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)
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 Mathematics I-II
- 3 MATH-J 113 Introduction to Calculus with Applications
- 3 MATH-M 106 The Mathematics of Decision & Beauty
- 3 MATH-M or V 118 Finite Mathematics
- 3 MATH-V or V 119 Brief Survey of Calculus I
- 4 MATH-M 211 Calculus I
- 4 MATH-M 213 Accelerated Calculus

**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.

**Major (92 credits)**

**Nutrition Core:** (57 cr., C- min req each course)
Complete each of the following courses:

- 3 SPH-B 150 Introduction to Public Health S&H (or equivalent)
- 3 SPH-N 120 Introduction to Foods *
- 3 SPH-N 231 Human Nutrition (P: CHEM C101 & biol) N&M
- 3 SPH-N 230 Food Chem **(P: SPH-N 120, CHEM-C 117/127 or equivalent)**
- 3 SPH-N 430 Adv Nutrition I * (P: SPH-N 231; CHEM-C 341 or R340)
- 3 SPH-N 492 Research in Nutrition/Dietetics or SPH-H 494 Research and Eval. Methods in Hlth & Safety
- 4 BIOL-L 112 Intro to Biol: Biol Mchnsm (#; P: high schl or coll chem) N&M
- 3 BIOT-T 312 Societal Issues in Biotechnology (P: BIOL-L 112)
- 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 & Biochem II (P:CHEM-C 117)
- 2 CLAS-C 209 Medical Terms from Greek and Latin
- 3 MATH-M 119 Brief Survey of Calculus I N&M 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** (16 cr., C- min req each course)
Complete 16 credits from the following courses:

- 4 BIOL-L 111 Intro to Biology: Evolution & Diversity # N&M
- 3 BIOL-L 113 Biology Lab # (P: or C: BIOL-L 112 R: BIOL-L 111)
- 3 BIOL-M 250 Microbiology * (P: 2 sem of colig chem R: BIOL-M 211) or BIOL-M 200 Microorg in Nature & Disease **
- 2 BIOL-M 255 Microbiology Laboratory (P: corequisite BIOL-M 250) or 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:Colig 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 Public Health 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 321 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 Microbi Phsi & Biochem (P:BIOL-L112, CHEM-C 341)
- 3 BIOT-T 440 Structure, Function, and Regulation of Biomolecules
- 3 CHEM-C 483 Bio Chem *(recommended chemistry course choice) * #
  (P: CHEM-C 342 or S 342 or R 340)
- 3 CHEM-C 383 Human Biochem (P-CHEM-C117 &127 or 105 & 125;
  CHEM-C341 or S341 or R340) *(NOTES: C383 does not count
  in chemistry minor; Credit given for one of CHEM-C383 or C483)*
- 3 CHEM-C 484 Biomolecule & Catabolism (P: CHEM-C or S 342)
- 3 CHEM-C 485 Biosynthesis and Physiology (P:CHEM-C484)

**Complete the following courses:**

- 3  BIOL
- 5  ANAT

**Total Credits:**

- Elective
- Specialization Course

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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
- 20-39
- 92

**COMPLETE A MINIMUM OF 120 CREDITS FOR THIS DEGREE**

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**SUGGESTED COURSE SEQUENCE FOR NUTRITION SCIENCE**

*(NOTE: N & M COURSES COVERED BY COURSE REQUIREMENTS)*

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<th>FRESHMAN YEAR-Fall Semester</th>
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<tr>
<td>CHEM-C 117 &amp; 127/MATH-M 119 or MATH-M 211</td>
<td>CHEM-C 117 &amp;127/MATH-M 119 or MATH-M 211</td>
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<td>ENG-W 131/ENG-W 170/CMLT-C 110</td>
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<td>or ANTH-A 122 “Interpersonal Communication” S&amp;H</td>
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<td>SPH-N 120 “Intro to Foods” or Social &amp; Historical elect</td>
<td>SPH-B 150 “Introduction to Public Health”</td>
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<td>ANAT-A 215 “Human Anatomy”</td>
<td>BIOI-L 211 &quot;Molecular Biology”</td>
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<td>CLAS-C 209 “Medical Terms from Greek and Latin”</td>
<td>PHSL-P 215 “Human Physiology”</td>
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<td>SPH-N 120 “Intro to Foods” or Social &amp; Historical elect</td>
<td>SPH-N 231 “Human Nutrition”</td>
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<td>PSY-K 300/MATH-K 310 “Statistical Techniques”</td>
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<td>SPH-N 430 “Advanced Nutrition I”</td>
<td>BIOT-T 312 “Societal Issues in Biotechnology”</td>
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<td>SPH-N 492/SPH-H 494 “Research in Nutrition/Dietetics”</td>
<td>CHEM-C 483 Biological Chemistry (Life Science option)</td>
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<td>Arts and Humanities/WLC/Social &amp; Historical elective</td>
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Nutrition Science

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

Nutrition science integrates nutrition with the physical and life sciences, such as chemistry, biology, anatomy, and physiology, to promote detailed understanding of the role of nutrients in metabolism. Students often choose this major for

- Pre-medical
- Pre-dental
- Pre-physician’s assistant
- Pre-optometry
- Pre-chiropractic
- Pre-pharmacy
- Preparation for graduate school

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

Opportunities in the Program

Students can minor in chemistry, biology, medical science, or public health. 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](http://www.hpplc.indiana.edu/a-club-bhsvol.shtml)
- Hoosier Dentist Club: [http://www.hpplc.indiana.edu/a-club-hd.shtml](http://www.hpplc.indiana.edu/a-club-hd.shtml)
- Pre-Optometry Club: [http://www.indiana.edu/~optclub/Home.html](http://www.indiana.edu/~optclub/Home.html)
- Pre-Physician’s Assistant Club: Contact- paclub@indiana.edu
- Student Pre-Medical Association: [http://premed.originalname.net/](http://premed.originalname.net/)
- Be the Match [https://beinvolved.indiana.edu/organization/BeTheMatch/about](https://beinvolved.indiana.edu/organization/BeTheMatch/about)
- Eta Sigma Gamma-Nu Chapter: [http://www.indiana.edu/~aphealth/st_life/esg_nu.html](http://www.indiana.edu/~aphealth/st_life/esg_nu.html)

What You Can Do

Nutrition science majors

- work in medical science laboratories
- study for advanced degrees in related sciences, medicine or public health
- plan nutrition initiatives for communities, states, or federal agencies
- conduct food research and communicate about food and science

Where You Can Go

- agribusiness
- food industry
- insurance
- hospital labs
- government and 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.