General Education (20 – 39 credits)

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

English Composition (0 to 3 credits, C minimum required)
Complete one of the following options:
   ___ 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)
Complete one of the following options:
   ___ 4 MATH-D 116 AND MATH-D 117 Intro to Finite Math 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-N 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 S&H 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.

Major (91 credits)

Nutrition Core: (53 cr., C- min req each course)
Complete each of the following courses:
   ___ 3 SPH-B 150 Introduction to Public Health or equivalent
   ___ 3 SPH-N 120 Introduction to Foods *
   ___ 3 SPH-N 231 Human Nutrition (P: CHEM C101 & biol) N&M
   ___ 3 SPH-N 320 Food Chem **(P: SPH-N 120, CHEM-C 117/127 or equivalent)
   ___ 3 SPH-N 350 Topics: Toxicology and Nutrition
   ___ 3 SPH-N 430 Adv Nutrition I * *(P: SPH-N 231; CHEM-C 341 or R340)
   ___ 3 SPH-N 431 Med Nutr Thera ** (P: N 231, ANAT-A 215, PHSL-P 215)
   ___ 3 SPH-N 432 Adv Nutrition II ** (P: SPH-N 430)
   ___ 3 SPH-N 492 Research in Nutrition/Diabetes or SPH-H 494 Research and Eval. Methods in Hlt & Safety
   ___ 3 CHEM-C 117 Prin of Chem & Biochem I (P: maybe C 103) N&M
   ___ 2 CHEM-C 127 Chem & Biochem Lab I (P: maybe C 103) 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 OR MATH-M 211 Calculus I (4cr.) N&M
   ___ 3 MATH/PSY SPEA-K 300, K 310 Statistical Techniques OR STAT-S 300 Intro to Applied Statistical Methods

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 Biol: Biol Mchnsms # (P: hgh schl or coll chem) N&M
   ___ 3 BIOL-L 113 Biology Lab # (P: BIOL-L 112 R: BIOL-L 111)
   ___ 3 BIOL-M 250 Microbiology * (P: 2 sem of collg chem: R: BIOL-L 211)
   ___ 2 BIOL-M 200 Microorg in Nature & Disease **
   ___ 2 BIOL-M 255 Microbiology Laboratory (P: corequisite BIOL-M 250)
   ___ 1 BIOL-M 215 Microorg Lab * (R:HS chem & bio: C:BIOL-M 200)
   ___ 3 MSCI-M 216 Medical Science of Psychoactive Drugs
   ___ 3 MSCI-M 470 Mech of Human Disease (P: BIOL-L 211)
   ___ 4 MSCI-M 485 Phsl of Human Disease (P: PHSL-P 215)
   ___ 5 PHYS-P 201 Gen Physics I # (P:Collg algb & trig or HS eq)N&M or PHYS-P 221 Physics I (P or C: MATH-M 211)
   ___ 5 PHYS-P 202 General Physics II # (P:PHYS-P 201) N&M or PHYS-P 222 Physics II (P: PHYS-P 221; C: MATH-M 212)
   ___ 3 SPH-N 325 Food Chemistry Lab ** (concurrent w/ N 320)
   ___ 3 SPH-N 331 Life Cycle Nutrition ** (R:SPH-N 220 or N 231)
   ___ 3 SPH-N 336 Community Nutrition * (P: SPH-N 231)
   ___ 3 SPH-N 480 Mechanisms of Nutrient Action *

Requirements continue on the next page.
**Life Sciences Core (minimum 16 cr.)**

Complete each of the following courses:

- 5 ANAT-A 215 Basic Human Anatomy N&M
- 3 BIOL-L 211 Molecular Biology # (P: BIOL-L 112)
- 5 PHSL-P 215 Basic Human Physiology N&M

Complete one of the following:

