NUTRITIONAL SCIENCES

2023/2024 Four-Year Plan

This document is for planning purposes only. For official degree information, refer to Degree Audit and speak with your advisor.

YEAR 1 • FALL		
	MATH 143 or 170 Math Core *(Test Scores, MATH 108)*	3
	CHEM 111 General Chemistry I	4
	FN 205 Concepts in Human Nutrition	3
	ENGL 101 College Writing I	3
	HDFS 105 Individual & Family Development	3
	TOTAL CREDITS	16

YEAR 1 • SPRING		
	CHEM 112 General Chemistry II	5
	ENGL 102 College Writing and Rhetoric *(Test Scores/ENGL 101)*	3
	STAT 251 Statistical Methods *(MATH 143, 160 or 170)*	3
	BIOL 115 Cells and the Evollution of Life	4
	TOTAL CREDITS	15

YEAR 2 • FALL		
	PSYC 101 Intro to Psychology	3
	CHEM 277/278 Organic Chemistry I/Lab	4
	BIOL 227 (F) Anatomy & Physiology I	4
	ELECTIVE	2
	FN 305 (F) Nutrition in the Life Cycle *(FN 205)*	3
	TOTAL CREDITS	16

YEAR 2 • SPRING		
	SOC 101 Intro to Sociology	3
	BIOL 228 (S) Anatomy & Physiology II *(BIOL 227)*	4
	CHEM 372/374 Organic Chemistry II/Lab	4
	ELECTIVE Humanities	3
	TOTAL CREDITS	14

YEAR 3 • FALL		
	BIOL 380 (F) Biochemistry I *(CHEM 112 & CHEM 275)*	3
	BIOL 250/255 General Microbiology/Lab *(BIOL 115 & CHEM 111)*	5
	ELECTIVE Pre-Health	6
	TOTAL CREDITS	14

YEAR 3 • SPRING		
	ELECTIVE Humanities	3
	FN 415 Advanced Nutrition *(FN 205, BIOL 227, 228 & 300)*	3
	ELECTIVE Focus Area	3
	FN 450 Global Nutrition *(FN 205)*	1
	BIOL 312/313 (S) Molecular and Cellular Biology/Lab *(BIOL 115)*	4
	TOTAL CREDITS	14

YEAR 4 • FALL		
	BIOL 310/315 Genetics/Lab *(BIOL 115 or BIOL 250)*	4
	FN 491 Community Nutrition *(FN 205)*	3
	ELECTIVE Focus Area	3
	ELECTIVE Pre-Health	6
	TOTAL CREDITS	16

YEAR 4 • SPRING		
	PEP 455 (S) Design & Analysis of Research in Movement Sciences *(Junior or Senior)*	3
	ENGL 313 Business Writing *(ENGL 102 or Sophomore)*	3
	ELECTIVE Pre-Health	3
	ELECTIVE International	3
	ELECTIVE Focus Area	3
	TOTAL CREDITS	15

COURSE # Course Name *(Prerequisites, Co-Requisites)*

F = FALL, S = SPRING

University of Idaho
College of Agricultural and Life Sciences

LEARN MORE

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NUTRITIONAL SCIENCES

Learn how your body utilizes the food you eat to maintain health and how unbalanced eating patterns can lead to poor health and disease. Prepare for advanced healthcare education, graduate school and research. This flexible degree is also an excellent launching point for other careers in health and wellness.

Career Options

- Fitness and Wellness Coordinator
- Medical Scientist
- Community Health Worker
- Health Specialties Teacher
- Dietitian and Nutritionist
- Physician Assistant
- Registered Nurse
- Occupational Therapist
- Medical Laboratory Technician
- Pharmacist

Fast Facts

- Prepare for an advanced degree in health care.
- Participate in an undergraduate research project to expand your knowledge.
- Join the Food and Nutrition Club, Phi Upsilon Omicron and Collegiate FCCLA to participate in workshops, field trips and network with potential employers.
- Gain practical skills in the Carmelita Spencer Foods Laboratory.

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