

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 2024-25 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.

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 175N (US)	3
BIOL 162 [*]	1 BIOL 163 (GN) ^{**†}	3
NUTR 251 (GHW) ^{**†}	3 BIOL 164 [*]	1
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) ^{††1}	3 BBH 101	3
First-Year Seminar	1-2 GQ per ALEKS score ²	3
General Education Course (GA)	3 General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) ^{††1}	3
14-15		16

Second Year

Fall	Credits Spring	Credits
CHEM 110 or 130 (GN) ^{†2}	3 NUTR 361	3
PSYCH 100 or HDFS 129 (GS) [†]	3 General Education Course (Exploration)	3
NUTR 360	3 General Education Course (Integrative Studies - Inter-Domain)	3
General Education Course (GH)	3 Select course in Food, Nutrition, and Sustainability in consultation with adviser	3
ECON 102, 104, or AGBM 101	3 Select course in Global Health and Nutrition Policy in consultation with adviser	3
15		15

Third Year

Fall	Credits Spring	Credits
NUTR 358	3 NUTR 452 [*]	3

NUTR 372	3 NUTR 421 or 425 ³	0-3
NUTR 421 or 425 ³	0-3 STAT 200 or 250 (GQ) ^{**††}	3-4
Select course in Food, Nutrition, and Sustainability in consultation with adviser	3 Elective	6
General Education Course (GWS) (ENGL 202A or ENGL 202C recommended)	3 General Education Course (Exploration) [†]	3
General Education Course (Integrative Studies - Inter-Domain)	3	

15-18 **15-19**

Fourth Year

Fall	Credits Spring	Credits
NUTR 490W [*]	3 NUTR 451 [*]	3
BBH/HPA 440	3 Select course in Global Health and Nutrition Policy in consultation with adviser	3
NUTR 409	3 Select supporting courses 400 level in consultation with adviser	6
Elective	3 Elective	3
Select supporting course 400 level in consultation with adviser	3	
15		15

Total Credits 120-128

* 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 need to take either NUTR 421, offered in the Fall semester, or NUTR 425, offered in the Spring semester.

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 satisfy a portion of that General Education requirement. If the student's program prescribes GWS these courses will replace both ENGL 15/ENGL 30H and CAS 100A/CAS 100B/CAS 100C. Each course is 3 credits.

Advising Notes:

- HHD allows up to 6 credits from ROTC study to be counted toward General Education and major requirements. Some programs allow additional ROTC credits to be used for degree requirements.

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 per ALEKS score ^{††2}	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 (Exploration)	3
	14	16

Second Year

Fall	Credits Spring	Credits
CHEM 110 or 130 ²	3 CHEM 202 or 210 ³	3
BBH 101	3 STAT 200 or 250 (GQ) ^{††}	3-4
Select 3-4 credits of Electives	3-4 NUTR 360 (through DLC)	3
General Education Course (GH)	3 General Education Course (GWS) (ENGL 202A or ENGL 202C recommended) ^{††}	3
General Education Course (GA)	3 General Education Course (Integrative Studies)	3
	15-16	15-16

Third Year

Fall	Credits Spring	Credits
BMB 211 [*]	3 NUTR 320	4
NUTR 175N (US) [†]	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 ^{†4}	3
NUTR 361 (US) [†]	3 NUTR 445 [*]	3
NUTR 421 (IL) or Select 3 credits from one of the two themes in consultation with academic adviser ^{†4}	3 Select 3 credits from one of the two themes in consultation with academic adviser	3
	13	16

Fourth Year

Fall	Credits Spring	Credits
NUTR 446 [*]	3 NUTR 451 [*]	3

BBH 440 or HPA 440 (US/IL) [†]	3 NUTR 452	3
Select 3 credits from one of the two themes in consultation with academic adviser	3 NUTR 490W	3
Select 3 credits of 400-level supporting credits in consultation with academic adviser ⁴	3 Select 3 credits from one of the two themes in consultation with academic adviser	3
Select 3 credits of 400-level supporting credits in consultation with academic adviser ⁴	3 General Education Course (Integrative Studies)	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 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.

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.

First Year

Fall	Credits Spring	Credits
CHEM 110 (GN) ^{†1}	3 BIOL 161 (GN) ^{**†}	3
CHEM 111	1 BIOL 162 [*]	1
MATH 140 (GQ) ^{††}	4 CHEM 112	3
NUTR 175N	3 CHEM 113	1
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) ^{†2}	3 NUTR 251 (GHW) ^{**†}	3
First-Year Seminar	1-2 General Education Course (GH)	3
	General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138H recommended) ^{†2}	3
15-16		17

Second Year

Fall	Credits Spring	Credits
CHEM 202 or 210	3 CHEM 203 or 212	3
BIOL 163 (GN) [*]	3 BIOL 230W	4
BIOL 164 [*]	1 STAT 200 or 250 (GQ) ^{**††}	3-4
General Education Course (Exploration)	3 General Education Course (Exploration)	3
General Education Course (Integrative Studies: Inter-Domain)	3 Select from University-Wide Offerings in consultation with adviser	3
General Education Course (GA)	3	
16		16-17

Third Year

Fall	Credits Spring	Credits
BMB 211	3 NUTR 445	3
BMB 212	1 PHYS 251	4
PHYS 250	4 NUTR 358	3
NUTR 421 or 425 ³	0-3 NUTR 421 or 425 ³	0-3
MICRB 106, and MICRB 107, or MICRB 201 and MICRB 202	4-5 General Education Course (GWS) (ENGL 202A or ENGL 202C recommended) [†]	3
Select from University-Wide Offerings in consultation with adviser (ethics course recommended)	3 Select from University-Wide Offerings 400 level course in consultation with adviser	3
15-19		16-19

Fourth Year

Fall	Credits Spring	Credits
NUTR 446	3 NUTR 451 [*]	3
Select from University-Wide Offerings 400 level course in consultation with adviser	3 NUTR 452 [*]	3
Elective	8 NUTR 490W [*]	3
	Elective	4
14		13

Total Credits 122-131

* 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 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.