- 3 BIOL-L 312 Cell Biology (P: BIOL-211)
- 3 BIOL-L 321 Immun* (P: BIOL-L 211; CHM-C 101 or 117; R: L 312)
- 3 BIOL-L 330 Biol of the Cell ** (P: college BIOL & CHEM)
- 3 BIOL-L 331 Introduction to Human Genetics (P: course in genetics)
- 3 BIOL-M 350 Microb Phsl & Biochem (P: BIOL-L112, CHEM-C 341)
- 3 CHEM-C 483 Biol Chem * # (P: CHEM-C 342 or S 342 or R 340).
- 6 CHEM-C484 Biomolecule & Catabolism (P: CHEM-C 342 or S 342) and CHEM-C485 Biosynthesis and Physiology (P: CHEM-C484)

**Suggested Course Sequence for Nutrition Science**

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

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<thead>
<tr>
<th>FRESHMAN YEAR-Fall Semester</th>
<th>FRESHMAN YEAR-Spring Semester</th>
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<tr>
<td>CHEM-C 117 &amp; 127/MATH-M 119 or MATH-M 211</td>
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<tr>
<td>ENG-W 131/ENG-W 170/CMLT-C 110</td>
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<tr>
<td>SPH-N 120 &quot;Intro to Foods&quot; or Social &amp; Historical elec</td>
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<td>Arts and Humanities/WLC elective</td>
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<tr>
<td>ANAT-A 215 &quot;Human Anatomy&quot;</td>
<td>BIOL-L 211 &quot;Molecular Biology&quot;</td>
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<td>CHEM-C 341 &quot;Organic Chemistry Lectures I&quot;</td>
<td>CHEM-C 342 &quot;Organic Chemistry Lectures 2&quot;</td>
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<td>CLAS-C 209 &quot;Medical Terms from Greek and Latin&quot;</td>
<td>PHSL-P 215 &quot;Human Physiology&quot;</td>
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<td>SPH-N 231 &quot;Human Nutrition&quot;</td>
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<td>Specialization Course</td>
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<th>JUNIOR YEAR-Fall Semester</th>
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<tr>
<td>CHEM-C 343 &quot;Organic Chemistry Lab I&quot;</td>
<td>CHEM-C 330 &quot;Intermediate Inorganic Chemistry&quot;</td>
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<tr>
<td>PSY-K 300/MATH-K 310 &quot;Statistical Techniques&quot;</td>
<td>SPH-N 320 &quot;Food Chemistry&quot;</td>
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<tr>
<td>SPH-N 430 &quot;Advanced Nutrition I&quot;</td>
<td>CHEM-C 483 Biological Chemistry (Life Science option)</td>
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<tr>
<td>SPH-N 492/SPH-H 494 &quot;Research in Nutrition/Dietetics&quot;</td>
<td>SPH-N 350 &quot;Toxicology and Nutrition&quot;</td>
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<tr>
<td>Arts and Humanities/WLC/Social &amp; Historical elective</td>
<td>SPH-N 431 &quot;Medical Nutrition Therapy&quot;</td>
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**Communication (3 cr.)**

Complete one of the following:

- 3 COLL-P 155 Public Oral Communication
- or ANTH-A 122 (CMCL-C 122) Interpersonal Communication

* = Fall only  ** = Spring only

# = Pre Med/Dent requirements

**General Education**

**MAJOR**

COMPLETE A MINIMUM OF 120 CREDITS FOR THIS DEGREE
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. Students can join a number of student organizations available on campus such as:

- Bloomington Hospital Emergency Room Volunteer Program: http://www.hpplc.indiana.edu/a-club-bhsvol.shtml
- Eta Sigma Gamma-Nu Chapter: http://www.indiana.edu/~aphealth/st_life/esg_nu.html
- Hoosier Dentist Club: http://www.hpplc.indiana.edu/a-club-hd.shtml
- Pre-Optometry Club: http://www.indiana.edu/~optclub/Home.html
- Pre-Physician’s Assistant Club: Contact paclub@indiana.edu
- Student Pre-Medical Association: http://premed.originalname.net/

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.