

NUTRITIONAL SCIENCES, B.S.

Begin Campus: Any Penn State Campus

End Campus: University Park

Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2021-22 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 contain 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.

First Year

Fall	Credits Spring	Credits
BIOL 161 (GN) ^{††}	3 NUTR 251 (GHW) ^{††}	3
BIOL 162 (GN) [†]	1 BIOL 163 (GN) ^{††}	3
PSYCH 100 or HDFS 129 (GS) [†]	3 BIOL 164 (GN) [†]	1
GQ ALEKS Score	3 ECON 102, 104, or AGBM 101	3
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) ^{††1}	3 Select 3-4 credits of Electives (Suggest NUTR 170)	3-4
First-Year Seminar (elective)	1 General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) ^{††1}	3
	14	16-17

Second Year

Fall	Credits Spring	Credits
CHEM 110 or 130 (GN) ^{†2}	3 CHEM 202 or 210 ³	3
NUTR 175Z	3 STAT 200 or 250 (GQ) ^{††}	3-4
NUTR 360	3 NUTR 361 (US) [†]	3
General Education Course (GH)	3 BBH 101	3
General Education Course (GS)	3 General Education Course (GA)	3
	15	15-16

Third Year

Fall	Credits Spring	Credits
BMB 211 [*]	3 NUTR 358	3

NUTR 211R	1 NUTR 425 (IL) or Select 3 credits from one of the two themes in consultation with academic adviser. ⁵	3
NUTR 320	4 NUTR 445 [*]	3
NUTR 421 (IL/US) or Select 3 credits from one of the two themes in consultation with academic adviser. ⁵	3 Select 3 credits from one of the two themes in consultation with academic adviser	3
General Education Course (GH) ⁴	3 General Education Course (GWS) (ENGL 202C recommended) [†]	3
	14	15

Fourth Year

Fall	Credits Spring	Credits
NUTR 446 [*]	3 NUTR 452	3
NUTR 451 [*]	3 NUTR 490W [†]	3
BBH 440 or HPA 440	3 Select 3 credits from one of the two themes in consultation with academic adviser ⁵	3
Select 3 credits from one of the two themes in consultation with academic adviser ⁵	3 Select 3 credits of 400-level selection in consultation with academic adviser ⁵	3
Select 3 credits of 400-level selection in consultation with academic adviser ⁵	3 General Education Course (GA)	3
	15	15

Total Credits 119-121

* 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 Schreyer Honors College freshmen 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 Within the 30 credits of required General Education Domain courses, students must take 6 credits of Integrative Studies courses (Inter-domain or Linked courses). Students should consult with their academic adviser to select appropriate courses.

5 Take either NUTR 421, NUTR 425 or a course from the List of Themed Courses and Supporting Courses at: <https://hhd.psu.edu/nutrition/supporting-courses/>.

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy University 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.

GWS, GQ, GHW, GN, GA, GH, and GS are abbreviations used to identify General Education program courses. General Education includes Foundations (GWS and GQ) and Knowledge Domains (GHW, GN, GA, GH, GS, and Integrative Studies). Foundations courses (GWS and GQ) require a grade of 'C' or better.

Integrative Studies courses are required for the General Education program. N is the suffix at the end of a course number used to designate an Inter-Domain course and Z is the suffix at the end of a course number used to designate a Linked course.

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 358, 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

Fall	Credits Spring	Credits
BIOL 161 (GN) ^{*†}	3 NUTR 251 (GHW) ^{*†}	3
BIOL 162 (GN) [†]	1 BIOL 163 (GN) ^{*†}	3
PSYCH 100 or HDFS 129 (GS) [†]	3 BIOL 164 (GN) [†]	1
GQ ALEKS Score [†]	3 ECON 102, 104, or AGBM 101	3
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) ^{†1}	3 General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) ^{†1}	3
First-Year Seminar (elective)	1 General Education Course (GS)	3
	14	16

Second Year

Fall	Credits Spring	Credits
CHEM 110 or 130 (GN) ^{†2}	3 CHEM 202 or 210 ³	3
BBH 101	3 STAT 200 or 250 (GQ) ^{*†}	3-4
Select 3 credits from one of the two themes in consultation with academic adviser	3 Select 3 credits from one of the two themes in consultation with academic adviser	3
General Education Course (GH)	3 General Education Course (GWS) (ENGL 202C recommended) [†]	3
General Education Course (GA)	3 General Education Course (GH) ⁴	3
	15	15-16

Third Year

Fall	Credits Spring	Credits
BMB 211 [*]	3 NUTR 320	4
NUTR 175Z	3 NUTR 358	3
NUTR 211R	1 NUTR 361 [†]	3
NUTR 360	3 NUTR 425 (IL) or Select 3 credits from one of the two themes in consultation with academic adviser ⁵	3
NUTR 421 (IL/US) or Select 3 credits from one of the two themes in consultation with academic adviser ⁵	3 NUTR 445 [*]	3
	13	16

