BLUFFTON UNIVERSITY

FOOD & NUTRITION MAJOR
WITH WELLNESS CONCENTRATION
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 6/20

YEAR	FALL SEMESTER		SPRING SEMESTER	
First Year	Writing Well Competency	3	**COM 120 Comm for the Common Good OR**	
	BENV100 Becoming a Scholar	3	**COM 195 Interpersonal Communication**	**3**
	Creative Expression Competency	3	**HFS 220 Personal & Comm Health Concerns**	**3**
	NTR 225 Fundamentals of Nutrition	**3**	**PSY 110 Introduction to Psychology**	**3**
	NTR 105 Introduction to Foods	**3**	**NTR 210 Food Science**	**4**
			NTR 325 Lifecycle Nutrition	**3**
	Total	15	Total	16
Second Year	**BIO 230 Anatomy and Physiology 1**	**4**	Electives	8
	NTR 240 Physical & Nutrition Assessment	**2**	Reading the Bible Competency	3
	HFS 225 Commerical Recreation	**3**	**NTR 335 Public Health Nutrition and Policy**	**3**
	Elective	6	**HFS 255 Comp Strength Train & Exercise OR**	
			HFS 265 Personal Training & Exercise	**2**
	Total	15	Total	16
Third Year	Exploring the Past Competency	3	BENV300 Cross Cultural Experience	3
	NTR 260 Obesity Research & Sports Nutrition	**3**	Electives	3
	MGT 354 Principles of Management	**3**	**NTR 250 Nutrition Education & Comm.**	**3**
	HFS 320 Exercise Physiology in fall or		**HFS 325 Recreation and the Aging Process**	**3**
	HFS 310 Kinesiology in spring	**(3)**	**HFS 310 Kinesiology** in spring or	
	Electives	6	HFS 320 Exercise Physiology in fall	**3**
	Total	15	Total	15
Fourth Year	**NTR 385 Internship***	**3**	BENV400 Christian Values in a Global Comm.	3
	Critical Analysis Competency	3	**NTR 403 Seminar in Food & Nutrition**	**1**
	Electives	9	Religious Understanding Competency	3
			NTR 351 Research/Foods & Nutrition	**3**
			Electives	5
	Total	15	Total	15

124 total hours to complete graduation requirements (this includes 2 hours of arts and lecture credit)
*Internship may be completed over the summer.
BENV 200 is met through an alternative pathway.