

Pennsylvania State University  
DEPARTMENT OF NUTRITIONAL SCIENCES

**NUTRITION: BASIC SCIENCES OPTION**

All degrees require a minimum of 120 total credit hours.

Degree requirements include University General Education Requirements and Departmental specific course requirements for each degree option. For course descriptions and prerequisites, see the University's Schedule of Courses.

**UNIVERSITY GENERAL EDUCATION  
REQUIREMENTS**

**SKILLS - 15 Credits**

**GWS (Writing/Speaking – 9 credits)**

- \_\_\_ (ENGL 15 or equivalent fulfills this)
- \_\_\_ (ENGL 202C or equivalent fulfills this)
- \_\_\_ (CAS 100 or equivalent fulfills this)

**GO (Quantification – 6 credits)**

- \_\_\_ (MATH 140 fulfills this)
- \_\_\_ (STAT 200 fulfills this)

**KNOWLEDGE DOMAINS – 30 Credits**

**GHA (Health and Physical Activity – 3 credits)**

- \_\_\_ (NUTR 251 fulfills this)

**GN (Natural Sciences – 9 credits)**

- \_\_\_ (BIOL 141 fulfills this)
- \_\_\_ (CHEM 110/111 fulfill this)
- \_\_\_ (MICRB 201 fulfills this)

**GA (Arts – 6 credits)**

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**GH (Humanities – 6 credits)**

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**GS (Social and Behavioral Sciences – 6 credits)**

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**OTHER GENERAL EDUCATION REQUIREMENTS**

All three areas must be filled. These requirements are usually met from the Knowledge Domain course selections or Degree requirement course selection. Check the *General Education in the Curriculum* book for further information.

- \_\_\_ First-Year Seminar (S,T,X, or PSU designation)
- \_\_\_ Writing Across the Curriculum (W, M, X, Y)  
(NUTR 490W would fulfill this.)
- \_\_\_ US cultures (US) (3 credits)
- \_\_\_ International cultures (IL) (3 credits)

**NOTES:**

- A grade of C or better is required for most upper division Department courses. Check the *Undergraduate Degree Program Bulletin* for specific information.
- An "\*" indicates that the course has a prerequisite. Consult the University Schedule of Course for this and other information.

**DEPARTMENT – MAJOR/OPTIONS  
REQUIREMENTS**

**MAJOR REQUIREMENTS = 20 Credit Hours**

- \_\_\_(3) NUTR 251 Introductory Principles of Nutrition
- \_\_\_(2)\*NUTR 358 Assessment of Nutritional Status
- \_\_\_(3)\*NUTR 445 Nutrient Metabolism I
- \_\_\_(3)\*NUTR 446 Nutrient Metabolism II
- \_\_\_(3)\*NUTR 451 Nutrition throughout the Life Cycle
- \_\_\_(3)\*NUTR 452 Nutritional Aspects of Disease
- \_\_\_(3)\*NUTR 490W Nutrition Seminar

**RELATED PRESCRIBED COURSES = 51 Credit Hours**

- \_\_\_(4) BIOL 110 Basic Concepts & Biodiversity
- \_\_\_(4) BIOL 141/142 Physiology/Lab
- \_\_\_(4) BIOL 230W Biology: Molecules And Cells
- \_\_\_(4)\*CHEM 110/111 Chem. Prin/Lab
- \_\_\_(4)\*CHEM 112/113 Chem. Prin/Lab
- \_\_\_(3)\*CHEM 202 or 210 Organic Chemistry
- \_\_\_(3)\*CHEM 203 or 212 Organic Chemistry
- \_\_\_(4)\*PHYS 250 Introductory Physics I
- \_\_\_(4)\*PHYS 251 Introductory Physics II
- \_\_\_(4)\*B M B 211/212 Elementary Biochemistry/Lab
- \_\_\_(5) MICRB 201/202 Introductory Microbiology/Lab
- \_\_\_(4-3)\*STAT 200 or 250 Elementary Stat or Biostatistics
- \_\_\_(4) MATH 140 Calculus With Analytic Geometry I

**SUPPORTING COURSES 16 credits (at least 9 credits must be 400 level and up to 6 of those can be 496)**

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**ELECTIVES: 6-7 credits**

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**OPTIONAL: Additional courses required for Didactic Program in Dietetics and eligibility to apply for a Dietetic Internship**  
*These courses can count as supporting courses or electives.*

- \_\_\_(3)\*NUTR 320 Science & Methods of Food Preparation
- \_\_\_(3)\*NUTR 360 Disseminating Nutr Information
- \_\_\_(1)\*NUTR 370 Prof Issues in Nutr & Health Careers
- \_\_\_(1)\*NUTR 371 Dietetic Internship Application Dev\_\_
- \_\_\_(3)\*NUTR 386 Managing Quality in Food and Nutr Services\_
- \_\_\_(1)\*NUTR 400 Introduction to Nutrition Counseling
- \_\_\_(3)\*NUTR 453 Diet and Disease
- \_\_\_(2)\*NUTR 456 Community Nutrition
- \_\_\_(1)\*NUTR 391 Intro to Professional Experience
- \_\_\_(3)\*NUTR 495 Adv Field Experience in Nutrition
- \_\_\_(1)\*HM 228 Hospitality Food Safety
- \_\_\_(3)\*HM 329 Intro Food Production & Service
- \_\_\_(2)\*HM 330 Food Production & Service Mgmt
- \_\_\_(3) PSYCH 100 Psychology or HDFS 129 (GS)