Fourth Year

Fall	Credits Spring	Credits
NUTR 446 [*]	3 NUTR 452	3
NUTR 451 [*]	3 NUTR 490W [†]	3
BBH 440 or HPA 440	3 Select 3 credits of 400-level supporting credits in consultation with academic adviser ⁵	3
Select 3 credits from one of the two themes in consultation with academic adviser ⁵	3 Select 3-4 credits of Electives	3-4
Select 3 credits of 400-level supporting credits in consultation with academic adviser ⁵	3 General Education Course (GA)	3
	15	15-16

Total Credits 119-121

* 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 Schreyer Honors College freshmen 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 Within the 30 credits of required General Education Domain courses, students must take 6 credits of Integrative Studies courses (Inter-domain or Linked courses). Students should consult with their academic adviser to select appropriate courses.

⁵ Take either NUTR 421, NUTR 425 or a course from the List of Themed Courses and Supporting Courses at: <https://hhd.psu.edu/nutrition/supporting-courses/>.

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy University 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.

GWS, GQ, GHW, GN, GA, GH, and GS are abbreviations used to identify General Education program courses. General Education includes Foundations (GWS and GQ) and Knowledge Domains (GHW, GN, GA, GH, GS, and Integrative Studies). Foundations courses (GWS and GQ) require a grade of 'C' or better.

Integrative Studies courses are required for the General Education program. N is the suffix at the end of a course number used to designate an Inter-Domain course and Z is the suffix at the end of a course number used to designate a Linked course.

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 358, NUTR 421.

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.

First Year

Fall	Credits	Spring	Credits
CHEM 110 & CHEM 111 (GN) [†]	4	CHEM 112 & CHEM 113 (GN) [†]	4
BIOL 110 (GN) [†]	3	BIOL 161 (GN) ^{**†}	3
Select 3 credits from supporting courses in consultation with academic adviser	3	BIOL 162 (GN) [†]	1
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) ^{†1}	3	NUTR 251 (GHW) ^{**†}	3
First-Year Seminar (elective)	1	PHIL 132 (suggested) or General Education Course (GH) [†]	3
		General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) ^{†1}	3
	15		17

Second Year

Fall	Credits	Spring	Credits
CHEM 202 or 210	3	CHEM 203 or 212	3
MICRB 106 and MICRB 107 or MICRB 201 and MICRB 202 (GN) [†]	4	BIOL 230W (GN) [†]	4
MATH 140 (GQ) ^{††}	3-4	STAT 200 or 250 (GQ) ^{**†}	3-4
BIOL 163 ^{**†}	3	General Education Course (GA)	3
BIOL 164 [†]	1		
	15-16		13-14

Third Year

Fall	Credits	Spring	Credits
BMB 211 [*]	3	NUTR 445 [*]	3
BMB 212	4	PHYS 251 [†]	4
NUTR 211R	3	NUTR 358	3
PHYS 250 [†]	3	NUTR 425 (IL/US) or General Education Course (GS) ⁴	3
NUTR 175Z	3	General Education Course (GWS) (ENGL 202C recommended) [†]	3
NUTR 421 (IL/US) or General Education Course (GS) ⁴	3		
	15		16

Fourth Year

Fall	Credits	Spring	Credits
NUTR 446 [*]	3	NUTR 452 [*]	3
NUTR 451 [*]	3	NUTR 490W [†]	3
Select 3 credits from 400-level supporting courses in consultation with academic adviser	3	Select 3 credits from 400-level supporting courses in consultation with academic adviser	3
General Education Course (GA)	3	Select 3 credits from supporting courses in consultation with academic adviser	3
General Education Course (GH)	3	General Education Course (GS)	3
	15		15

Total Credits 121-123

* 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 freshmen 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.

² 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.

³ Within the 30 credits of required General Education Domain courses, students must take 6 credits of Integrative Studies courses (Inter-domain or Linked courses). Students should consult with their academic adviser to select appropriate courses.

⁴ Students will take either NUTR 425 or NUTR 421.

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Integrative Studies courses are required for the General Education program. N is the suffix at the end of a course number used to designate an Inter-Domain course and Z is the suffix at the end of a course number used to designate a Linked course.

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 358, NUTR 421.

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

Fall	Credits Spring	Credits
GQ per ALEKS score ^{†2}	3 NUTR 251 (GHW) ^{**†}	3
BIOL 161 & BIOL 162 (GN) ^{*#†}	4 BIOL 163 & BIOL 164 (GN) ^{*#†}	4
PSYCH 100 or HDFS 129 (GS) ^{*†}	3 NUTR 170 (suggested supporting class)	1
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) ^{†1}	3 General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) ^{†1}	3
First-Year Seminar (elective)	1 General Education Course (GA)	3
	14	14

