

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

PROGRAM REQUIREMENTS - MAJOR IN FOOD AND NUTRITION: 2023-2024 CATALOG

Name _____ Track _____ Date _____

State-Wide Articulation and UA Core

Written Composition (6 hrs required)

____ (3) EN 101 English

____ (3) EN 102 English

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

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Check prerequisites for C designated courses.

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.

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

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.

Writing Courses (6 hrs "W" required)

____ (3) NHM 340 (Prereq: NHM 201)

____ (3) NHM 491 (Prereq: NHM 365)

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

MAJOR COURSES (56 Hrs Required)

____ (3) NHM 101 Intro Human Nutrition FSpS

____ (1) NHM 195 Intro Dietetics & Nutrition FSp

____ (3) NHM 201 Nutrition in the Life Cycle FSp (Prereq: NHM 101)

____ (3) NHM 253 Food Science FSp (Prereq: NHM 101, CH 104)

____ (1) NHM 295 Intro Research Food & Nutrition FSp (NHM 101)

____ (3) NHM 340 Community Nutrition (W) FSp (Prereq: NHM 201)

____ (3) NHM 345 Nutrition Counseling F (Prereq: NHM 201; Coreq: NHM 363)

____ (3) NHM 346 Nutrition Education: Theories & Practices Sp (Prereq: NHM 201, 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, BSC 215-216)

____ (3) NHM 365 Medical Nutrition Therapy I Sp (Prereq: NHM 361, 363)

____ (3) NHM 372 Intro Food Systems Management F

____ (3) NHM 373 Pur, Design & Risk Mgt in Foodservice Sys Sp (Prereq: NHM 372; Pre/Co-req: NHM 253)

____ (3) NHM 374 Quantity Food Production & Service FSp (Prereq: NHM 253)

____ (3) NHM 454 Experimental & Functional Food Science F (Prereq: NHM 253, 295, 365, CH 105)

____ (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: - Some NHM courses listed above may be available by distance

- Check the catalog for complete prerequisites for all NHM courses

There may be opportunities to complete graduate coursework and supervised practice in your senior year. Speak to your advisor to learn more.

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

____ (1) NHM 492 Preparing for Dietetic Internship FSp

____ (1-4) NHM 468 Practicum in Food and Nutrition FSp

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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). Must complete the courses required for the DPD, and/or complete a bachelor's degree.

Courses usually offered: F= Fall, Sp = Spring, S = Summer
3/2023

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