

## 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 6/18

YEAR	FALL SEMESTER			SPRING SEMESTER		
First Year	ENG 110	College English	3	MAT 105	Numerical Data	2
	LAS 105	Becoming a Scholar	3	or COM 185	Public Speaking and Persuasion	(3)
		Fine Arts course	3		Elective	3
		Social Science (not Psy)	3	<i>PSY 110</i>	<i>Introduction to Psychology</i>	3
	<b>NTR 105</b>	<b>Introduction to Foods</b>	<u>3</u>	<b>NTR 225</b>	<b>Fundamentals of Nutrition</b>	<b>3</b>
	Total		15	<b>Elective</b>		<u>3</u>
				Total		14-15
Second Year		1 <sup>st</sup> Humanities course	3		2 <sup>nd</sup> Humanities course	3
	BIO 230	Anatomy and Physiology 1	4		Natural Science without lab	3
	REL100	Introduction to Biblical Worldview	3		Upper level religion	3
	<b>NTR 210</b>	<b>Food Science</b>	<b>3</b>	<b>NTR 250</b>	<b>Nutrition Education &amp; Comm.</b>	<b>2</b>
	<i>HFS 255</i>	<i>Competitive Strength Training &amp; Exercise</i>	2	<b>MGT 354</b>	<b>Principles of Management</b>	<b>3</b>
	(or <i>HFS 265</i> <i>Personal Training and Exercise</i> )		<u>2</u>	Total		15
	Total		15			
Third Year	LAS 301	Issues in Modern America	3	<b>NTR 240</b>	<b>Physical &amp; Nutrition Assessment</b>	<b>2</b>
	<b>NTR 335</b>	<b>Public Health Nutrition and Policy</b>	<b>3</b>	<b>NTR 325</b>	<b>Lifecycle Nutrition</b>	<b>3</b>
	<b>NTR 260</b>	<b>Obesity Research &amp; Sports Nutr.</b>	<b>3</b>	LAS 342	Cross Cultural Experience	3
	<b>COM 195</b>	<b>Interpersonal Communication</b>	<b>3</b>	<i>HFS 220</i>	<i>Personal &amp; Comm Health Concerns</i>	3
		Electives	<u>3</u>	<i>HFS 310</i>	<i>Kinesiology OR HFS 320 Exer Phys</i>	3
	Total		15	Electives		<u>2</u>
				Total		16
Fourth Year	<b>NTR 351</b>	<b>Research in Foods &amp; Nutrition</b>	<b>3</b>	LAS 400	Christian Values in a Global Comm.	3
	<b>NTR 403</b>	<b>Seminar in Food &amp; Nutrition</b>	<b>1</b>	<b>NTR 385</b>	<b>Internship</b>	<b>3</b>
	<i>HFS 325</i>	<i>Recreation &amp; the Aging Process</i>	3		Electives	<u>10</u>
	<i>HFS 225</i>	<i>Commercial Recreation</i>	3	Total		16
		Electives	<u>6</u>			
	Total		16			

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