NUTRITION - BS, HUMAN HEALTH TRACK

Nutritional sciences prepares students with a comprehensive knowledge of the biological and social sciences to understand the relationships between nutrients, food components and human health.

Prevention of diseases that are related to lifestyle, particularly diet and nutrition, is a focus of the curriculum. Core courses emphacize the integration of nutrients in biochemistry, genetics, physiology and anatomy, microbiology and immunology underlying wellness, disease, and enhancing the quality of life to promote a healthy lifespan. The major also provides an excellent background for those interested in pursuing graduate degrees in biological, nutritional or food sciences; professional degrees in medicine; dentistry, pharmacy, physician assistant, physical therapy, nursing, public health and other health professions; or dietetic internships.

The Didactic Program in Dietetics (DPD) and the Graduate Degree/ Dietetic Internship Program are accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Students who successfully complete the DPD and a dietetic internship are eligible to take the Registration Examination to become a Registered Dietitian (RD).

Two curricular tracks are offered (Didactic Program in Dietetics and Human Health) to provide flexibility in one's chosen career path. In addition to post-graduate studies, the Nutrition major prepares students for corporate wellness positions, health promotion programs, the food industry, public health programs, pharmaceutical sales, clinical dietetics, medical and research laboratories, biotechnology firms, government agencies and related fields. For more information, visit the Department of Nutrition website. (https://nutrition.tamu.edu)

Human Health Track

The Human Health Track provides a wide range of approved electives in order to customize a degree suited to research interests and career objectives. Through this program, students are prepared to work in community nutrition programs, education, research, and as technical representatives in the nutrition and health industry. This program especially designed for students wanting to go to graduate or professional schools such as medicine, dentistry, physical therapy, physician assistant, or pharmacy.

Program Requirements

First Year

Fall		Semester Credit Hours
BIOL 111	Introductory Biology I	4
CHEM 119	Fundamentals of Chemistry I	4
ENGL 103 or ENGL 104	Introduction to Rhetoric and Composition or Composition and Rhetoric	3
NUTR 202	Fundamentals of Human Nutrition	3
NUTR 204	Perspectives in Nutrition	1
NUTR 210/ FSTC 210	Horizons in Nutrition and Food Science	1
	Semester Credit Hours	**16**

Spring		
BIOL 112	Introductory Biology II	4
CHEM 120	Fundamentals of Chemistry II	4
NUTR 301	Nutrition Through Life	3
American history (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#american-history)		3
	Semester Credit Hours	**14**

Second Year

Fall		
CHEM 257	Organic Chemistry I - Structure and Function	4
ENGL 210	Technical and Professional Writing	3
American history (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#american-history)		3
Mathematics (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#mathematics) [1]		3
Social and behavioral science (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#social-behavioral-sciences) [2]		3
	Semester Credit Hours	**16**

Spring		
CHEM 258	Organic Chemistry II - Reactivity and Applications	4
POLS 206	American National Government	3
Creative arts (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#creative-arts) [2]		3
Mathematics (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#mathematics) [1]		3
General elective [3]		1
	Semester Credit Hours	**14**

Third Year

Fall		
POLS 207	State and Local Government	3
NUTR 366	Nutrients and the Human Body I	4
Select one of the following:		3
NUTR 211	Scientific Principles of Foods	
NUTR 300/ FSTC 300	Religious and Ethnic Foods	
NUTR 306	Nutrition in Sports	
NUTR 320/ FSTC 320	Understanding Obesity - A Social and Scientific Challenge	
NUTR 365	Nutritional Physiology of Vitamins and Minerals	
NUTR 403	Advanced Nutrition in Sports	
NUTR 410/ FSTC 410	Nutritional Pharmacometrics of Food Compounds	
NUTR 430	Community Nutrition	
NUTR 454	Nutrigenomics and Precision Nutrition	
NUTR 469	Experimental Nutrition Laboratory	

