BS in NUTRITIONAL SCIENCE (284325) Map Sheet
Department of Nutrition, Dietetics, and Food Science
For students entering the degree program during the 2012–2013 curricular year.

Nutritional sciences is an excellent preprofessional sequence which prepares students for further training in medical or dental schools or for graduate study.

<table>
<thead>
<tr>
<th>UNIVERSITY CORE REQUIREMENTS</th>
<th>PROGRAM REQUIREMENTS (61.0 total hours)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>UNIVERSITY CORE REQUIREMENTS</strong></td>
<td><strong>Complete the following core requirements:</strong></td>
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<tr>
<td><strong>Requirements</strong></td>
<td><strong>Classes</strong></td>
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<tr>
<td><strong>Doctrinal Foundation</strong></td>
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<tr>
<td>Book of Mormon</td>
<td>2</td>
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<tr>
<td>New Testament</td>
<td>1</td>
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<tr>
<td>Doctrine and Covenants</td>
<td>1</td>
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<tr>
<td><strong>The Individual and Society</strong></td>
<td></td>
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<tr>
<td>Citizenship</td>
<td></td>
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<tr>
<td>American Heritage</td>
<td>1–2</td>
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<tr>
<td>Global &amp; Cultural Awareness</td>
<td>1</td>
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<tr>
<td><strong>Skills</strong></td>
<td></td>
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<tr>
<td>Effective Communication</td>
<td></td>
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<tr>
<td>First-Year Writing</td>
<td>1</td>
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<tr>
<td>Adv Written &amp; Oral Communication</td>
<td>1</td>
</tr>
<tr>
<td>Quantitative Reasoning</td>
<td>0–1</td>
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<tr>
<td>Languages of Learning (Math or Language)</td>
<td>1</td>
</tr>
<tr>
<td><strong>Arts, Letters, and Sciences</strong></td>
<td></td>
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<tr>
<td>Civilization 1 and 2</td>
<td>2</td>
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<tr>
<td>Arts</td>
<td>1</td>
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<tr>
<td>Letters</td>
<td>1</td>
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<tr>
<td>Biological Science</td>
<td>2</td>
</tr>
<tr>
<td>Physical Science</td>
<td>2</td>
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<tr>
<td>Social Science</td>
<td>1</td>
</tr>
<tr>
<td><strong>Core Enrichment: Electives</strong></td>
<td></td>
</tr>
<tr>
<td>Religion Electives</td>
<td>3–4</td>
</tr>
<tr>
<td>Open Electives</td>
<td>Variable</td>
</tr>
<tr>
<td><strong>GRADUATION REQUIREMENTS:</strong></td>
<td></td>
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<tr>
<td>Minimum residence hours required</td>
<td>30.0</td>
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<tr>
<td>Minimum hours needed to graduate</td>
<td>120.0</td>
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</tbody>
</table>

Complete the following core requirements:
- NDFS 100 Essentials of Human Nutrition 3.0
- NDFS 200 Nutrient Metabolism 3.0
- NDFS 294 Nutrition Research Fundamentals 1.0
- NDFS 305 Nutritional Implications of Disease 4.0
- NDFS 400 Community Nutrition 3.0
- NDFS 424 Nutrition Through the Life Cycle 2.0
- NDFS 435 Nutritional Biochemistry 4.0

After consulting with a faculty advisor, complete 8.0 hours from the following:
- MMBio 241 Molecular & Cell Biol Lab 1.0
- NDFS 201 Nutrition & Prevention of Chronic Disease 2.0
- NDFS 250 Essentials of Food Science 3.0
- NDFS 251 Essentials of Food Science Lab 1.0
- NDFS 310 Sports Nutrition 2.0
- NDFS 380 International Nutrition 3.0
- NDFS 494R Undergraduate Research in NDFS (up to 3 hours) 3.0
- PDBio 360 Cellular Biology 3.0
- PWS 340* Genetics 2.0

Recommended Courses:
- Chem 223 Quantitative & Qualitative Analysis 4.0
- Hlth 345 Principles of Epidemiology 3.0
- MMBio 221 General Microbiology 3.0
- Phsacs 106 Introductory Applied Physics 3.0
- Phsacs 107 Introductory Applied Physics Lab 1.0
- Phsacs 108 Introductory Applied Physics Lab 1.0

Note: Professional schools and graduate programs may require additional courses not required for the major, such as Phsacs 106, 107, 108, or Math 119 or 112. Students should contact the program to which they may apply to determine the specific courses required.

