

**Messiah University Nutrition and Dietetics Major Course Planning – Graduation 5/2026 (Rev. 5/2022)**  
**123 credits are required for graduation**

Name: \_\_\_\_\_

| Fall 2022                                | Cr       | Sem | Grade | Spring 2023                                | Cr       | Sem | Grade |
|--|----------|-----|-------|--|----------|-----|-------|
| IDFY 101: First Year Sem.*               | 3        |     |       | IDCR 151: Created & Called for Comm.*      | 3        |     |       |
| <b>CHEM 105: Gen Chem I</b>              | <b>4</b> |     |       | <b>CHEM 106: Gen Chem II</b>               | <b>4</b> |     |       |
| <b>NUTR 102: Intro to Nutr/Diet</b>      | <b>1</b> |     |       | <b>NUTR 121: Food &amp; Food Science</b>   | <b>3</b> |     |       |
| <b>APHS 170: Concepts of Cond.*</b>      | <b>2</b> |     |       | PSYC 101: Intro. To Psych*                 | 3        |     |       |
| Language 1*                              | 3        |     |       | Language 2*                                | 3        |     |       |
| COM 105: Oral Communication*             | 3        |     |       |  |          |     |       |
|  |          |     |       |  |          |     |       |
|  |          |     |       |  |          |     |       |
| <i>TOTAL</i>                             |          |     |       | <i>TOTAL</i>                               |          |     |       |
| Fall 2023                                | Cr       | Sem | Grade | Spring 2024                                | Cr       | Sem | Grade |
| <b>BIOL 185: A&amp;P I**</b>             | <b>4</b> |     |       | <b>BIOL 186: A &amp; P II**</b>            | <b>4</b> |     |       |
| <b>CHEM 204: Intro to Organic**</b>      | <b>4</b> |     |       | Knowledge of the Bible*                    | 3        |     |       |
| <b>NUTR 222: Principles of Nutrition</b> | <b>3</b> |     |       | <b>Stat 269: Intro Stat*</b>               | <b>3</b> |     |       |
| <b>BUSA 120: Principles of Mgmt</b>      | <b>3</b> |     |       | Literature*                                | 3        |     |       |
|  |          |     |       | History*                                   | 3        |     |       |
|  |          |     |       |  |          |     |       |
|  |          |     |       |  |          |     |       |
| <i>TOTAL</i>                             |          |     |       | <i>TOTAL</i>                               |          |     |       |
| Fall 2024                                | Cr       | Sem | Grade | Spring 2025                                | Cr       | Sem | Grade |
| <b>NUTR 322: Life Cycle Nutr</b>         | <b>3</b> |     |       | <b>NUTR 412: Medical Nutr Ther. II</b>     | <b>3</b> |     |       |
| <b>NUTR 411: Medical Nutr Ther. I</b>    | <b>3</b> |     |       | <b>NUTR 426: Nutr Metab Res 2</b>          | <b>3</b> |     |       |
| <b>NUTR 425: Nutr Metab Res 1</b>        | <b>4</b> |     |       | Christian Beliefs*                         | 3        |     |       |
| <b>BIOL 265: Microbiology</b>            | <b>4</b> |     |       | Language 3/Cross-Cultural*                 | 3        |     |       |
| Non Western Studies*                     | 3        |     |       | Philosophy/Religion*                       | 3        |     |       |
|  |          |     |       |  |          |     |       |
|  |          |     |       |  |          |     |       |
| <i>TOTAL</i>                             |          |     |       | <i>TOTAL</i>                               |          |     |       |
| Fall 2025                                | Cr       | Sem | Grade | Spring 2026                                | Cr       | Sem | Grade |
| <b>NUTR 341: Food Service</b>            | <b>4</b> |     |       | <b>NUTR 352: Community Nutrition</b>       | <b>3</b> |     |       |
| <b>NUTR 410 Nutr Ed &amp; Counseling</b> | <b>3</b> |     |       | <b>NUTR 331: Adv. Food Sci. &amp; Tech</b> | <b>3</b> |     |       |
| <b>NUTR 493: Senior Seminar</b>          | <b>1</b> |     |       | Art*                                       | 3        |     |       |
| Ethics/WorldViews/Pluralism*             | 3        |     |       | Elective                                   | 3        |     |       |
| Elective                                 | 3        |     |       | Elective                                   | 3        |     |       |
|  |          |     |       |  |          |     |       |
|  |          |     |       |  |          |     |       |
| <i>TOTAL</i>                             |          |     |       | <i>TOTAL</i>                               |          |     |       |

Abbreviations: Cr = credits, Sem = semester taken

\*QuEST

\*\*Students may substitute BIOL 170 and 460 for BIOL 185 and 186 and CHEM 309 and 310 for CHEM 204