Common Requirements for the Major (All Options)

<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; 9 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>

Additional Courses

Additional Courses: Require a grade of C or better

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
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</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></td>
</tr>
</tbody>
</table>

Requirements for the Option

Select an option 64-67
Nutritional Sciences, B.S.

**Nutrition and Dietetics Option (64 credits)**

- CHEM 202 Fundamentals of Organic Chemistry I
- NUTR 395 Nutrition Seminar
- NUTR 495 Advanced Field Experience in Nutrition

**Supporting Courses and Related Areas**

- AEE 465 Leadership Practices: Power, Influences, and Impact
- BBH/AFAM 302 Diversity and Health
- BBH 305 Introduction to Global Health Issues
- BBH 316 Foundations and Principles of Health Promotion
- BBH 407 Global Health Equity
- BBH/WMNST/ NURS 452 Women's Health Issues
- COMM 320 Introduction to Advertising
- COMM 370 Public Relations
- GEOG 30N Environment and Society in a Changing World
- HDFS 210Z Ethnicity, Health and Aging
- HPA 101 Introduction to Health Services Organization
- SOC 210Z Social Determinants of Health

**Global Health and Nutrition Policy**

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

- AEE 465 Leadership Practices: Power, Influences, and Impact
- BBH/AFAM 302 Diversity and Health

**Nutritional Physiology and Biochemistry Option (66-67 credits)**

**Prescribed Courses**

- BIOL 110 Biology: Basic Concepts and Biodiversity 4
- BIOL 162 Human Anatomy and Physiology I - Laboratory 1
- BIOL 164 Human Anatomy and Physiology II - Laboratory 1
- BIOL 230W Biology: Molecules and Cells 4
- BMB 212 Elementary Biochemistry Laboratory 1
- CHEM 110 Chemical Principles I 3
- CHEM 111 Experimental Chemistry I 1
- CHEM 112 Chemical Principles II 3
- CHEM 113 Experimental Chemistry II 1
- MATH 140 Calculus With Analytic Geometry I 4
- NUTR 175Z Healthy Food for All: Factors that Influence What we Eat in the US 3
- NUTR 211R Applying Biochemistry to Nutrition 1
- NUTR 358 Assessment of Nutritional Status 3
- NUTR 452 Nutritional Aspects of Disease 3
- NUTR 490W Nutrition Seminar 3
- PHYS 250 Introductory Physics I 4
- PHYS 251 Introductory Physics II 4
- CHEM 202 Fundamentals of Organic Chemistry I 6
- CHEM 210 Organic Chemistry I 3
- CHEM 203 Fundamentals of Organic Chemistry II 6
- CHEM 212 Organic Chemistry II 3
- MICRB 106 Elementary Microbiology 1
- MICRB 201 Introductory Microbiology 4
- MICRB 107 Elementary Microbiology Laboratory 2
- MICRB 202 and Introductory Microbiology Laboratory 4
- NUTR 421 Biocultural Perspectives on Public Health Nutrition 3
- or CHEM 202 Fundamentals of Organic Chemistry I
- or CHEM 210 Organic Chemistry I
- or CHEM 203 Fundamentals of Organic Chemistry II
- or CHEM 212 Organic Chemistry II
- or MICRB 106 Elementary Microbiology
- or MICRB 201 Introductory Microbiology
- or MICRB 202 and Introductory Microbiology Laboratory
- or NUTR 425 Global Nutrition Problems: Health, Science, and Ethics

**Additional Courses**

- CHEM 202 Fundamentals of Organic Chemistry I 3
- HDFS 129 Introduction to Human Development and Family Studies 3
- or PSYCH 100 Introductory Psychology 3

**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.
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 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). For more information, check the Suggested Academic Plan for your intended program.