Students must complete all General Education requirements and all Major requirements. Any acceptable General Education course which is also required in the major may apply to (double-count in) both required areas. Courses common to the areas of World Cultures, Arts and Humanities, and Social and Historical Studies may also double count. However, credit for such courses counts only once toward the total required credits for a degree.

### General Education (20 – 39 credits)

**(General Education Bulletin at: www.indiana.edu/~bulletin/iub)**

**English Composition (0 to 3 credits, C- minimum required)**

- 3 CMLT-C 110 Writing the World
- 3 ENG-W 131 Elementary Composition
- 3 ENG-W 170 Projects in Reading and Writing
- 0 ENG-W 131 EX Elementary Composition Exemption

**Mathematical Modeling (3 to 4 credits)**

- 3 MATH-A 118 Finite Mathematics for the Soc and Behavior Sci
- 4 MATH-D 116 AND MATH-D 117 Intro to Finite Mathematics I-II
- 3 MATH-J 113 Introduction to Calculus with Applications
- 3 MATH-M 118 Finite Mathematics
- 3 MATH-M 119 Brief Survey of Calculus I
- 4 MATH-M 211 Calculus I
- 4 MATH-M 213 Accelerated Calculus
- 3 MATH-S 118 Honors Finite Mathematics
- 3 MATH-V 118 Finite and Consumer Mathematics
- 3 MATH-V 118 Finite Math for Social and Biological Sciences

**Natural and Mathematical Sciences (5 credits)**

Complete 5 credits from the list of approved N&M courses in the IUB General Education Bulletin. At least one course must be a natural science (as indicated by an asterisk in the GENED bulletin).

**Arts and Humanities (6 credits)**

Complete 6 credits from the list of approved A&H courses in the IUB General Education Bulletin.

**Social and Historical Studies (6 credits)**

Complete 6 credits from the list of approved S&H courses in the IUB General Education Bulletin.

**World Languages and Cultures (0 to 14 credits)**

*Choose one of the following three options:*

- Complete 6 credits of world culture courses from the list of approved WC courses in the IUB General Education Bulletin.
- **OR** Achieve competency in a single foreign language equal to successful completion of the four semester sequence in a world language.
- **OR** Complete a 6-credit International experience in an approved study abroad. A list of approved course choices may be found in the IUB General Education Bulletin.

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### Major (91 credits)

**Nutrition Core: (50 cr., C- min req each course)**

*Complete each of the following courses:*

- 3 HPER-N 120 Introduction to Foods *
- 3 HPER-N 231 Human Nutrition (P: CHEM C101 & biol) N&M
- 3 HPER-N 336 Community Nutrition **(P: HPER-N 231)**
  - or HPER-N 317 Nutritional Epidemiology
- 3 HPER-N 430 Adv Nutrition I * (P: HPER-N 231; CHEM-C 341 or R340)
- 3 HPER-N 431 Med Nutr Thera ** (P: N 231, ANAT-A 215, PHSL-P 215)
- 3 HPER-N 432 Adv Nutrition II ** (P: HPER-N 430)
- 3 HPER-N 440 Research in Nutrition/Diетetics
  - or HPER-H 494 Research and Eval. Methods in Hlth & Safety
- 5 CHEM-C 117 Prin of Chem & Biochem I (C 103 may be needed) N&M
- 3 CHEM-C 341 Organic Chemistry Lectures 1 (P:CHEM-C 117)
- 3 CHEM-C 342 Organic Chemistry Lectures 2 (P:CHEM-C 341)
- 2 CHEM-C 343 Org Chem Lab 1 (P:CHEM-C 341; concurrent w/C 342)
- 5 CHEM-N 330 Intermediate Inorganic Chem (P: C 341)
  - or CHEM-C 118 Prin of Chem and Biochem II (P:CHEM-C 117)
- 2 CLAS-C 209 Medical Terms from Greek and Latin
- 3 MATH-M 119 Brief Survey of Calculus 1 N&M OR
  - MATH-M 211 Calculus I (4cr.) N&M
- 3 MATH/PSY-K 300 or K 310 Statistical Techniques

**Specialization Courses (19 cr., C- min req each course)**

*Complete 19 credits from the following courses:*

- 3 BIOL-L 111 Intro to Biology: Evolution & Diversity # N&M
- 3 BIOL-L 112 Intro to Biology: Biol Mchnsms # (P: high schl or coll chem) N&M
- 3 BIOL-L 113 Biology Laboratory # (P: or C: BIOL-L 112 R: BIOL-L 111)
- 3 BIOL-M 250 Microbiology * (P: 2 sem of college chem R: BIOL-L 211)
  - or BIOL-M 200 Microorg in Nature & Disease **
- 2 BIOL-M 255 Microbiology Laboratory (P: corequisite BIOL-M 250)
  - or ___ 1 BIOL-M 215 Microorg Lab * (R:HS chem & bio; BIOL-M 200 concurrent)
- 3 HPER-C 366 Community Health *
- 3 HPER-N 325 Food Chemistry Laboratory ** (concurrent w/ N 320)
- 3 HPER-N 331 Life Cycle Nutrition ** (R:HPER-N 220 or N 231)
- 3 HPER-N 336 Community Nutrition (if not taken above)
- 3 HPER-N 317 Nutritional Epidemiology (if not taken above)
- 3 HPER-N 480 Mechanisms of Nutrient Action * (if not taken below)
- 5 PHYS-P 201 Gen Physics I # (P:Colleg alg & trig. or HS equiv.) N&M
- 5 PHYS-P 202 General Physics II # (P:PHYS-P 201) N&M