Second Year

Fall	Credits Spring	Credits
CHEM 110 or 130 ^{*#†}	3 CHEM 202 or 210 [*]	3
NUTR 360 [*]	3 STAT 200 or 250 (GQ) ^{*†}	3-4
MICRB 106 & MICRB 107 (GN) ^{*†}	4 NUTR 361 ^{*†}	3
General Education Course (GS)	3 General Education Course (GA)	3
Select 3 credits from electives in consultation with an academic adviser	3 General Education Course (GH)	3
	16	15-16

Third Year

Fall	Credits Spring	Credits Summer	Credits
BMB 211 [*]	3 NUTR 445 [*]	3 NUTR 495 [*]	3
NUTR 211R [*]	1 NUTR 358 [*]	3	
NUTR 320 [*]	4 NUTR 391 [*]	2	

NUTR 386 [*]	3 Select 3 credits from supporting courses in consultation with an academic adviser ³	3
HM 329 [*]	3 General Education Course (GWS) (ENGL 202A or ENGL 202C recommended) [†]	3
	14	14

Fourth Year

Fall	Credits Spring	Credits
NUTR 446 [*]	3 NUTR 451 [*]	3
NUTR 393 [*]	1 NUTR 453 [*]	3
NUTR 400 [*]	2 NUTR 490W ^{*†}	3
HM 330 [*]	3 Select 3 credits from 400-level supporting courses in consultation with an academic adviser ³	3
NUTR 452 [*]	3 General Education Course (GH)	3
Select 3 credits from 400-level supporting courses in consultation with an academic adviser ³	3	
	15	15

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 freshmen 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.
- 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 Supporting Course List: <https://hhd.psu.edu/nutrition/supporting-courses/>

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Integrative Studies courses are required for the General Education program. N is the suffix at the end of a course number used to designate an Inter-Domain course and Z is the suffix at the end of a course number used to designate a Linked course.

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 393, NUTR 421.
- Courses taught spring semester only – NUTR 170 (suggested, not required), NUTR 391, NUTR 425.

Within the 30 credits of required General Education Domain courses, students must take 6 credits of Integrative Studies courses (Inter-domain or Linked courses). Students should consult with their academic adviser to select appropriate courses.

Nutrition and Dietetics Option: Nutritional Sciences, B.S. at Commonwealth Campuses

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First Year

Fall	Credits Spring	Credits
GQ per ALEKS score ^{†2}	3 NUTR 251 (GHW) ^{**†}	3
BIOL 161 & BIOL 162 (GN) ^{*#†}	4 BIOL 163 & BIOL 164 (GN) ^{*#†}	4
PSYCH 100 or HDFS 129 (GS) [†]	3 General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/ CAS 138T recommended) ^{†1}	3
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/ CAS 137H recommended) ^{†1}	3 General Education Course (GA)	3
First-Year Seminar (elective)	1	
	14	13

Second Year

Fall	Credits Spring	Credits
CHEM 110 or 130 ^{*#†}	3 CHEM 202 or 210 [*]	3
MICRB 106 & MICRB 107 (GN) ^{*†}	4 STAT 200 or 250 (GQ) ^{*†}	3-4
General Education Course (GH) [*]	3 General Education Course (GWS) (ENGL 202A or ENGL 202C recommended) [†]	3
General Education Course (GS)	3 General Education Course (GA)	3

Select 3 credits from electives in consultation with an academic adviser

3 General Education Course (GH)

Third Year	16	15-16	Credits
Fall	Credits Spring	Credits Summer	
BMB 211 [*]	3 NUTR 445 [*]	3 NUTR 495 [*]	3
NUTR 211R [*]	1 NUTR 391 [*]	2	
NUTR 320 [*]	4 NUTR 358 [*]	3	
NUTR 360 [*]	3 NUTR 361 ^{*†}	3	
HM 329 [*]	3 Select 3-4 credits from supporting courses in consultation with an academic adviser (suggest 1 credit NUTR 170) ³	3-4	
	14	14-15	3

Fourth Year

Fall	Credits Spring	Credits
NUTR 446 [*]	3 NUTR 451 [*]	3
NUTR 393 [*]	1 NUTR 453 [*]	3
NUTR 400 [*]	2 NUTR 490W ^{*†}	3
HM 330 [*]	3 NUTR 452 [*]	3
NUTR 386 [*]	3 Select 3 credits from 400-level supporting courses in consultation with an academic adviser ³	3
Select 3 credits from 400-level supporting courses in consultation with an academic adviser ³	3	
	15	15

Total Credits 119-121

- * 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 freshmen 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 Supporting Course List: <https://hhd.psu.edu/nutrition/supporting-courses> (<https://hhd.psu.edu/nutrition/supporting-courses/>).

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Advising Notes:

Scheduling patterns for courses not taught each semester:

- Courses taught fall semester only – NUTR 386, NUTR 393, NUTR 421.
- Courses taught spring semester only – NUTR 170 (suggested, not required), NUTR 391, NUTR 425.

Within the 30 credits of required General Education Domain courses, students must take 6 credits of Integrative Studies courses (Inter-domain or Linked courses). Students should consult with their academic adviser to select appropriate courses.