

## Suggested Course Sequence Guide for Students Pursuing **NUTRITION: HEALTH & WELLNESS OPTION** at UNH

	<b>Fall Semester</b>	<b>Spring Semester</b>
<b>1<sup>st</sup> Year</b>	_____ NUTR 400*, Nutrition in Health & Well-Being (4 cr) _____ NUTR 401*, Professional Perspectives on Nutrition (1 cr) _____ ENGL 401, First-Year Writing <b>OR</b> Discovery Course (4 cr) _____ BMS 507, Human Anatomy & Physiology (4 cr) _____ SOC 400, Intro Sociology <b>OR</b> PSYC 401, Intro to Psych (4 cr)	_____ BMS 508, Human Anatomy & Physiology (4 cr) _____ ENGL 401, First-Year Writing <b>OR</b> Discovery Course (4 cr) _____ HMP 401, US Health Care Systems (4 cr) _____ NUTR 476*, Nutritional Assessment (4 cr) <b>OR</b> Inquiry/Discovery Course
<b>2<sup>nd</sup> Year</b>	_____ CHEM 411, Intro Chemistry for the Life Sciences (4 cr) <b>OR</b> CHEM 403 & 404 (over 2 semesters) _____ NUTR 403*, Culinary Arts Skills Development (4 cr) <b>OR</b> NUTR 476*, Nutritional Assessment _____ Inquiry/Discovery Course (4 cr) _____ Elective <b>OR</b> Discovery Course (4 cr)	_____ BMCB 501, Biological Chemistry (4 cr) <b>OR</b> CHEM 545 & BMCB 658 (over 2 semesters) _____ PSYC 402/SOC 402/BIOL 528, Statistics (4 cr) _____ NUTR 506*, Nutrition & Wellness (4 cr) _____ Inquiry/Discovery Course (4 cr) <b>OR</b> NUTR 403*, Culinary Arts Skills Development
<b>3<sup>rd</sup> Year</b>	_____ BMS 501, Microbes in Human Disease (4 cr) _____ NUTR 546*, Nutrition for Exercise and Sports (4 cr) _____ NUTR 610*, Nutrition Education & Counseling (4 cr) _____ NUTR Elective <b>OR</b> Discovery Course (4 cr)	_____ NUTR 650*, Life Cycle Nutrition (4 cr) _____ NUTR 610*, Nutrition Education & Counseling (4 cr) <b>OR</b> Discovery Course _____ NUTR Elective <b>OR</b> Discovery Course (4 cr) _____ Elective (4 cr) or 2 Electives (each 2cr)
<b>4<sup>th</sup> Year</b>	_____ NUTR 755*, Concepts & Controversies in Weight Management (3 cr) <b>Capstone</b> _____ NUTR 758*, Practicum in Nutrition & Wellness (2 cr) _____ NUTR 720*, Community Nutrition <b>Capstone OR</b> Discovery Course (4 cr) _____ Discovery Course (4 cr) _____ 600/700-level Elective <b>OR</b> Elective (2-4 cr as needed)	_____ NUTR 720*, Community Nutrition <b>Capstone OR</b> Discovery Course (4 cr) _____ Discovery Course (4 cr) _____ Elective (2 - 4 cr) _____ Elective <b>OR</b> 600/700-level Elective (4 cr)

### Discovery Program Checklist

Biological Sci:   BMS 507   | Environ, Tech & Society: \_\_\_\_\_ | Fine & Performing Arts: \_\_\_\_\_  
 Histor Perspec: \_\_\_\_\_ | Humanities: \_\_\_\_\_ | Physical Sci:   CHEM 411   | Quant Reason:   Stats    
 Social Sci:   PSYC 401 or SOC 400   | World Cultures: \_\_\_\_\_ | Inquiry: \_\_\_\_\_

### Four Writing Intensive Course Checklist

\_\_\_\_\_ ENGL 401                      \_\_\_\_\_ NUTR 720                      \_\_\_\_\_ Other                      \_\_\_\_\_ Other

#### Electives

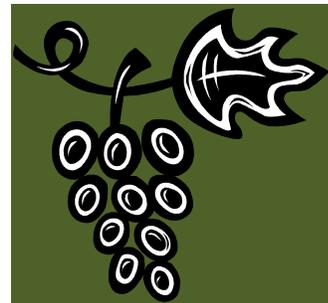
**Nutrition: Health & Wellness curriculum requires:** 1)  4 credits of NUTR electives AND 2)  4 credits of electives at the 600- or 700-level.

