

**B.S. NUTRITION & HUMAN PERFORMANCE
2023 - PRESENT CATALOG CHECKLIST**

NAME: _____ SID#: _____ DATE: _____

UA FOUNDATIONS & GENERAL EDUCATION

MATHEMATICS
MATH 112: College Algebra 3

COMPOSITION~
ENGL 101 or 107: First Year Composition 3
ENGL 102 or 108: First Year Composition 3
or
ENGL 109H: Advanced First-Year Composition 3

SECOND LANGUAGE*
You must demonstrate second semester level proficiency in a foreign language (ex: SPAN 102 or higher).
0-8

GENERAL EDUCATION
UNIV 101: Intro to General Education< 1

EXPLORING PERSPECTIVES (complete one (1) course in each area)
Artist: 3
Humanist: 3
Natural Scientist: 3
Social Scientist: 3

BUILDING CONNECTIONS (complete three (3) courses)
1) 3
2) 3
3) 3
UNIV 301: General Education Portfolio< 1
Total Units: 29-40

SUPPORTING COURSEWORK

STATISTICS (complete one (1) course)
 AREC 239, ISTA 116, MATH 163, MATH 263, SBS 200 3-4
Total Units: 3-4

GENERAL SCIENCES
CHEM 151 or CHEM 141 & CHEM 143: General Chemistry I 4
CHEM 152 or CHEM 142 & CHEM 144: General Chemistry II 4
MCB 181R: Introductory Biology 3
MCB 181L: Introductory Biology Lab 1
PHYS 102: Introductory Physics I 4
PHYS 103: Introductory Physics II 4
PHYS 181: Introductory Laboratory I 1
PHYS 182: Introductory Laboratory II 1
PSIO 201: Human Anatomy & Physiology I 4
PSIO 202: Human Anatomy & Physiology II 4
or
PSIO 380: Fundamentals of Human Physiology** 4
Total Units: 26-30

NUTRITION & HUMAN PERFORMANCE MAJOR CORE COURSEWORK

NSC 101: Introduction to Human Nutrition 3
NSC 206: Introduction to Nutrition and Human Performance 3
NSC 306: Nutrition and Exercise Physiology 3
NSC 308: Nutrition and Metabolism 3
NSC 315: Sports Nutrition 3
NSC 320: Nutrition, Exercise, and Health Promotion 3
NSC 396A: Survey of Nutrition Careers 1
NSC 396B: Preparation for Careers in Nutrition & Human Performance 1
NSC 415R: Advanced Sports Nutrition 3
NSC 415L: Advanced Sports Nutrition Lab 1
NSC 445: Assessment of Regulation of Human Body Composition 3
PSY 101: Introduction to Psychology 3
Total Units: 30

NUTRITION & HUMAN PERFORMANCE CAPSTONE

NSC 498: Senior Capstone 3
Total Units: 3

NUTRITION & HUMAN PERFORMANCE ELECTIVES***

HEALTH SCIENCES (complete eight (8) units)

Completed Units: 8

BEHAVIORAL (complete six (6) units)

Completed Units: 6

BUSINESS, MANAGEMENT, AND LEADERSHIP (complete six (6) units)

Completed Units: 6

TEACHING & COACHING (complete six (6) units)

Completed Units: 6

DIVERSITY, INCLUSIVITY AND ETHICS (complete three (3) units)

Completed Units: 3
Total Units: 29

Total Units Required for Nutrition & Human Performance Degree: /120-136

GRADUATION REQUIREMENTS:
 120 total units 42 upper division units
 2.000+ major GPA 2.000+ cumulative GPA
 Mid-career writing assessment

KEY:
 ~ Requires a "B" or better in second semester English Comp. to satisfy Mid-Career
 * Requires a "C" or better in 2nd semester Language Course
 < UNIV 101 & UNIV 301 do not need to be taken by Transfer students
 ** PSIO 201 & PSIO 202 or PSIO 380 may be taken
 *** Choose courses from approved Nutrition & Human Performance electives guide

COMMENTS/NOTES

**B.S. NUTRITION & HUMAN PERFORMANCE
FOUR (4) YEAR PLAN
2023 - 2024 CATALOG CHECKLIST**

YEAR 1

FALL

MATH 112 College Algebra	3
ENGL 101 First Year Composition	3
NSC 101 Introduction to Human Nutrition	3
NSC 206 Introduction to Nutrition and Human Performance	3
NSC 396A Survey of Nutrition Careers	1
UNIV 101 Intro to the General Education Experience (Entry Course)	1
GE Core: Exploring Perspectives or Building Connections	3
Total Units	17

SPRING

Statistics	3
ENGL 102 First Year Composition	3
NSC 306 Nutrition & Exercise Physiology Across the Lifespan	3
MCB 181R Introductory Biology	3
MCB 181L Introductory Biology Lab	1
GE Core: Exploring Perspectives or Building Connections	3
GE Core: Exploring Perspectives or Building Connections	3
Total Units	19

YEAR 2

FALL

CHEM 151 General Chemistry I	4
NSC 315 Sports Nutrition	3
PSY 101 Introduction to Psychology	3
Business, Management, and Leadership Elective	3
Second Language	4
Total Units	17

SPRING

CHEM 152 General Chemistry II	4
NSC 320 Nutrition, Exercise, and Health Promotion	3
NSC 415R Advanced Sports Nutrition	3
NSC 415L Advanced Sports Nutrition Lab	1
Second Language	4
GE Core: Exploring Perspectives or Building Connections	3
Total Units	18

YEAR 3

FALL

PSIO 201 Human Anatomy & Physiology I	4
NSC 308 Nutrition & Metabolism	3
NSC 375 Diet, Genes and Diseases	3
Diversity, Inclusivity and Ethics Elective	3
Teaching/Coaching Elective	3
GE Core: Exploring Perspectives or Building Connections	3
Total Units	19

SPRING

PSIO 202 Human Anatomy & Physiology II	4
Health Sciences Elective	2
Teaching/Coaching Elective	3
Behavioral Elective	3
GE Core: Exploring Perspectives or Building Connections	3
GE Core: Exploring Perspectives or Building Connections	3
Total Units	18

YEAR 4

FALL

NSC 445 Assessment of Regulation of Human Body Composition	3
PHYS 102 Introductory Physics I	3
PHYS 181 Introductory Laboratory I	1
Business, Management, and Leadership Elective	3
Health Sciences Elective	3
NSC 396B Prep. for Careers in Nutrition & Human Performance	1
Total Units	14

SPRING

NSC 498 Senior Capstone	3
PHYS 103 Introductory Physics II	3
PHYS 182 Introductory Laboratory II	1
Behavioral Elective	3
Health Sciences Elective	3
UNIV 301 General Education Portfolio (Exit Course)	1
Total Units	14