NUTR 471	Critical Evaluation of Nutrition and Food Science Literature - Evidence Based Reviews	
NUTR 485	Directed Studies	
NUTR 489	Special Topics in...	
NUTR 491	Research	
Technical elective [4]		3
General elective [3]		3
	Semester Credit Hours	**16**
Spring		
GENE 301	Comprehensive Genetics	3
NUTR 367	Nutrients and the Human Body II	4
GENE 312	Comprehensive Genetics Laboratory	1
Select one of the following:		3
STAT 301	Introduction to Biometry	
STAT 302	Statistical Methods	
STAT 303	Statistical Methods	
Technical elective [4]		3
	Semester Credit Hours	**14**
Fourth Year		
Fall		
BICH 409	Principles of Biochemistry	3
NUTR 440	Microbes and Microbiome in Nutrition	4
Select one of the following:		3
NUTR 211	Scientific Principles of Foods	
NUTR 300/ FSTC 300	Religious and Ethnic Foods	
NUTR 306	Nutrition in Sports	
NUTR 320/ FSTC 320	Understanding Obesity - A Social and Scientific Challenge	
NUTR 365	Nutritional Physiology of Vitamins and Minerals	
NUTR 403	Advanced Nutrition in Sports	
NUTR 410/ FSTC 410	Nutritional Pharmacometrics of Food Compounds	
NUTR 430	Community Nutrition	
NUTR 454	Nutrigenomics and Precision Nutrition	
NUTR 469	Experimental Nutrition Laboratory	
NUTR 471	Critical Evaluation of Nutrition and Food Science Literature - Evidence Based Reviews	
NUTR 485	Directed Studies	
NUTR 489	Special Topics in...	
NUTR 491	Research	
Technical elective [4]		3
	Semester Credit Hours	**13**
Spring		
NUTR 400	Ethics in Nutrition and Healthcare	1
NUTR 475	Nutrition and Physiological Chemistry	3
NUTR 481	Seminar	1
Language, philosophy and culture (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#language-philosophy-culture) [2]		3
Select from the following:		6
NUTR 211	Scientific Principles of Foods	
NUTR 300/ FSTC 300	Religious and Ethnic Foods	
NUTR 306	Nutrition in Sports	
NUTR 320/ FSTC 320	Understanding Obesity - A Social and Scientific Challenge	
NUTR 365	Nutritional Physiology of Vitamins and Minerals	
NUTR 403	Advanced Nutrition in Sports	
NUTR 410/ FSTC 410	Nutritional Pharmacometrics of Food Compounds	
NUTR 430	Community Nutrition	
NUTR 454	Nutrigenomics and Precision Nutrition	
NUTR 469	Experimental Nutrition Laboratory	
NUTR 471	Critical Evaluation of Nutrition and Food Science Literature - Evidence Based Reviews	
NUTR 485	Directed Studies	
NUTR 489	Special Topics in...	
NUTR 491	Research	
Technical elective [4]		3
	Semester Credit Hours	**17**
	Total Semester Credit Hours	**120**

1 MATH prefix required.

2 The Graduation requirements include a requirement for 3 hours of International and Cultural Diversity (https://catalog.tamu.edu/undergraduate/general-information/degree-information/international-cultural-diversity-requirements/) and 3 hours of Cultural Discourse (https://catalog.tamu.edu/undergraduate/general-information/degree-information/cultural-discourse-requirements/). Selection must be from courses in the Core Curriculum. Selection can be courses that also satisfy the requirement for social and behavioral sciences; creative arts; language, philosophy and culture; or electives. For more information on core requirements visit the University Core Curriculum (https://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#university-core-curriculum) catalog page.

3 Select from any 100-499 course not used elsewhere.

4 Students may choose from the following technical electives: ACCT 209; BICH 431/GENE 431; BIOL 352, BIOL 413 or BIOL 414; CHEM 238, CHEM 315 and CHEM 318; COMM 203, COMM 315 or COMM 325; FINC 409; HLTH 236, HLTH 334, HLTH 354/PHLT 354, ISTM 209; MGMT 209, MGMT 309; MKTG 409, SOCI 205; PBSI 300-499 (https://catalog.tamu.edu/undergraduate/course-descriptions/pbsi/); PHYS 201, PHYS 202; VTPP 425.

A total of 120 hours is required for graduation; 36 hours of 300/400 level courses are required to meet the Texas A&M University residency requirement.