*THESE CLASSES FILL BOTH UNIVERSITY CORE AND PROGRAM REQUIREMENTS (15.0 hours overlap)

FOR UNIVERSITY CORE QUESTIONS CONTACT THE ADVISEMENT CENTER  ♦  FOR PROGRAM QUESTIONS SEE YOUR FACULTY ADVISOR
Suggested Sequence of Courses:

FRESHMAN YEAR

1st Semester
Chem 105 (FWSpSu) 4.0
1st Year Writing (FWSpSu) 3.0
or A Htg 100 (FWSpSu) (3.0)
NDFS 100 (FWSu) 3.0
PDBio 120 (FW) 2.0
Quantitative Reasoning (if needed) 0–3.0
Rel A 121 (FWSpSu) 2.0
Total Hours 14–17.0

2nd Semester
A Htg 100 (FWSpSu) 3.0
or 1st Year Writing (FWSpSu) (3.0)
Chem 106 & 107 (FWSpSu) 4.0
PDBio 305 (FWSp) 4.0
Stat 121 (FWSpSu) (Lang. of Learning) 3.0
Rel A 122 (FWSpSu) 2.0
Total Hours 16.0

SOPHOMORE YEAR

3rd Semester
Chem 351 (FWSp) 3.0
NDFS 200 (FSp) 3.0
NDFS 294 (F) 1.0
MMBio 240 (FWSp) (Biological Science) 3.0
Rel A 211 or 212 (FWSpSu) 2.0
NDFS electives 2–4.0
Total Hours 14–16.0

4th Semester
Chem 352 (FWSpSu) 3.0
Chem 353 (FWSpSu) 1.0
NDFS electives 3–4.0
General electives 5–6.0
Religion elective (FWSpSu) 2.0
Total Hours 14–16.0

JUNIOR YEAR

5th Semester
Chem 481 (FWSp) 3.0
Civilization 1 elective 3.0
NDFS 400 (F) 3.0
Phsces 105 (FWSp) (Physical Science) 3.0
Rel C 324 or 326 (FWSpSu) 2.0
Total Hours 14.0

6th Semester
Civilization 2 elective 3.0
Engl 316 (FWSpSu) (Advanced Writing) 3.0
NDFS 305 (W) 4.0
Arts or Letters elective 3.0
Religion elective (FWSpSu) 2.0
Total Hours 15.0

SENIOR YEAR

7th Semester
NDFS 435 (FW) 4.0
Nutritional Science electives 4.0
Religion elective 2.0
General electives 3.0
Total Hours 16.0

8th Semester
NDFS 424 (W) 2.0
Nutritional science electives 2–3.0
Social Science elective 3.0
Global & Cultural Awareness elective 3.0
General electives 4–5.0
Total Hours 14–16.0

THE DISCIPLINE:

Nutritional science (NS) examines the effects of food components on the metabolism, health, performance, and disease resistance of humans and animals. It also includes the study of human behaviors related to foods.

COURSE WORK:

Courses required for the undergraduate major in nutritional science are divided into three areas. One area consists of supporting courses in biology, physiology, chemistry, physics, and statistics. The second area is the NS core, required of all NS majors. The third area of classes is the NS electives, from which students choose 8 credit hours to meet graduation requirements. Students choose electives consistent with their interests and emphasis in nutritional science.

FINANCING:

Some assistantships and scholarships are offered through the Department of Nutrition, Dietetics, and Food Science. There are also college, university, private, and federal sources for financial help.

PRACTICAL EXPERIENCE:

Students may participate in research under a professor’s direction. Interested students should familiarize themselves with the professor’s research interests and ongoing projects. Students should approach the professor whose work most interests them to discuss how they can become involved. Students may participate as a volunteer to gain experience, as a paid research assistant, or for academic credit (NDFS 494R - Undergraduate Research). Some students who have taken advantage of this opportunity have presented the results of their research at regional, national, and international scientific meetings and have published their results in peer-reviewed scientific journals.

Note: Students are encouraged to complete an average of 15 credit hours each semester or 30 credit hours each year, which could include spring and/or summer terms. Taking fewer credits substantially increases the cost and the number of semesters to graduate.

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Nutritional science is an excellent preprofessional major for students planning a career in the health professions. Nutrition is a fundamental part of health care, yet very few health professional schools offer courses in nutrition. Nutritional science also offers preparation for advanced graduate training in nutrition, biochemistry, molecular biology, public health, and related disciplines.