

Student: \_\_\_\_\_ PUID: \_\_\_\_\_ Catalog Term: \_\_\_\_\_

Additional Majors: \_\_\_\_\_ Minors: \_\_\_\_\_

**Nutrition, Fitness and Health Core (University Foundational Learning Outcomes) (24-27 credits)**

- \_\_\_ (4-3) ENGL 10600 First-Year Composition or ENGL 10800 Accelerated First-Year Composition **[Written Communication]**
- \_\_\_ (3) STAT 30100 Elementary Statistical Methods **[Information Literacy]**
- \_\_\_ (3) COM 11400 Fundamentals of Speech Communication **[Oral Communication]**
- \_\_\_ (3-4) CHM 11100 General Chemistry or CHM 11500 General Chemistry **[Fulfills 1 Science Core Course]**
- \_\_\_ (3-4) CHM 11200 General Chemistry or CHM 11600 General Chemistry **[Fulfills 1 Science Core Course]**
- \_\_\_ ( ) \_\_\_\_\_ **[Humanities]** – *select from University list* (PHIL 11100 Ethics suggested)
- \_\_\_ (3) PSY 12000 Elementary Psychology or SOC 10000 Introductory Sociology **[Behavior/Social Science]**
- \_\_\_ ( ) \_\_\_\_\_ **[Quantitative Reasoning]** \*\*\*fulfilled by MA 15300 or MA 16010
- \_\_\_ ( ) \_\_\_\_\_ **[Science, Technology & Society]** – *select from University list*

**Required Courses in Other Departments (43-47 credits)**

- \_\_\_ (3) BCHM 30700 Biochemistry or CHM 33300 Principles of Biochemistry
- \_\_\_ (1) BCHM 30900 Biochemistry Laboratory
- \_\_\_ (4) BIOL 11000 Fundamentals of Biology I
- \_\_\_ (4) BIOL 11100 Fundamentals of Biology II
- \_\_\_ (4-3) BIOL 20300 Human Anatomy & Physiology or BIOL 30100 Human Design: Anatomy & Physiology
- \_\_\_ (4-3) BIOL 20400 Human Anatomy & Physiology or BIOL 30200 Human Design: Anatomy & Physiology
- \_\_\_ (4) CHM 25700 Organic Chemistry or
  - \_\_\_ (3) CHM 25500 Organic Chemistry AND
  - \_\_\_ (3) CHM 25600 Organic Chemistry
- \_\_\_ (3) ECON 21000 Principles of Economics or AGE 21700 Economics
- \_\_\_ (3) HK 36800 Exercise Physiology I
- \_\_\_ (3) HK 42100 Health Screening and Fitness Evaluation and Design
- \_\_\_ (3) HK 42200 Basic Concepts in Exercise Program Design
- \_\_\_ (3) HK 46800 Advanced Exercise Physiology II
- \_\_\_ (3) HK 46900 Exercise Testing & Prescription in Special Populations
- \_\_\_ (3) MA 15300 Algebra & Trigonometry I or MA 16010 Applied Calculus I **[Fulfills Quantitative Reasoning Core]**

**Major Requirements (38 credits)**

- \_\_\_ (1) NUTR 10500 Nutrition in the 21<sup>st</sup> Century
- \_\_\_ (3) NUTR 20500 Food Science I
- \_\_\_ (3) NUTR 31500 Fundamentals of Nutrition
- \_\_\_ (3) NUTR 33000 Diet Selection & Planning
- \_\_\_ (3) NUTR 33200 Nutrition Counseling
- \_\_\_ (3) NUTR 36500 Physiology and Nutrition During the Life Cycle
- \_\_\_ (2) NUTR 41500 Practicum in Nutrition, Fitness & Health
- \_\_\_ (3) NUTR 42400 Communication Techniques in Foods & Nutrition
- \_\_\_ (2) NUTR 43000 Public Health Nutrition
- \_\_\_ (2) NUTR 43600 Nutritional Assessment
- \_\_\_ (3) NUTR 43700 Macronutrient Metabolism In Human Health and Disease
- \_\_\_ (3) NUTR 43800 Micronutrient and Phytochemical Metabolism in Human Health and Disease
- \_\_\_ (4) NUTR 45300 or FS 45300 Food Chemistry
- \_\_\_ (3) NUTR 48800 Topics in Nutrition, Fitness, & Health

**Electives 8-15 credits**

\_\_\_ ( ) \_\_\_\_\_    \_\_\_ ( ) \_\_\_\_\_    \_\_\_ ( ) \_\_\_\_\_    \_\_\_ ( ) \_\_\_\_\_  
 \_\_\_ ( ) \_\_\_\_\_    \_\_\_ ( ) \_\_\_\_\_    \_\_\_ ( ) \_\_\_\_\_    \_\_\_ ( ) \_\_\_\_\_

