

**The University of Alabama**  
**College of Human Environmental Sciences**  
**Department of Human Nutrition and Hospitality Management**

**PROGRAM REQUIREMENTS - MAJOR IN FOOD AND NUTRITION: 2020-2021 CATALOG**

Name \_\_\_\_\_ Track \_\_\_\_\_ Date \_\_\_\_\_

State-Wide Articulation and UA Core

I. Written Composition (6 hrs required)

- \_\_\_\_ (3) EN 101 English
- \_\_\_\_ (3) EN 102 English

II. Humanities and Fine Arts (12 hrs required)\*

- \_\_\_\_ (3) Fine Arts Req \_\_\_\_\_
- \_\_\_\_ (3) Literature \_\_\_\_\_
- \_\_\_\_ (3) \_\_\_\_\_
- \_\_\_\_ (3) \_\_\_\_\_

\* Must complete either two semesters of literature or two semesters of history sequence.

III. Natural Sciences and Mathematics (23 hrs required)

- \_\_\_\_ (3) Math \_\_\_\_\_
- \_\_\_\_ (4) CH 104 Intro Chemistry (N)
- \_\_\_\_ (4) CH 105 Intro Organic Chemistry (N)
- \_\_\_\_ (4) \*\*BSC 215 Human Anatomy & Physiology I
- \_\_\_\_ (4) \*\*BSC 216 Human Anatomy & Physiology II
- \_\_\_\_ (4) BSC 242 Microbiology

IV. History, Social and Behavioral Sciences (12 hrs required)\*

- \_\_\_\_ (3) PY 101 Intro Psychology
- \_\_\_\_ (3) History \_\_\_\_\_
- \_\_\_\_ (3) \_\_\_\_\_
- \_\_\_\_ (3) \_\_\_\_\_

\* Must complete either two semesters of literature or two semesters of history sequence.

Computer / Foreign Language (6 Hrs "C" or 1 Yr Same Foreign Language Required)

- \_\_\_\_ ( ) \_\_\_\_\_
- \_\_\_\_ ( ) \_\_\_\_\_

Check prerequisites for C designated courses.

Writing Courses (6 hrs "W" required)

- \_\_\_\_ (3) Completed NHM 454
- \_\_\_\_ (3) Completed NHM 340

HES CORE (3 Hrs)

- \_\_\_\_ (3) HES 100 F

NOTE: HES 100 is for new freshmen only.

\*\* BSC 215, 216 and 242 does not meet core requirements for natural sciences

Verify core curriculum through your advisor or <https://registrar.ua.edu/student-services/registration/>.

Effective: Fall 2014

MAJOR COURSES (56 Hrs Required)

- \_\_\_\_ (3) NHM 101 Intro Human Nutrition F, Sp, S
- \_\_\_\_ (1) NHM 195 Intro Dietetics & Nutrition F
- \_\_\_\_ (3) NHM 201 Nutrition in the Life Cycle F, Sp (Prereq: NHM 101)
- \_\_\_\_ (3) NHM 253 Food Science F, Sp (Prereq: NHM 101, NHM 201)
- \_\_\_\_ (1) NHM 295 Intro Research Food & Nutrition F, Sp (NHM 101)
- \_\_\_\_ (3) NHM 340 Community Nutrition (W) F, Sp (Prereq: NHM 201; Preq/Co-req: NHM 295))
- \_\_\_\_ (3) NHM 345 Nutrition Counseling F (Prereq: NHM 201; Coreq: NHM 363)
- \_\_\_\_ (3) NHM 346 Nutrition Education: Theories & Practices Sp (Prereq: NHM 201, NHM 345)
- \_\_\_\_ (3) NHM 361 Nutritional Biochemistry F (Prereq: NHM 101, CH 105 or 231)
- \_\_\_\_ (3) NHM 362 Nutrition at the Cellular Level Sp (Prereq: NHM 361)
- \_\_\_\_ (3) NHM 363 Applied Nutrition F (Prereq: NHM 201, CH 105, BSC 215-216)
- \_\_\_\_ (3) NHM 365 Medical Nutrition Therapy I Sp (Prereq: NHM 363)
- \_\_\_\_ (3) NHM 372 Intro Food Systems Management F
- \_\_\_\_ (3) NHM 373 Pur & Design & Risk Mgt in Foodservice Sys Sp (Prereq: NHM 372)
- \_\_\_\_ (3) NHM 374 Quantity Food Production & Service F, Sp (Prereq: NHM 253, 372)
- \_\_\_\_ (3) NHM 454 Experimental & Functional Food Science (W) F, Sp (Prereq: CH 105; NHM 101, 295, 253, 340, 365)
- \_\_\_\_ (3) NHM 465 Medical Nutrition Therapy II F (Prereq: NHM 365)
- \_\_\_\_ (3) NHM 475 Mgt of Food Service Systems F (Prereq: NHM 372, 373, 374)
- \_\_\_\_ (3) NHM 491 Directed Professional Individual Study S (W) (prereq: NHM 365)
- \_\_\_\_ (3) BER 345 Educational Statistics

Note: - All NHM courses listed above are available by distance.  
 - Check the catalog for complete prerequisites for all NHM courses

TRACKS (11-14 Hrs Required)

Student must apply for admission to the Coordinated Program in Dietetics Track in the second semester of the sophomore year or declare the Didactic Program in Dietetics Track. See Undergraduate Catalog for admission and retention requirements for Coordinated Program in Dietetics Track.

COORDINATED PROGRAM IN DIETETICS TRACK (17 Hrs Required)

Supervised practices in:

- \_\_ (2) NHM 366 Medical Nutr. Therapy I (Sp, I)    \_\_ (2) NHM 476 FS Mgt II (F, Sp)
- \_\_ (3) NHM 390 Foodservice Mgt I (F, I)        \_\_ (3) NHM 467 Longterm Care (Sp)
- \_\_ (1) NHM 464 Community Nutrition (F)        \_\_ (3) NHM 485 Dietetic Mgt & Comm (Sp)
- \_\_ (3) NHM 466 Medical Nutrition Therapy II (F)

DIDACTIC PROGRAM IN DIETETICS TRACK (Total Hrs Must = 120)

- \_\_\_\_ (1) NHM 492 Preparing for Dietetic Internship F, Sp
- \_\_\_\_ (1-4) NHM 468 Practicum in Food and Nutrition F, SP
- \_\_\_\_ ( ) \_\_\_\_\_

**To complete and meet all the DPD requirements and receive a Verification Statement, a student must maintain an overall GPA of 3.0 or higher. Must make B- or higher in all "NHM designated" food and nutrition major courses including BER 345 (or equivalent). May only have a total of 2 retakes in one "DPD Professional Course" (NHM designated and BER 345), or 1 retake in up to two different DPD Professional Courses (excluding original attempt) to earn the required grade. Must complete the courses required for the DPD, and/or complete a bachelor's degree.**

Courses *usually* offered: F= Fall Sp = Spring I = Interim S = Summer