

BACHELOR OF SCIENCE IN NUTRITION (NUTRITIONAL SCIENCES)

Web Site: <https://twu.edu/nutrition-food-sciences/undergraduate-programs/bs-in-nutrition-nutritional-sciences/>

The Bachelor of Science in Nutrition (Nutritional Sciences) program is planned for students who are interested in careers in academia and research in nutritional sciences. This degree emphasizes basic sciences and is ideal for students who plan to seek admission to professional studies in medicine, physician assistant, dentistry, physical therapy, occupational therapy, pharmacy, or veterinary professions. In addition, the degree provides a foundation for further education at the master and doctoral levels for the pursuit of careers in industry, research, and university-level teaching positions. The program includes courses in nutrition, biology, chemistry, and mathematics.

Marketable Skills

Defined by the Texas Higher Education Coordinating Board's 60x30 Strategic Plan (<https://reportcenter.highered.texas.gov/agency-publication/miscellaneous/thecb-60x30-strategic-plan/>) as, "Those skills valued by employers that can be applied in a variety of work settings, including interpersonal, cognitive, and applied skills areas. These skills can be either primary or complementary to a major and are acquired by students through education, including curricular, co-curricular, and extracurricular activities."

1. Knowledge of and ability to identify safety guidelines.
2. Analyze and interpret blood profile data as it relates to specific health issues or concerns.
3. Read, understand, and present interpretations of scientific literature in the field to a lay audience and health care clients.
4. Apply food systems administration concepts in decision-making processes.
5. Function as a part of an overall health team.
6. Give or follow instructions to and from others.
7. Work effectively on team presentations.

Admissions

All applicants must meet the general undergraduate admission requirements (<https://catalog.twu.edu/undergraduate/admission-information/>).

Degree Requirements

Total Semester Credit Hours (SCH): 120

Major: 33 SCH

Program Code: NUTRITION.BS.NUTRSCI **CIP Code:** 30.1901.00

Texas Core Curriculum

Code	Title	SCHs
ENG 1013	Composition I	3
ENG 1023	Composition II	3
Mathematics		3

Life & Physical Sciences		6
Language, Philosophy, & Culture		3
Creative Arts		3
HIST 1013	History of the United States, 1492-1865	3
HIST 1023	History of the United States, 1865 to the Present	3
POLS 2013	U.S. National Government	3
POLS 2023	Texas Government	3
Social & Behavioral Sciences		3
CAO: Women's Studies		3
CAO: First Year Seminar, Wellness or Mathematics		3
Total SCHs		42

Courses Required for Major

Code	Title	SCHs
NFS 2033 & NFS 2031 or BACT 3113 & BACT 3111	Food Microbiology and Food Microbiology Laboratory General Microbiology and General Microbiology Laboratory	4
NFS 2323	Introduction to Nutrition	3
NFS 3033	Nutrition throughout the Life Cycle	3
NFS 3083	Nutritional Biochemistry	3
NFS 3101	Advanced Nutrition Laboratory	1
NFS 3173 or NFS 3063	Culture and Food Ecology of Foods and Nutrition	3
NFS 3323 & NFS 3321	Food Science and Food Science Laboratory	4
NFS 4313	Advanced Nutrition: Micronutrients	3
NFS 4303	Advanced Nutrition: Macronutrients	3
NFS 4601	Literature in Nutrition and Food Science Seminar	1
NFS 4912	Independent Study	2
NFS 4983	Research in Nutrition and Food Sciences (may be repeated up to 3 times)	3
Total SCHs		33

Departmental Requirements

Code	Title	SCHs
BIOL 1113 & BIOL 1111	Principles of Biology I and Principles of Biology I Laboratory (may be applied from core)	4
BIOL 1123 & BIOL 1121	Principles of Biology II and Principles of Biology II Laboratory (may be applied from core)	4
CHEM 1113 & CHEM 1111	General Chemistry I and General Chemistry Laboratory I	4
CHEM 1123 & CHEM 1121	General Chemistry II and General Chemistry Laboratory II	4
CHEM 2213 & CHEM 2211	Organic Chemistry I and Organic Chemistry Laboratory I	4
CHEM 3223 & CHEM 3221	Organic Chemistry II and Organic Chemistry Laboratory II	4
MATH 1303	College Algebra (may be applied from core)	3
MATH 1313	Trigonometry	3
MATH 1703	Elementary Statistics I	3