\_\_\_\_\_ NUTR Elective(s) (≥ 4 cr)    \_\_\_\_\_ 600- or 700-elective (≥ 4 cr)    \_\_\_\_\_ Additional Electives (to earn 128 crs)

**Total Credits: \_\_\_\_\_ (≥ 128 credits required)    \* All NUTR courses require ≥ C– grade.**

# Advising Checklist for the **NUTRITION: HEALTH & WELLNESS** OPTION at UNH

- \_\_\_\_\_ BMCB 501, *Biological Chemistry* (S, 4 cr)
- \_\_\_\_\_ BMS 501, *Microbes in Human Disease* (F, 4 cr)
- \_\_\_\_\_ BMS 507, *Human Anatomy & Physiology* (Discovery: Biol Sci, F, 4 cr)
- \_\_\_\_\_ BMS 508, *Human Anatomy & Physiology* (Discovery: Biol Sci, S, 4 cr)
- \_\_\_\_\_ CHEM 411, *Introductory Chemistry for Life Sciences* (Discovery: Physical Sci, F, 4 cr) **OR** CHEM 403-404
- \_\_\_\_\_ ENGL 401, *First-Year Writing* (Discovery: Writing Skills, F, S, 4 cr)
- \_\_\_\_\_ PSYC 402/SOC 402/BIOL 528, *Statistics* (Discovery: Quantitative Reasoning, F, S, 4 cr)
- \_\_\_\_\_ HMP 401, *US Health Care Systems* (F, S, 4 cr)
- \_\_\_\_\_ NUTR 400\*, *Nutrition in Health & Well-Being* (F, S, 4 cr)
- \_\_\_\_\_ NUTR 401\*, *Professional Perspectives on Nutrition* (F, S, 1 cr)
- \_\_\_\_\_ NUTR 403\*, *Culinary Arts Skills Development* (F, S, 4 cr)
- \_\_\_\_\_ NUTR 476\*, *Nutritional Assessment* (F, S, 4 cr)
- \_\_\_\_\_ NUTR 506\*, *Nutrition & Wellness* (S, 4 cr)
- \_\_\_\_\_ NUTR 546\*, *Nutrition for Exercise and Sports* (F, 4 cr)
- \_\_\_\_\_ NUTR 610\*, *Nutrition Education & Counseling* (F, S, 4 cr)
- \_\_\_\_\_ NUTR 650\*, *Life Cycle Nutrition* (S, 4 cr)
- \_\_\_\_\_ NUTR 720\*, *Community Nutrition* (WI, F, S, 4 cr) **Capstone**
- \_\_\_\_\_ NUTR 755\*, *Concepts & Controversies in Weight Management* (F, 3 cr) **Capstone**
- \_\_\_\_\_ NUTR 758\*, *Practicum in Nutrition & Wellness* (F, 2 cr)
- \_\_\_\_\_ SOC 400, *Intro Sociology* **OR** PSYC 401, *Intro to Psych* (Discovery: Social Science, F, S, 4 cr)
- \_\_\_\_\_ NUTR Elective (4 cr)
- \_\_\_\_\_ Elective at the 600/700-level (4 cr)



## Discovery Program Checklist

Biological Sci:   BMS 507   | Environ, Tech & Society: \_\_\_\_\_ | Fine & Performing Arts: \_\_\_\_\_  
Histor Perspec: \_\_\_\_\_ | Humanities: \_\_\_\_\_ | Physical Sci:   CHEM 411   | Quant Reason:   Stats    
Social Sci:   PSYC 401 or SOC 400   | World Cultures: \_\_\_\_\_ | Inquiry: \_\_\_\_\_

## Four Writing Intensive Course Checklist

\_\_\_\_\_ ENGL 401                      \_\_\_\_\_ NUTR 720                      \_\_\_\_\_ Other                      \_\_\_\_\_ Other

## Electives

\_\_\_\_\_ NUTR Elective(s) (≥ 4 cr)    \_\_\_\_\_ 600- or 700-elective (≥ 4 cr)    \_\_\_\_\_ Additional Electives (to earn 128 crs)

**Total Credits: \_\_\_\_\_ (≥ 128 credits required)    \* All NUTR courses require ≥ C– grade.**

**Note for Preprofessional Health Students** - Those interested in preprofessional health pathways should meet with the PPH advisor and consider admission requirements, including the following curriculum modifications: CHEM 403 & 404 (instead of CHEM 411) and/or CHEM 545/546 and BMCB 658/9 (instead of BMCB 501).