



SCHOOL OF HEALTH, PHYSICAL EDUCATION, AND RECREATION

INDIANA UNIVERSITY

Nutrition Science

B.S. in Applied Health Science degree (124 cr)

2.5 GPA req. for admission, 2.0 GPA req. for graduation

No Pass/Fail except for free electives

Effective for students matriculating fall 2008

Department of Applied Health Science – HPER 116 – (812) 855-3627

Major (69 Credits)

NUTRITION CORE (47 credits, C- min req each course)

- ___ 3 HPER-N 120 Introduction to Foods *
- ___ 3 HPER-N 231 Human Nutrition (P: CHEM C101 or equiv & bio course)
- ___ 3 HPER-N 317 Nutrition in the Community * (P: HPER-N 231)
- ___ 3 HPER-N 320 Food Chem **(P: HPER-N 120, CHEM-C 117 R:C341 or R340)
- ___ 3 HPER-N 430 Adv Nutrition I * (P: HPER-N 231; CHEM-C 341 or R340)
- ___ 3 HPER-N 431 Med Nutr Thera ** (P: N 231, ANAT-A 215, PHSL-P 215)
- ___ 3 HPER-N 432 Adv Nutrition II ** (P: HPER-N 430)
- ___ 3 HPER-N 440 Research in Nutrition/Dietetics **OR**
 HPER-H 494 Research and Eval. Methods in Hlth & Safety
- ___ 5 CHEM-C 117 Prin of Chem & Biochem I (C 103 may be needed)
- ___ 3 CHEM-C 341 Organic Chemistry Lectures 1 (P:CHEM-C 117)
- ___ 3 CHEM-C 342 Organic Chemistry Lectures 2 (P:CHEM-C 341)
- ___ 2 CHEM-C 343 Org Chem Lab 1 (P:CHEM-C 341; concurrent w/C 342)
- ___ 5 CHEM-N 330 Intermediate Inorganic Chem (P: C 341) **OR**
 CHEM-C 118 Prin of Chem and Biochem II (P:CHEM-C 117)
- ___ 5 PHSL-P 215 Basic Human Physiology

Students must choose one of the following courses:

- ___ 3 BIOL-L 211 Molecular Biology (P:BIOL-L 112)
- ___ 3 BIOL-L 321 Immunology * (P:BIOL-L 211;CHEM-C 101 or C 117 ;R: L 312)
- ___ 3 BIOL-L 331 Introduction to Human Genetics (P: course in genetics)
- ___ 3 BIOL-M 350 Microbial Phsl & Biochem (P:BIOL-L112, CHEM-C 341)
- ___ 3 CHEM-C 483 Biol Chemistry * (P: CHEM-C 342 or S 342 or R 340.
 R: both C 342 and N 330 strongly recommended)

Specialization Courses: Select 19 credits from the following:

- (C- min grade in each course) # = Pre Med/Dent requirements
- ___ 3 HPER-C 366 Community Health *
- ___ 2 HPER-N 325 Food Chemistry Laboratory ** (concurrent w/ N 320)
- ___ 3 HPER-N 331 Life Cycle Nutrition ** (R:HPER-N 220 or N 231)
- ___ 5 #PHYS-P 201 Gen Physics I (P:College algebra & trig. or HS equiv.)
- ___ 5 #PHYS-P 202 General Physics II (P:PHYS-P 201)
- ___ 3 #BIOL-L 111 Intro to Biology: Evolution & Diversity
- ___ 3 #BIOL-L 112 Intro to Biology: Biol Mechnsms (P: high schl or coll chemistry)
- ___ 3 #BIOL-L 113 Biology Laboratory (P: or C: BIOL-L 112 R: BIOL-L 111)
- ___ 3 BIOL-M 250 Microbiology (P: 2 sem of college chem.. R: BIOL-L 211)
 OR BIOL-M 200 Microorg in Nature & Disease *
- ___ 2 BIOL-M 255 Microbiology Laboratory (P: corequisite BIOL-M 250)
 OR 1 BIOL-M 215 Microorg Lab * (R:HS chem & bio; BIOL-M 200 concurrent)

General Education (40 Credits)

HUMANITIES (11 credits)

- ___ 3 ENG-W 131 Elementary Composition 1 (C- minimum) **OR**
 ENG-W 170 Projects in Reading & Writing (C- minimum)
- ___ 3 ENG-W 231 Professional Writing Skills
- ___ 3 CMCL-C 121 Public Speaking **OR**
 CMCL-C 122 Interpersonal Communication
 CMCL-C 223 Business & Professional Communication
- ___ 2 CLAS-C 209 Medical Terms from Greek and Latin

LIFE & PHYSICAL SCIENCES (17 cr) (C- min each course)

