



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 8/23

YEAR	FALL SEMESTER	SPRING SEMESTER
First Year	Writing Well Competency 3 BENV100 Becoming a Scholar 3 Creative Expression Competency 3 NTR 225 Fundamentals of Nutrition 3 NTR 105 Introduction to Foods 3 Total 15	COM 120 Comm for the Common Good 3 OR COM 195 Interpersonal Communication 3 HFS 220 Personal & Comm Health Concerns 3 PSY 110 Introduction to Psychology 3 NTR 210 Food Science 4 NTR 325 Lifecycle Nutrition 3 Total 16
Second Year	BIO 230 Anatomy and Physiology 1 4 NTR 240 Physical & Nutrition Assessment 2 HFS 225 Commerical Recreation 3 Elective 6 Total 15	Electives 8 Reading the Bible Competency 3 NTR 335 Public Health Nutrition and Policy 3 HFS 255 Comp Strength Train & Exercise 2 OR HFS 265 Personal Training & Exercise 2 Total 16
Third Year	Exploring the Past Competency 3 NTR 260 Obesity Research & Sports Nutrition 3 MGT 354 Principles of Management 3 HFS 321 Exercise Physiology in fall OR HFS 310 Kinesiology in spring (3) Electives 6 Total 15	BENV300 Cross Cultural Experience 3 Electives 3 NTR 250 Nutrition Education & Comm. 3 HFS 325 Recreation and the Aging Process 3 HFS 310 Kinesiology in spring OR HFS 320 Exercise Physiology in fall (3) Total 15
Fourth Year	NTR 385 Internship* 3 Scientific Inquiry Competency 4 Electives 9 Total 16	BENV400 Enduring Values Capstone 2 NTR 403 Seminar in Food & Nutrition 1 Religious Understanding Competency 3 NTR 351 Research/Foods & Nutrition 3 Electives 6 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.

Note: The Living Well, Critical Analysis, Speaking and Listening, and Understanding Self and Society competencies are met by the major.

BENV 200 is met through an alternative pathway.