

College of Health and Human Services  
 Health Sciences - Nutrition and Foods Bachelor of Science  
 2021-2022 Undergraduate Catalog

**Progression Plan-Classic**

Sample Progression Plans are for planning purposes  
 only; see the catalog for official details.

Year 1 - Fall	
HS 200 Healthy Lifestyles	3
BIO 181 Unity Of Life I: Life Of The Cell	3
BIO 181L Unity Of Life I Laboratory	1
Foundation Mathematics	3
Liberal Studies and/or Diversity	3
Liberal Studies and/or Diversity	3

Year 1 - Spring	
NTS 135 Human Nutrition	3
BIO 201 Human Anatomy/Physiology I	3
BIO 201L Human Anatomy/Physiology I Lab	1
NTS 157 Careers In Nutrition & Foods	1
Foundation English (e.g., ENG 105)	4
Liberal Studies and/or Diversity	3

Year 2 - Fall	
BIO 202 Human Anatomy/Physiology II	3
BIO 202L Human Anatomy/Physiology II Lab	1
CHM 130 or CHM 151	4
NTS 235 Principles of Food Science And Preparation I	3
Liberal Studies and/or Diversity	3

Year 2 - Spring	
NTS 250 Food Is Medicine	3
NTS 255 Principles of Food Science And Preparation II	3
CHM 152 General Chemistry II	3
PSY 230 or STA 270	3
Liberal Studies and/or Diversity	3

Year 3 - Fall	
NTS 325W Nutrition Research And Communication	3
NTS 356 Nutrition And Disease	3
NTS 415 Nutrition Across The Life Cycle	3
NTS 445 Food Service Management	3
BIO 205 Microbiology	3
BIO 205L Microbiology Lab	1

Year 3 - Spring	
NTS 335 Culinary Arts For Health	3
NTS 425 Nutrition For Sport Performance & Wellness	3
NTS 450 Nutrition Education And Counseling	3
CHM 230 or CHM 235	3
Liberal Studies and/or Diversity	3

Year 4 - Fall	
NTS 407 Medical Nutrition Therapy	3
NTS 435 Global Nutrition And Foods	3
NTS 456C Nutrition For Community Wellness	4
NTS 457 Futures In Nutrition And Foods & Dietetics	1
General Elective Course	3

Year 4 - Spring	
NTS 408 or Additional Electives	9
General Elective Course	3
General Elective Course	3