

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**  
**2019 - 2020 Catalog**  
*(does not meet requirements for becoming a registered dietitian)*

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

State-Wide Articulation and UA Core  
I. Written Composition (6 hrs required)

- \_\_\_\_\_ (3) EN 101 English F, Sp
- \_\_\_\_\_ (3) EN 102 English F, Sp

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

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

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

III. Natural Sciences and Mathematics (14 hrs required)

- \_\_\_\_\_ (3) Math
- \_\_\_\_\_ (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 listed 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.

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) (Preq: NHM 201; Preq/Co-req: NHM 295)
- \_\_\_\_\_ (3) NHM 491 Directed Prof Ind Study (W) (Preq: NHM 365)

HES CORE (3 Hrs)

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

Updated 02/2019

MAJOR COURSES (46 Hrs Required)

- \_\_\_\_\_ (3) NHM 101 Intro Human Nutrition F, Sp
- \_\_\_\_\_ (1) NHM 195 Intro Dietetics & Nutrition F
- \_\_\_\_\_ (3) NHM 201 Nutr in the Life Cycle F, Sp (Preq: NHM 101)
- \_\_\_\_\_ (1) NHM 295 Intro Research Food & Nutrition F (Preq: NHM 101, NHM 201)
- \_\_\_\_\_ (3) NHM 340 Community Nutrition (W) F, Sp (Preq: NHM 201; Preq/Co-req: NHM 295)
- \_\_\_\_\_ (3) NHM 345 Nutrition Counseling F (Preq: NHM 101, NHM 201, Coreq: NHM 363)
- \_\_\_\_\_ (3) NHM 346 Nutrition Education: Theories and Practice Sp (Preq: NHM 101, NHM 201, NHM 345)
- \_\_\_\_\_ (3) NHM 361 Nutritional Biochemistry F (Preq: CH 104-105)
- \_\_\_\_\_ (3) NHM 362 Nutrition at the Cellular Level Sp (Preq: NHM 361)
- \_\_\_\_\_ (3) NHM 363 Applied Nutrition F (Preq: NHM 201, CH 105, BSC 215-216)
- \_\_\_\_\_ (3) NHM 365 Nutrition in Medical Science I Sp (Preq: NHM 363)
- \_\_\_\_\_ (3) NHM 454 Experimental Food Science F (Preq: NHM 101, NHM 253, NHM 340, NHM 365, NHM 295, CH 105)
- \_\_\_\_\_ (3) NHM 465 Nutrition in Medical Science II F (Preq: NHM 363, NHM 365)
- \_\_\_\_\_ (3) NHM 491 Directed Prof Ind Study (W) (Preq: NHM 365)
- \_\_\_\_\_ (4) BSC 215 Human Anatomy & Physiology I
- \_\_\_\_\_ (4) BSC 216 Human Anatomy & Physiology II

Electives (Total Hrs Must = 120)

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

Additional Courses Typically Required for Premedical Education

- (4) BSC 114:115 Principles of Biology I and 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 and Trigonometry (MA)
- (3) MATH 125 Calculus I (MA)
- (4) PH 101 General Physics I (N)
- (4) PH 102 General Physics II (N)

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