

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  
(does not meet requirements for becoming registered dietitian) 2010-2012 CATALOG**

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 two semesters of 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 454 Experimental Food Science (W)
- \_\_\_\_ (3) NHM 463 Community Nutrition (W)
- \_\_\_\_ (3) NHM 491 Directed Prof Ind Study (W)

HES CORE (6 Hrs)

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

MAJOR COURSES (39 Hrs Required)

- \_\_\_\_ (3) NHM 101 Intro Human Nutrition F, Sp, S, V
- \_\_\_\_ (1) NHM 195 Intro Dietetics & Nutrition F, V
- \_\_\_\_ (3) NHM 201 Nutr in the Life Cycle Sp, V (Preq: NHM 101)
- \_\_\_\_ (3) NHM 361 Nutritional Biochemistry F, v (Preq: CH 104-105)
- \_\_\_\_ (3) NHM 362 Nutrition at the Cellular Level Sp, V (Preq: NHM 361)
- \_\_\_\_ (3) NHM 363 Applied Nutrition F (Preq: NHM 201, CH 105, BSC 215-216)
- \_\_\_\_ (3) NHM 365 Medical Nutrition Therapy I Sp, V (Preq: NHM 363)
- \_\_\_\_ (1) NHM 395 Intro Research Food & Nutrition
- \_\_\_\_ (3) NHM 432 Nutritional Counseling & Education F, V
- \_\_\_\_ (3) NHM 454 Experimental Food Science (W) F (Preq: CH 105, Coreq: BER 345)
- \_\_\_\_ (3) NHM 463 Community Nutrition (W) F, V
- \_\_\_\_ (3) NHM 465 Medical Nutrition Therapy II F, V
- \_\_\_\_ (4) BSC 215 Human Anatomy & Physiology I
- \_\_\_\_ (4) BSC 216 Human Anatomy & Physiology II

\*\* All NHM courses available by distance

Electives (Total Hrs Must = 120)

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

Additional Courses 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