

Northern Arizona University
Bachelor of Science in Health Sciences
Nutrition and Foods
2018-2019 Undergraduate Catalog

Degree Progression Plan

Fall – 1 st Term				Spring – 2 nd Term			
HS 200	Healthy Lifestyles	3		NTS 135	Introduction to Nutrition & Foods	3	
BIO 181	Unity of Life I: Cell Life	3		NTS 157	Careers in Nutrition & Foods	1	
BIO 181L	Unity of Life I: Laboratory	1		BIO 201	A&P I	3	
MAT 114	Quantitative Reasoning (FNRQ)	3		BIO 201L	A&P 1 Lab	1	
LS	Liberal Studies and/or diversity	3		ENG 105	Critical Reading & Writing (Foundation English)	4	
LS	Liberal Studies AH/UCU	3		LS	Liberal Studies and/or diversity	3	
Total units		16		Total units		15	

Fall – 3 rd Term				Spring – 4 th Term			
BIO 202	A & P 2	3		NTS 250	Food Is Medicine	3	
BIO 202L	A&P 2 Lab	1		HA 243	Foundations in Kitchen Operations	3	
CHM 130	Fundamental Chemistry	4		LS	Liberal Studies SPW	3	
HA 240	Restaurant Operations & Management	3		CHM 230	Fundamental Organic Chemistry	3	
LS	Liberal Studies AH/UCU	3		TBD	General Elective	3	
Total units		14		Total units		15	

Fall – 5 th Term				Spring – 6 th Term			
NTS 325W	Nutrition Research & Communication	3		NTS 335	Culinary Arts for Health	3	
NTS 356	Nutrition & Disease	3		NTS 407	Medical Nutrition Therapy	3	
NTS 415	Nutrition Across the Lifecycle	3		NTS 435	Global Nutrition & Foods	3	
NTS 425	Nutrition for Sport Performance & Wellness	3		NTS 445	Food Service Management	3	
BIO 205	Microbiology	3		NTS 450	Nutrition Education & Counseling	3	
BIO 205L	Microbiology Lab	1					
Total units		16		Total units		15	

Fall – 7 th Term				Spring – 8 th Term			
NTS 456C	Nutrition for Community Wellness	4		NTS 408	NDTR Students: Community Based Experiential Learning OR Non-DTR Students: Additional approved coursework in consultation with your advisor	9	
NTS 457	Futures in Nutrition and Foods & Dietetics	1			TBD	General Elective	3
LS	Liberal Studies and/or diversity	3		TBD	General Elective	3	
TBD	General Elective	3					
TBD	General Elective	3					
Total units		14		Total units		15	

Nutrition & Foods Minors

Nutrition & Foods Minor	Global & Sustainable Foods Minor
<p>Required courses: HS200 Healthy Lifestyles (3) & NTS 135 Introduction to Nutrition & Foods (3)</p> <p>You must choose at least 12 additional credits from the following courses (All are 3 credit courses):</p> <ul style="list-style-type: none"> NTS 250 Food is Medicine HA 240 Restaurant Operation & Management HA 243 Foundations in Kitchen Operations NTS 335 Culinary Arts for Health NTS 356 Nutrition & Disease NTS 415 Nutrition Across the Lifecycle NTS 425 Nutrition for Sport Performance & Wellness NTS 435 Global Nutrition & Foods NTS 450 Nutrition Counseling & Education 	<ul style="list-style-type: none"> NTS 135 Introduction to Nutrition & Foods HA 240 Restaurant Operations & Management HA 243 Foundations in Kitchen Operations NTS 335 Culinary Arts for Health NTS 435 Global Nutrition & Foods ENV 181 Environmental Sustainability