**120 credits required for Bachelor of Science degree**

University Foundational Learning Outcomes List: <https://www.purdue.edu/provost/initiatives/curriculum/course.html>

Name: \_\_\_\_\_

# Department of Nutrition Science

Minor Code(s): \_\_\_\_\_

## Nutrition, Fitness & Health - NFHL

120 Credit Hours

### Freshman Year - First Semester

Sem/Yr    Grade

(4)	BIOL 11000 - Fundamentals of Biology I		
(3-4)	CHM 11100 or 11500 - General Chemistry (CHM 11500 - MA 15800 or calculus placement)		
(3)	COM 11400 - Fundamentals Of Speech Communication		
(3)	MA 15300/16010-College Algebra or Applied Calculus I (ALEKS placement)		
(1)	NUTR 10500 - Nutrition for the 21st Century (8 weeks only)	Fall only	
[14-15]			

### Second Semester

Sem/Yr    Grade

(4)	BIOL 11100 - Fundamentals of Biology II		
(3-4)	CHM 11200 or 11600 - General Chemistry (CHM 11100/11500)		
(3-4)	ENGL 10600 or ENGL 10800 - First Year Composition		
(3)	STAT 30100 - Elementary Statistical Methods		
[13-15]			

### Sophomore Year - Third Semester

Sem/Yr    Grade

(3)	Behavioral Science Selective - PSY 12000 or SOC 10000		
(3-4)	BIOL 20300 - Human Anatomy And Physiology or BIOL 30100 - Human Design Anat & Phys	Fall only	
(4)	CHM 25700 - Organic Chemistry (Chm 11200 or 11600)		
(3)	Elective		
(3)	NUTR 20500 - Food Science (Two semesters of general chemistry)	Fall/Spring/Summer	
[16-17]			

### Fourth Semester

Sem/Yr    Grade

(3-4)	BIOL 20400 - Human Anatomy And Physiology (Biol 20300) or BIOL 30200 - Human Design Anat & Phys	Spring only	
(3)	Elective		
(3)	Humanities Selective		
(3)	NUTR 31500 - Principles of Nutrition (Biol 20300 & CHM 25700)		
(3)	Science/Tech/Society Selective		
[15-16]			

Notes: Responsibility for meeting graduation requirements is solely that of the student.

Notes: All students must complete 32 hours of 30000 level courses or higher courses at Purdue for graduation.

### Junior Year - Fifth Semester

Sem/Yr    Grade

(3)	BCHM 30700 or CHM 33300 - Principles of Biochemistry		
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### Sixth Semester

Sem/Yr    Grade

(3)	HK 42100 - Health Screening & Fitness	Spring Only	
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	(1 semester or 1 year of Organic Chemistry)		
(1)	BCHM 30900 - Biochemistry Laboratory (Organic Chemistry)		
(3)	HK 36800 - Exercise Physiology I (BIOL 20400)		
(3)	NUTR 33000 - Diet Selection & Planning (NUTR 20500 & NUTR 31500)	Fall/Summer	
(4)	NUTR 45300 - Food Chemistry		
[14]			

Notes:

	(BIOL 20400)		
(3)	NUTR 33200 - Nutrition Counseling (NUTR 33000)		Spring preferred
(3)	NUTR 36500 - Phys & Nutrition during the Lifecycle (NUTR 31500)		
(2)	NUTR 43600 - Nutritional Assessment (NUTR 31500 & (BCHM 30700 or CHM 33300) and BCHM 30900)		Spring only
(3)	NUTR 43700 - Macronutrient Metabolism (Biochemistry & NUTR 31500 & BIOL 20300)		Spring/Summer
[14]			

Notes:

### Senior Year - Seventh Semester

		Sem/Yr	Grade
(3)	Elective		
(3)	HK 42200 - Exercise Design Program (HK 42100)	Fall Preferred	
(3)	HK 46800 - Advanced Exercise Physiology II (HK 36800 C- or better)		
(3)	NUTR 43800 - Micronutrient Metabolism (Biochemistry & NUTR 43700)	Fall Only	
(3)	NUTR 48800 - Topics in NFHL (HK 36800/NUTR 33000)	Fall/Spring	
[15]			

Notes:

### Eighth Semester

		Sem/Yr	Grade
(3)	ECON 21000 or AGECE 21700		
(3)	Elective		
(3)	HK 46900 - Exercise Testing in Special Populations		
(2)	NUTR 41500 - Practicum in NFHL (NUTR 33000, HK 42100, NUTR 33200)		
(3)	NUTR 42400 - Com Tech in Food & Nutrition (NUTR 33000)		
(2)	NUTR 43000 - Public Health Nutrition (NUTR 33000)		Spring only
[16]			

Notes: