

FOOD & NUTRITION MAJOR: WELLNESS Four Year Plan

This is a suggested program guide. It is not to be interpreted as a contract. Changes may occur.
Please see your program advisor.

Updated 7/16

YEAR	FALL SEMESTER	SPRING SEMESTER
First Year	ENG 110 College English 3 LAS 105 Becoming a Scholar 3 Fine Arts course 3 Social Science (not Psy) 3 NTR 105 Introduction to Foods 3 Total 15	MAT 105 Numerical Data 2 or COM 185 Public Speaking and Persuasion (3) Elective 3 <i>PSY 110 Introduction to Psychology</i> 3 NTR 225 Fundamentals of Nutrition 3 Elective 3 Total 14-15
Second Year	1 st Humanities course 3 BIO 230 Anatomy and Physiology 1 4 REL 100 Introduction to Biblical Worldview 3 NTR 210 Food Science 3 <i>HFS 255 Competitive Strength Training & Exercise</i> 2 <i>(or HFS 265 Personal Training and Exercise</i> 2) Total 15	2nd Humanities course 3 Natural Science without lab 3 Upper level religion 3 NTR 250 Nutrition Education & Comm. 2 MGT 354 Principles of Management 3 Total 15
Third Year	LAS 301 Issues in Modern America 3 NTR 335 Public Health Nutrition and Policy 3 NTR 260 Obesity Research & Sports Nutrition 3 COM 195 Interpersonal Communication 3 Electives 3 Total 15	NTR 240 Physical & Nutrition Assessment 2 LAS 342 Cross Cultural Experience 4 <i>HFS 220 Personal & Comm Health Concerns</i> 3 <i>HFS 310 Kinesiology OR HFS 320 Exer Phys</i> 3 Electives 4 Total 16
Fourth Year	NTR 351 Research in Foods & Nutrition 3 NTR 403 Seminar in Food & Nutrition 1 <i>HFS 325 Recreation & the Aging Process</i> 3 <i>HFS 225 Commercial Recreation</i> 3 Electives 6 Total 16	LAS 400 Christian Values in a Global Comm. 3 NTR 385 Internship 3 NTR 400 Seminar in Workplace Wellness 1 Electives 9 Total 16

124 total hours to complete graduation requirements
(this includes 2 hours of arts and lecture credit)