**Messiah University Nutrition and Dietetics Major**

**Suggested Plan of Study showing completion in 7 semesters**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Course #** | **Course name** | **Cr** | **Sem** | **Grade** | **Course #** | **Course name** | **Cr** | **Sem** | **Grade** |
| **Semester 1 – Fall** | | |  |  | **Semester 2 – Spring** | | |  |  |
| **IDFY 101** | **First Year Seminar\*** | **3** |  |  | **IDCR 151** | **Created and Called\*** | **3** |  |  |
| **PSYC 101** | **Introduction to Psychology\*** | **3** |  |  | **Varies** | **2nd language\* (1st or 2nd year)** | **3** |  |  |
| **Varies** | **1st language\* (1st or 2nd year)** | **3** |  |  | **COMM 105** | **Foundations of Oral Communication\*** | **3** |  |  |
| **CHEM 105** | **General Chemistry I** | **3-4** |  |  | **CHEM 106** | **General Chemistry II** | **4** |  |  |
| **APHS 170** | **Concepts of Conditioning\*** | **2** |  |  | **NUTR 121** | **Food and Food Science** | **3** |  |  |
| **NUTR 102** | **Introduction to Nutrition and Dietetics** | **1** |  |  | **NUTR 215** | **ServSafe Manager** | **1** |  |  |
|  | **TOTAL** | **16** |  |  |  | **TOTAL** | **17** |  |  |
|  | | |  |  |  | | |  |  |
| **Summer between semester 2 and 3** | | |  |  | **Free elective: 3 credits** | | |  |  |
|  | | |  |  |  | | |  |  |
| **Semester 3 – Fall** | | **Cr** | **Sem** | **Grade** | **Semester 4 – Spring** | | **Cr** | **Sem** | **Grade** |
| **HIST XXX** | **History or Literature\*** | **3** |  |  | **Varies** | **Third Language or Cross Cultural\*** | **3** |  |  |
| **BIOL 185** | **Anatomy and Physiology I** | **4** |  |  | **Bible 201** | **Knowledge of the Bible\*** | **3** |  |  |
| **CHEM 204** | **Introduction to Organic Chemistry** | **4** |  |  | **BIOL 186** | **Anatomy and Physiology II** | **4** |  |  |
| **NUTR 222** | **Principles of Nutrition** | **3** |  |  | **BIOL189** | **Genetics** | **3** |  |  |
| **BUSA 120** | **Principles of Management** | **3** |  |  | **STAT 269** | **Introductory Statistics\*** | **3** |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  | **TOTAL** | **17** |  |  |  | **TOTAL** | **16** |  |  |
|  | | |  |  |  | | |  |  |
| **Summer between semesters 4 and 5** | | |  |  | **ATHT 203: Medical Terminology and Topics – 2 credits (online)** | | |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Semester 5 – Fall** | | **Cr** | **Sem** | **Grade** | **Semester 6 – Spring** | | **Cr** | **Sem** | **Grade** |
| **ENG XXX** | **History or Literature\*** | **3** |  |  | **THEO 2xx** | **Christian Beliefs\* (2nd or 3rd year)** | **3** |  |  |
| **NUTR 210** | **Food Around the World\*** | **2** |  |  | **IDS XXX** | **Ethics/Pluralism/World Views\* (3rd or 4th year)** | **3** |  |  |
| **RELI/PHIL** | **Religion/Philosophy\*** | **3** |  |  | **NUTR 322** | **Nutrition through the Life Cycle** | **3** |  |  |
| **Varies** | **Art, Music, Theatre\*** | **3** |  |  | **NUTR 428** | **Nutrient Biochemistry** | **4** |  |  |
| **BIOL 265** | **Microbiology** | **4** |  |  | **NUTR 333** | **Food Technology** | **2** |  |  |
| **Varies XXX** | **Free Elective** | **3** |  |  | **Varies XXX** | **Free Elective** | **3** |  |  |
|  | **TOTAL** | **18** |  |  |  | **TOTAL** | **18** |  |  |
|  |  |  |  |  |  |  |  |  |  |
| **Summer Between Semester 6 and 7 - no required courses** | | | | | | | | | |
|  | |  |  |  | | | | | |
| **Semester 7 – Fall** | | **Cr** |  | **Semester 8 – Spring (Grad)** | | | | | |
| **NUTR 430** | **Nutrition Assessment** | **1** |  |  |  | | | | |  |
| **NUTR 432** | **Introduction to Medical Nutrition Therapy** | **3** |  |  |  | | | | |  |
| **NUTR 450** | **Understanding and Applying Research** | **3** |  |  |  | | | | |  |
| **NUTR 437** | **Behavioral Health/Counseling (1st 8)** | **1.5** |  |  |  | | | | |  |
| **NUTR 438** | **Nutrition Education (2nd 8)** | **1.5** |  |  |  | | | | |  |
| **NUTR 415** | **Food Service** | **3** |  |  |  | | | | |  |
| **Varies** | **Free elective** | **2-3** |  |  |  | | | | |  |
| **NUTR 493** | **Senior Seminar in Nutrition and Dietetics** | **1** |  |  |  | | | | |  |
|  | **TOTAL** | **16-17** |  |  |  | | | | |  |

\*QuEST Requirement

\*ELI Requirement Met\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note: BIOL 185 (fall) plus 186 (spring) may be replaced by BIOL 170 (fall) plus 460 (fall or spring); BIOL 189 (spring) may be replaced by BIOL 260 (fall, BIOL 170 prerequisite); CHEM 204 (fall) may be replaced by CHEM 309 (fall) plus CHEM 310 (spring)