² 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.

³ Students need to take either NUTR 421, offered in the Fall semester, or NUTR 425, offered in the Spring semester.

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 satisfy a portion of that General Education requirement. If the student's program prescribes GWS these courses will replace both ENGL 15/ENGL 30H and CAS 100A/CAS 100B/CAS 100C. Each course is 3 credits.

Advising Notes:

- If NUTR 175N is offered at your commonwealth campus, students are advised to take 175N at the campus before coming to UP.
- HDD allows up to 6 credits from ROTC study to be counted toward General Education and major requirements. Some programs allow additional ROTC credits to be used for degree requirements.

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
BIOL 161 (GN) ^{*#†}	3 BIOL 163 (GN) ^{*#†}	3
BIOL 162 ^{*#}	1 BIOL 164 ^{*#}	1
GQ per ALEKS score ^{‡2}	3 CHEM 110 or 130 (GN) ^{#†2}	3
General Education Course (Integrative Studies: Inter-Domain; NUTR 175N or NUTR 291N recommended)	3 NUTR 251 (GHW) ^{*#†}	3
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) ^{‡1}	3 PSYCH 100 or HDFS 129 (GS) [†]	3
First-Year Seminar	1-2 Supporting Course (CHEM 111 recommended)	1
	General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) ^{‡1}	3
14-15		17

Second Year

Fall	Credits Spring	Credits
CHEM 202 or 210	3 NUTR 360	3
MICRB 106 [*]	3 STAT 200 or 250 (GQ) ^{*††}	3-4
General Education Course (Exploration)	3 BMB 211	3

General Education Course (Integrative Studies: Inter-Domain; NUTR 310N recommended)	3 General Education Course (Exploration)	3
General Education Course (GA)	3 General Education Course (GH)	3

15
15-16

Third Year

Fall	Credits Spring	Credits Summer	Credits
NUTR 320	4 NUTR 358	3 NUTR 495	3
HM 230	3 NUTR 391	2	
NUTR 361	3 HM 330	3	
NUTR 445	3 NUTR 386	3	
General Education Course (GWS) (ENGL 202A or ENGL 202C recommended) [‡]	3 NUTR 446	3	

16
14
3

Fourth Year

Fall	Credits Spring	Credits
NUTR 393	1 NUTR 451 [*]	3
NUTR 400	2 NUTR 490W [*]	3
NUTR 452 [*]	3 Select Supporting Course 400 level in consultation with adviser	3
NUTR 453	3 Select Supporting Course in consultation with adviser	3
Elective	2	
Select Supporting Course 400 level in consultation with adviser	3	

14
12

Total Credits 120-122

* Course requires a grade of C or better for the major

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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.

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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 satisfy a portion of that General Education requirement. If the student's program prescribes GWS these courses will replace both ENGL 15/ENGL 30H and CAS 100A/CAS 100B/CAS 100C. Each course is 3 credits.

Advising Notes:

- Courses taught Fall semester only: NUTR 400, NUTR 453
- Courses taught Spring semester only: NUTR 386, NUTR 451
- HHD allows up to 6 credits from ROTC study to be counted toward General Education and major requirements. Some programs allow additional ROTC credits to be used for degree requirements.

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

Fall	Credits Spring	Credits
GQ per ALEKS score	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 (GA)	3
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) ^{††}	3 CHEM 110 or 130 ^{#2}	3
First-Year Seminar	1 CHEM 111 (Lab) recommended with CHEM 110/130	1
	14	14

Second Year

Fall	Credits Spring	Credits
CHEM 202 or 210 ³	3 NUTR 360 (through DLC)	3
MICRB 106 (GN) [†]	3 STAT 200 or 250 (GQ) ^{††}	3-4
General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) ^{††1}	3 General Education Course (GWS) (ENGL 202A or ENGL 202C recommended) ^{††}	3
General Education Course (Exploration)	3 General Education Course (Integrative Studies)	3
3 credits electives in consultation with adviser	3 General Education Course (GH)	3
	15	15-16

Third Year

Fall	Credits Spring	Credits Summer	Credits
BMB 211	3 NUTR 358	3 NUTR 495	3
NUTR 320	4 NUTR 386	3	
NUTR 361 [†]	3 NUTR 391	2	
HM 230	3 NUTR 445 [*]	3	
General Education Integrative Studies (NUTR 175N or NUTR 291N suggested)	3 HM 330	3	
	16	14	3

Fourth Year

Fall	Credits Spring	Credits
NUTR 393	1 NUTR 451 [*]	3
NUTR 400	2 NUTR 490W	3
NUTR 452	3 NUTR 446 [*]	3
NUTR 453	3 Select 3 credits from 400-level supporting courses in consultation with an academic adviser ⁴	3
Select 3 credits from 400-level supporting courses in consultation with an academic adviser ⁴	3 Select 3 credits from supporting courses in consultation with an academic adviser ⁴	3
	12	15

Total Credits 118-119

- * 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/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/>).

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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.

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