

**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: General Chemistry I 4

CHEM 152: 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

Total Units: 30

NUTRITION & HUMAN PERFORMANCE MAJOR CORE COURSEWORK

NSC 101: Introduction to Human Nutrition 3

NSC 306: Introduction to Nutrition and Human Performance 3

NSC 406: 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 three (3) units)

Completed Units: 3

BEHAVIORAL (complete six (6) units)

Completed Units: 6

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

Completed Units: 6

TEACHING & COACHING (complete five (5) units)

Completed Units: 5

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

Completed Units: 3

Total Units: 23

Total Units Required for Nutrition & Human Performance Degree: /118-130

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
2022 - PRESENT CATALOG YEAR**

YEAR 1

FALL

MATH 112 College Algebra	3
ENGL 101 First Year Composition	3
NSC 101 Introduction to Human Nutrition	3
NSC 396A Survey of Nutrition Careers	1
PSIO 201 Human Anatomy & Physiology I	4
PSY 101 Introduction to Psychology	3
UNIV 101 Introduction to the General Education Experience (Entry Course)	1
Total Units	18

SPRING

Statistics	3
ENGL 102 First Year Composition	3
NSC 315 Sports Nutrition	3
NSC 320 Nutrition, Physical Activity, and Health Promotion	3
PSIO 202 Human Anatomy & Physiology II	4
GE Core: Exploring Perspectives or Building Connections	3
Total Units	19

YEAR 2

FALL

CHEM 151 General Chemistry I	4
NSC 306 Introduction to Nutrition & Human Performance	3
NSC 415R Advanced Sports Nutrition	3
NSC 415L Advanced Sports Nutrition Lab	1
Behavioral Elective	3
Second Language	4
Total Units	18

SPRING

CHEM 152 General Chemistry II	4
MCB 181R Introductory Biology	3
MCB 181L Introductory Biology Lab	1
NSC 406 Nutrition and Exercise Physiology	3
GE Core: Exploring Perspectives or Building Connections	3
Second Language	4
Total Units	18

YEAR 3

FALL

NSC 308 Nutrition & Metabolism	3
PHYS 102 Introductory Physics I	3
PHYS 181 Introductory Physics I Lab	1
Diversity, Inclusivity, and Ethics Elective	3
Behavioral Elective	3
GE Core: Exploring Perspectives or Building Connections	3
Total Units	16

SPRING

NSC 396B Preparation for Careers in Nutrition & Human Performance	1
PHYS 103 Introductory Physics II	3
PHYS 182 Introductory Physics II Lab	1
Business, Management, and Leadership Elective	3
Teaching & Coaching Elective	3
GE Core: Exploring Perspectives or Building Connections	3
Total Units	14

YEAR 4

FALL

NSC 445 Assessment of Regulation of Human Body Composition	3
Teaching & Coaching Elective	3
Health Sciences Elective	3
GE Core: Exploring Perspectives or Building Connections	3
Total Units	12

SPRING

NSC 498 Senior Capstone	3
Business, Management, and Leadership Elective	3
GE Core: Exploring Perspectives or Building Connections	3
GE Core: Exploring Perspectives or Building Connections	3
UNIV 301 General Education Portfolio (Exit Course)	1
Total Units	13

