

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

**PROGRAM REQUIREMENTS - MAJOR IN FOOD AND NUTRITION**  
**Nutrition Sciences Track – 2021-2022 Catalog**

Name \_\_\_\_\_ CWID \_\_\_\_\_ 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 (14 hrs required)

- \_\_\_\_ (3) Math 113+ \_\_\_\_\_  
\_\_\_\_ (4) CH 101 General Chemistry I (N)  
\_\_\_\_ (4) CH 102 General Chemistry II (N)  
\_\_\_\_ (3) CH 231 Elem Org Chemistry I

Please note additional courses listed below for premedical education. Courses above meet the requirements for the degree but 28 additional hours are required for medical school.

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) NHM 340 Community Nutrition (W)  
(Prereq: NHM 201)  
\_\_\_\_ (3) NHM 491 Directed Prof Ind Study (W)  
(Prereq: NHM 363, 365, 346)

HES CORE (6 Hrs)

- \_\_\_\_ (3) HES 100 F  
\_\_\_\_ (3) HES 310 F, Sp, I, S

NOTE: HES 100 is for new freshmen only.

Verify core curriculum through your advisor or <https://registrar.ua.edu/student-services/registration/>  
Courses usually offered: F= Fall, Sp = Spring, S = Summer

MAJOR COURSES (46 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)  
\_\_\_\_ (1) NHM 295 Intro Research Food & Nutrition F (Prereq: NHM 101)  
\_\_\_\_ (3) NHM 340 Community Nutrition (W) F, Sp (Prereq: NHM 201; Pre/Co-req: NHM 295)  
\_\_\_\_ (3) NHM 345 Nutrition Counseling (Prereq: NHM 201; Coreq: NHM 363)  
\_\_\_\_ (3) NHM 346 Nutrition Education: Theories and Practice Sp (Prereq: NHM 201, 345)  
\_\_\_\_ (3) NHM 361 Nutritional Biochemistry F (Prereq: 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 454 Experimental & Functional Food Science (W) F (Prereq: NHM 101, 295, 253, 340, 365, CH 105)  
\_\_\_\_ (3) NHM 465 Medical Nutrition Therapy II F (Prereq: NHM 365)  
\_\_\_\_ (3) NHM 491 Directed Professional Individual Study S (W) (Prereq: NHM 365)  
\_\_\_\_ (4) BSC 215 Human Anatomy & Physiology I (Prereq: CH 102 or 105)  
\_\_\_\_ (4) BSC 216 Human Anatomy & Physiology II

Note: - Some NHM courses may be available by distance.

- Check the catalog for complete prerequisites for all NHM courses

ELECTIVES (Total Hrs Must = 120)

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

Additional Courses Typically Required for Premedical Education

- \_\_\_\_ (4) BSC 114:115 Principles of Biology I & Lab (N)  
\_\_\_\_ (4) BSC 116:117 Principles of Biology II and Lab (N)  
\_\_\_\_ (4) CH 232 Elementary Organic Chemistry II  
\_\_\_\_ (2) CH 237 Organic Chemistry Lab  
\_\_\_\_ (3) MATH 115 Precalculus Algebra & Trigonometry (MA)  
\_\_\_\_ (3) MATH 125 Calculus I (MA)  
\_\_\_\_ (4) PH 101 General Physics I (N)  
\_\_\_\_ (4) PH 102 General Physics II (N)

**Notes:**

- The Nutrition Sciences Track is an excellent option for students seeking to enter the Premedical Education track, such as Medical School, Physical and Occupational Therapy School, Dental School, Optometry School, etc.
- The Nutrition Sciences Track does not meet the requirements for a Supervised Practice, leading to eligibility to become a Registered Dietitian. However, students can take 6 additional courses (NHM 253, 372, 373, 374, 475, BER 345) to meet the eligibility requirements.
- Students seeking a **Verification Statement, 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.

