclosures/) interactive map.

Contact
University Park
DEPARTMENT OF NUTRITIONAL SCIENCES
110 Chandlee Laboratory
University Park, PA 16802
814-863-0806
nutrsci@psu.edu