**Biological Science Specialization (16 cr.)**

*Complete each of the following courses:*

- 5 ANAT-A 215 Basic Human Anatomy N&M

Requirements continue on the next page.
Visit the AHS website at [www.indiana.edu/~aphhealth](http://www.indiana.edu/~aphhealth)

**GENERAL EDUCATION**

<table>
<thead>
<tr>
<th>Major</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAJOR</td>
<td>20-39</td>
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</tbody>
</table>

**COMPLETE A MINIMUM OF 124 CREDITS FOR THIS DEGREE.**

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**Writing and Communication (6 cr.)**

*Complete each of the following courses:*

- 3 ENG-W 231 Professional Writing Skills
- 3 CMCL-C 121 Public Speaking A&H
  - or CMCL-C 122 Intpersonal Communication S&H

# = Pre Med/Dent requirements

* = Fall only  ** = Spring only

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**SUGGESTED COURSE SEQUENCE FOR NUTRITION SCIENCE**

*(NOTE: N & M courses covered by course requirements)*

<table>
<thead>
<tr>
<th>FRESHMAN YEAR - Fall Semester</th>
<th>FRESHMAN YEAR - Spring Semester</th>
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<tr>
<td>ENG-W 131/ENG-W170/CMLT-C110</td>
<td>CMCL-C 121 “Public Speaking” A&amp;H OR</td>
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<tr>
<td>Arts and Humanities/WLC elective</td>
<td>CMCL-C122 “Interpersonal Communication” S&amp;H</td>
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<tr>
<td>CHEM-C 117/MATH-M 119 or MATH-M211</td>
<td>Arts and Humanities/WLC elective</td>
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<tr>
<td>HPER-N120 “Intro to Foods” or Social and Historical elective (3)</td>
<td>CHEM-C 117/MATH-M 119 or MATH-M211</td>
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<tr>
<td>Elective (1-3)</td>
<td>BIO-L 112 “Biological Mechanisms”</td>
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<tr>
<td>Total Credits: 15-17</td>
<td>Elective (1-3)</td>
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<tbody>
<tr>
<td>HPER-N120 “Intro to Foods” or Social and Historical elective (3)</td>
<td>PHSL-P215 “Human Physiology”</td>
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<tr>
<td>ANAT-A215 “Human Anatomy”</td>
<td>HPER-N321 “Human Nutrition”</td>
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<td>BIOL-L 113 “Biology Laboratory”</td>
<td>BIO-L-L211 “Molecular Biology”</td>
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<td>CLAS-C209 “Medical Terms from Greek and Latin”</td>
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<th>JUNIOR YEAR - Fall Semester</th>
<th>JUNIOR YEAR - Spring Semester</th>
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<tr>
<td>Social and Historical elective</td>
<td>Arts and Humanities/WLC elective</td>
</tr>
<tr>
<td>CHEM-C 343 “Organic Chemistry Lab I”</td>
<td>PHYS-P 202 “General Physics 2”</td>
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<tr>
<td>PHYS-P 201 “General Physics I”</td>
<td>CHEM-N 330 “Intermediate Inorganic Chemistry”</td>
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<tr>
<td>PSY-K 300/MATH-K310 “Statistical Techniques”</td>
<td>HPER-N320 “Food Chemistry”</td>
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<tr>
<td>ENG-W 231 “Professional Writing”</td>
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<tr>
<td>Total Credits: 16</td>
<td>Total Credits: 15-17</td>
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<table>
<thead>
<tr>
<th>SENIOR YEAR - Fall Semester</th>
<th>SENIOR YEAR - Spring Semester</th>
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<tbody>
<tr>
<td>Arts and Humanities/WLC elective</td>
<td>HPER-N431 “Medical Nutrition Therapy”</td>
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<tr>
<td>HPER-N 336 “Community Nutrition”</td>
<td>HPER-N432 “Advanced Nutrition II”</td>
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<tr>
<td>HPER-N440/HPER-H494 “Research in Nutrition/Dietetics” (3)</td>
<td>Elective (3)</td>
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<td>Specialization Course Elective (3)</td>
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<td>Elective (1-2)</td>
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<tr>
<td>Total Credits: 15-17</td>
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</table>
Nutrition Science

About the Major: Nutrition as a Stepping Stone to Health Care or Public Health

Nutrition science integrates nutrition and the physical and life sciences, such as chemistry, biology, anatomy, and physiology, to promote healthy lifestyles. Students often choose this major for

- Pre-medical
- Pre-dental
- Pre-physician’s assistant
- Pre-optometry
- Pre-chiropractic
- Pre-pharmacy

Also, this major can lead to a career in the food industry, research, or public health.

Opportunities in the Program

Students can minor in public health, chemistry, biology or medical science. They can join the student-run health organization Eta Sigma Gamma and participate in a number of student medical or dental organizations available on campus.

What You Can Do

Nutrition science majors
- work in medical science laboratories
- study for advanced degrees in science, medicine or public health
- plan nutrition initiatives for communities, states, or federal agencies
- do food research and communication

Where You Can Go

- agribusiness
- food industry
- insurance
- hospital labs
- government
- non-profit agencies
- pharmaceutical sales

What You Will Earn

Since most students with this major go on to advanced health care fields, it is not possible to provide a specific salary figure. Here are some sample salaries: physician assistant $75k, dentist $129k, general practice physician $137k, pharmaceutical sales $55k.