

Nutrition: Sports Nutrition

Bachelor of Science (BS)

This degree map is based on the 2023-24 Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward degree completion. The time it takes to earn a degree will vary based on several factors including summer/winter enrollment, dual enrollment and number of courses successfully completed each semester. We recommend taking a minimum of 15 credits each fall and spring semester.

Sample 4-Year Plan

First Year

Fall Courses	Credits	Spring Courses	Credits
BIOL 180/HLSC 115 Human Anatomy & Physiology 1	4	BIOL 181/HLSC 120 Human Anatomy & Physiology 2	4
NUTR 200 Introduction to Nutrition	3	NUTR 205 Principles of Food Science	4
FYS 100 - First Year Study (Foundations FYS)	3	WRIT 1XX - Writing General Education (Foundations)	3
Oral Communication (Foundations)	3	STA 141 Introduction to Statistics (Foundations/Quant.)	3
General Education	3		
Semester Total	16	Semester Total	14

Second Year

Fall Courses	Credits	Spring Courses	Credits
CHEM 116 Physiological Chemistry I: General Chemistry	4	CHEM 117 - Physiological Chemistry II: Organic and Biological Chemistry	4
NUTR 315 - Life Cycle Nutrition	3	NUTR 320 - Community Nutrition	3
ACC 221 Principles of Accounting I	3	NUTR 300 - Cultural Nutrition (Interconnections - Global Perspectives)	3
General Education	3	NUTR 360 Kinesiology/EXER255 Functional Anatomy	3
General Education	3	General Education	3
Semester Total	16	Semester Total	16

Third Year

Fall Courses	Credits	Spring Courses	Credits
CHEM 251 Nutritional Biochemistry	4	NUTR 325 Nutrition Counseling and Education	3
NUTR 310 Nutritional Assessment and Medical Terminology	3	NUTR 415 Advanced Nutrition	3
NUTR 330 Sports Nutrition	3	Elective	3
EXER 378 Exercise Physiology	3	General Education	3
Elective	3	General Education	3
Semester Total	16	Semester Total	15

Fourth Year

Fall Courses	Credits	Spring Courses	Credits
NUTR Elective	3	NUTR 420 Nutrition Research Seminar	3
General Education	3	General Education	3
General Education	3	General Education	3
Elective	3	Elective	3
Elective	3		
Semester Total	15	Semester Total	12

Winter/Summer College - Optional

While not required, Winter and Summer sessions are offered each year and may help you stay on track or get ahead. You may take up to seven (7) credits during Winter College and up to 14 credits during Summer College.

Curriculum Checklist

Directed General Education (10 credits)

- ___ BIOL 180/HLSC 115 Human Anatomy and Physiology 1 (4)
- ___ NUTR 300 Cultural Nutrition (3)
- ___ STAT 141 Introduction to Statistics (3)

Required Courses (49 credits)

- ___ BIOL 181/HLSC 120 Human Anatomy and Physiology 2 (4)
- ___ CHEM 116 Physiological Chemistry 1: General Chemistry (4)
- ___ CHEM 117 Physiological Chemistry 2: Organic and Biological Chemistry (4)
- ___ CHEM 251 Nutritional Biochemistry (4)
- ___ NUTR 200 Introduction to Nutrition (3)
- ___ NUTR 205 Principles of Food Science (4)
- ___ NUTR 310 Nutritional Assessment and Medical Terminology (3)
- ___ NUTR 315 Life Cycle Nutrition (3)
- ___ NUTR 320 Community Nutrition (3)
- ___ NUTR 325 Nutrition Counseling and Education (3)
- ___ NUTR 330 Sports Nutrition (3)
- ___ NUTR 360 Kinesiology/EXER 255 Functional Anatomy (3)
- ___ NUTR 415 Advanced Nutrition (3)
- ___ NUTR 420 Nutrition Research Seminar (3)
- ___ ACC 221 Principles of Accounting (3)
- ___ EXER 378 Exercise Physiology (3)

Electives (3 credits)

- ___ NUTR 220 Nutrition and Exercise (3)
- ___ NUTR 335 Nutrition Organization and Management (3)
- ___ NUTR 350 Nutrition in Health Care (3)
- ___ NUTR 400 Medical Nutrition Therapy 1 (3)
- ___ NUTR 405 Medical Nutrition Therapy 2 (3)
- ___ NUTR 410 Quantity Food Production (3)

General Education Requirements

(45 credits)

Note: Some requirements may be fulfilled by coursework in your major program including directed Gen Ed courses noted below

- Foundations (15 credits)
 - FYS 100 - First Year Study (Foundations FYS)
 - Oral Communication (Foundations)
 - WRIT 1XX - Writing General Education (Foundations)
 - History (Foundations)
 - STAT 141 Introduction to Statistics (Directed Gen Ed)
- Interconnections (9 credits)
 - NUTR 300 Cultural Nutrition (Directed Gen Ed/Global)
- Citizenship & Responsibility (6 credits from at least two goals)
- Natural World & Technologies (9 credits)
 - BIOL 180/HLSC 115 Human Anatomy and Physiology 1 (Directed Gen Ed)
- Creativity & Expression (6 credits)

Degree Requirements

All students must obtain a minimum of 120 credits, complete all General Education requirements, and all requirements for the selected major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

A minimum GPA of 2.7 in the major and overall are required.

Campus Locations

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|-------------------|--|
| Bloomsburg | <input checked="" type="checkbox"/> Online; <input type="checkbox"/> In-person; <input checked="" type="checkbox"/> Blended |
| Lock Haven | <input checked="" type="checkbox"/> Online; <input type="checkbox"/> In-person; <input checked="" type="checkbox"/> Blended |
| Mansfield | <input checked="" type="checkbox"/> Online; <input checked="" type="checkbox"/> In-person; <input checked="" type="checkbox"/> Blended |
| Clearfield | <input checked="" type="checkbox"/> Online; <input type="checkbox"/> In-person; <input checked="" type="checkbox"/> Blended |