ZOOL 2013 & ZOOL 2011	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory	4
ZOOL 2023 & ZOOL 2021	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	4
ZOOL 4243 & ZOOL 4241	Medical Physiology and Medical Physiology Laboratory	4
Total SCHs		45

Recommended Plan of Study

First Year

Fall		TCCN	SCHs
BIOL 1113 & BIOL 1111	Principles of Biology I and Principles of Biology I Laboratory	BIOL 1406 & BIOL 1106	4
CHEM 1113 & CHEM 1111	General Chemistry I and General Chemistry Laboratory I	CHEM 1311 & CHEM 1111	4
ENG 1013	Composition I	ENGL 1301	3
HIST 1013	History of the United States, 1492-1865	HIST 1301	3
Select 3 SCH from the following			
KINS 1902 & UNIV 1233	Health and Wellbeing: Enhancing Personal Wellness and Learning Frameworks: the First-Year Seminar (required for first year students)	PHED 1338 & EDUC 1100, EDUC 1200, EDUC 1300	3
KINS 1902 & KINS 1900	Health and Wellbeing: Enhancing Personal Wellness and Fitness and Health Laboratory	PHED 1338 & PHED 1164	3
Elective			3
SCHs			17

Spring		TCCN	SCHs
NFS 2323	Introduction to Nutrition	BIOL 1322	3
CHEM 1123 & CHEM 1121	General Chemistry II and General Chemistry Laboratory II	CHEM 1312 & CHEM 1112	4
ENG 1023	Composition II	ENGL 1302	3
HIST 1023	History of the United States, 1865 to the Present	HIST 1302	3
MATH 1013	Financial and Quantitative Literacy	MATH 1332	3
SCHs			16

Second Year

Fall		TCCN	SCHs
BIOL 1123 & BIOL 1121	Principles of Biology II and Principles of Biology II Laboratory	BIOL 1407 & BIOL 1107	4
POLS 2013	U.S. National Government	GOVT 2305	3
MATH 1303	College Algebra	MATH 1314	3
ZOOL 2013 & ZOOL 2011	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory	BIOL 2401 & BIOL 2101	4
Elective			3
SCHs			17

Spring		TCCN	SCHs
NFS 3173 or 3063	Culture and Food or Ecology of Foods and Nutrition		3
POLS 2023	Texas Government	GOVT 2306	3
MATH 1313	Trigonometry	MATH 1316	3
ZOOL 2023 & ZOOL 2021	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	BIOL 2402 & BIOL 2102	4
SCHs			13

Third Year

Fall		TCCN	SCHs
NFS 3033	Nutrition throughout the Life Cycle		3
CHEM 2213 & CHEM 2211	Organic Chemistry I and Organic Chemistry Laboratory I	CHEM 2323 & CHEM 2123	4
MATH 1703	Elementary Statistics I	MATH 1342	3
Select 4 SCH of the following			
NFS 2033 & NFS 2031	Food Microbiology and Food Microbiology Laboratory		4
BACT 3113 & BACT 3111	General Microbiology and General Microbiology Laboratory		3
Elective			3
SCHs			17

Spring		TCCN	SCHs
NFS 3083	Nutritional Biochemistry		3
NFS 3323 & NFS 3321	Food Science and Food Science Laboratory		4
CHEM 3223 & CHEM 3221	Organic Chemistry II and Organic Chemistry Laboratory II		4
ZOOL 4243 & ZOOL 4241	Medical Physiology and Medical Physiology Laboratory		4
SCHs			15

Fourth Year

Fall		TCCN	SCHs
NFS 4303	Advanced Nutrition: Macronutrients		3
NFS 3101	Advanced Nutrition Laboratory		1
Language, Philosophy, Culture Core			
NFS 4912	Independent Study		2
Social/Behavioral Sciences Core			
SCHs			12

Spring		TCCN	SCHs
NFS 4313	Advanced Nutrition: Micronutrients		3
NFS 4601	Literature in Nutrition and Food Science Seminar		1
NFS 4983	Research in Nutrition and Food Sciences		3
Creative Arts Core			
Multicultural Women's Studies			
SCHs			13

Total SCHs: 120