- ___ 5 ANAT-A 215 Basic Human Anatomy
- ___ 3 BIOL-L 330 Biol of the Cell ** (P: college BIOL & CHEM) **OR**
 HPER-N 480 Mechanisms of Nutrient Action in the Body **OR**
 BIOL-L 312 Cell Biology (P: BIOL- 211)
- ___ 3 MATH-M 119 Brief Survey of Calculus 1 **OR**
 MATH-M 211 Calculus I (4cr.)
- ___ 3 MATH/PSY-K 300 or K 310 Statistical Techniques
- ___ 3 Computer Literacy (CSCI-A 110, BUS-K 201, EDUC-W 200)
 (Pre Med/Dent must take CSCI-A 110)

SOCIAL AND BEHAVIORAL SCIENCES (12 credits)

- Select 12 credits from the following:
- ___ 3 ANTH-B 370 Human Variation (P: Sophomore standing)
- ___ 3 ANTH-E 230 American Ethnic Diversity
- ___ 3 ANTH-E 260 Culture, Health, and Illness
- ___ 3 PSY-P 101 Introductory Psychology I
- ___ 3 SOC-S 101 Social Problems and Policies

In addition to Social and Behavioral Science choices listed above students may select up to 6 credits of History courses.

- ___ 3 _____
- ___ 3 _____

Free Electives (15 credits) P/F is allowed for up to 6 credit

hours. Pre Med/Dent students should take at least 5 credits of their electives in COAS, none of which should be P/F. (The IU Med School requires at least 90 credits of courses from COAS. To do that students need at least 5 credits of electives from COAS.)

Pre Med/Dent students should also choose courses that will give them a breadth of knowledge. Medical and dental schools look for students who excel in a variety of disciplines.

In addition, Pre Med/Dent students should look for courses that will expand their knowledge of diversity issues (SOC, CJUS, SWK courses, HPER-H 310)

Students may use electives to obtain a minor. For a PSY or SOC minor, students already have 6 of the credits needed. Up to 4 credits of HPER-E classes may count.

- ___ ___ ___ _____
- ___ ___ ___ _____
- ___ ___ ___ _____
- ___ ___ ___ _____
- ___ ___ ___ _____

* = Fall only ** = Spring only

Suggested course sequence for Nutrition Science
(not pre-med or pre-dental)

FRESHMAN YEAR

Fall Semester	Spring Semester
SOC-S 101 (3)	CMCL-C 121 (3)
CHEM-C 117 (5)	CHEM-C 341 (3)
ENG-W 131 (3)	MATH-M 119 (3)
Computer Lit. (3)	PSY-P 101 (3)
	HPER-N 231 (3)

SOPHOMORE YEAR

Fall Semester	Spring Semester
CHEM-C 342 (3)	HPER-N 331 (3)
CHEM-C 343 (2)	Soc & Beh elect (3)
HPER-N 120 (3)	CHEM N330 (5)
Soc & Beh elect (3)	Sprclzn crse (3)
ENG-W 231 (3)	Elective (3)
Elective (2)	

JUNIOR YEAR

Fall Semester	Spring Semester
ANAT-A 215 (5)	PHSL P215 (5)
Speclzn crse (3)	Speclzn crse (3)
PSY-K 300 (3)	K300 (3)
CLAS-C 209 (2)	HPER-N 320 (3)
Elec (1)	
HPER N317 (3)	
(Nutr & community)	

SENIOR YEAR

Fall Semester	Spring Semester
HPER-N 430 (3)	HPER-N 432 (3)
HPER-N440/H494 (3)	HPER-N 431 (3)
Speclzn crse (4)	BIOL-L 330 (3)
Elect (2)	Speclzn crse (3)

Suggested course sequence for Nutrition Science
(pre-med/pre-dental)

FRESHMAN YEAR

Fall Semester	Spring Semester
ENG-W 131 (3)	CMCL-C 121 (3)
CHEM-C 117 (5)	CHEM-C 341 (3)
CSCI-A 110 (3)	MATH-M 119/211(3)
SOC-S 101 (3)	PSY-P 101 (3)
	Elect (3)

SOPHOMORE YEAR

Fall Semester	Spring Semester
BIOL-L 111 (3)	ENG-W 231 (3)
HPER-N 231 (3)	CLAS-C 209 (2)
CHEM-C 342/343(5)	CHEM-N 330 (5)
HPER-N 120 (5)	BIOL-L 112 (3)
Elec (1)	Soc&Beh elect (3)

JUNIOR YEAR

Fall Semester	Spring Semester
ANAT-A 215 (5)	PHSL-P 215 (5)
PHYS P201 (5)	PHYS-P 202 (5)
BIOL-L 113 (3)	HPER-N 320 (3)
HPER-N 317 (3)	Soc & Beh elect (3)
Nutrition & community	

SENIOR YEAR

Fall Semester	Spring Semester
HPER-N 430 (3)	HPER-N 431 (3)
HPER-N 440/H 494 (3)	HPER-N 432 (3)
BIOL or CHEM (3)	COAS elec (3)
PSY-K 300 (3)	COAS elec (3)
Elec (3)	BIOL-L 330 (3)