

Tentative Four-Year Plan: BS Nutrition and Fitness

Updated Spring 2022

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Class	Fall Term	Spring Term
Freshman	ENG 111: College Writing NFSS 160: Intro. to Nutrition and Fitness Gen Ed: Arts & Humanities Gen Ed: Physical and Biological Science Gen Ed: Elective (First Year Values Flag)	COM 113: Public Speaking NFSS: Elective in major NFSS 334: Food, Fitness & Weight Management Gen Ed: Elective (Liberal Education Skills) CHEM 145: Chem for Allied Health Sciences
	Credits: 15	Credits: 15

Summer: Job Shadow

Sophomore	BIOL 251: Human Anatomy & Physiology I BIOL 261: Human Anatomy & Physiology I Lab CHEM 205: Nutrition I NFSS 402: N&F Seminar 2 MATH 221: Elementary Applied Statistics NFSS 111: Health Education	BIOL 252: Human Anatomy & Physiology II BIOL 262: Human Anatomy & Physiology II Lab NFSS 407: Physiological Found. Of Coaching NFSS: Elective in major Gen Ed: Arts & Humanities Gen Ed: Social and Behavioral Science
	Credits: 14	Credits: 16

Summer: Job Shadow

Junior	NFSS 421: Nutrition II NFSS: Elective in major NFSS 185: Personal Performance PHIL 301: Bioethics Gen Ed: Elective Gen Ed: Social and Behavioral Science	NFSS 425: Nut. Assess & Counsel NFSS 426: Nut & Fit Through the Lifecycle NFSS 431: Fit Assess & Prescription Gen Ed: Elective (Writing Intensive) NFSS: Elective in major
	Credits: 16	Credits: 15

Summer: Job Shadow, Identify Internship (NFSS 449) Possible Locations

Senior	NFSS 429: Nutrition Education Gen Ed: Social and Behavioral Science NFSS: Elective in major Gen Ed: Elective (Liberal Education Skills) Gen Ed: Elective	AH 301: Research Methods NFSS 449: Internship in Nutrition and Fitness NFSS: Elective in major Gen Ed: Elective Gen Ed: Elective
	Credits: 15	Credits: 15