**Messiah University Nutrition and Dietetics Major**

**Suggested Plan of Study showing completion in 8 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 |  |  |
| Varies | | | 1st language\* (1st or 2nd year) | 3 |  |  | Varies | 2nd language\* (1st or 2nd year) | | | 3 |  |  |
| CHEM 105 | | | General Chemistry I | 4 |  |  | CHEM 106 | General Chemistry II | | | 4 |  |  |
| COMM 105 | | | Foundations of Oral Communication\* | 3 |  |  | NUTR 121 | Food and Food Science | | | 3 |  |  |
| NUTR 102 | | | Introduction to Nutrition and Dietetics | 1 |  |  | NUTR 215 | ServSafe Manager | | | 1 |  |  |
|  | | |  |  |  |  |  |  | | |  |  |  |
|  | | | **TOTAL** | **14** |  |  |  | **TOTAL** | | | **14** |  |  |
|  | | | | |  |  |  | | | | |  |  |
| **Summer between semester 2 and 3** | | | | |  |  |  | | | | |  |  |
|  | | | | |  |  |  | | | | |  |  |
| **Semester 3 – Fall** | | | | **Cr** | **Sem** | **Grade** | **Semester 4 – Spring** | | | | Cr | **Sem** | **Grade** |
| APHS 170 | | | Concepts of Conditioning\* | 2 |  |  | Varies | Free Elective | | | 3 |  |  |
| BIOL 185 | | | Anatomy and Physiology I | 4 |  |  | Bible 201 | Knowledge of the Bible\* | | | 3 |  |  |
| BUSA 120 | | | Principles of Management | 3 |  |  | BIOL 186 | Anatomy and Physiology II | | | 4 |  |  |
| NUTR 222 | | | Principles of Nutrition | 3 |  |  | BIOL189 | Genetics | | | 3 |  |  |
| CHEM 204 | | | Introduction to Organic Chemistry | 3 |  |  | STAT 269 | Introduction to Statistics | | | 3 |  |  |
|  | | | **TOTAL** | **16** |  |  |  | **TOTAL** | | | **16** |  |  |
|  | | | | |  |  |  | | | | |  |  |
| **Spring of Semester 4 or Summer between 4 and 5** | | | | |  |  | **ATHT 203 Medical Terminology and Topics - 2** | | | | |  |  |
|  | | | | |  |  |  | | | | |  |  |
| **Semester 5 – Fall** | | | | **Cr** | **Sem** | **Grade** | **Semester 6 – Spring** | | | | Cr | **Sem** | **Grade** |
| BIOL 265 | | Microbiology | | 4 |  |  | THEO 2xx | | Christian Beliefs\* (2nd or 3rd year) | | 3 |  |  |
| PSYC 101 | | Introduction to Psychology\* | | 3 |  |  | NUTR 322 | | Nutrition through the Life Cycle | | 3 |  |  |
| ENG XXX | | Literature\* | | 3 |  |  | NUTR 428 | | Nutrient Biochemistry | | 4 |  |  |
| NUTR 210 | | Food Around the World\* | | 2 |  |  | NUTR 333 | | Food Technology | | 2 |  |  |
| HIST XXX | | History\* | | 3 |  |  | Varies XXX | | Free Elective | | 3 |  |  |
|  | | **TOTAL** | | **15** |  |  |  | | **TOTAL** | | **15** |  |  |
|  | |  | |  |  |  |  | |  | |  |  |  |
| **Summer Between Semester 6 and 7 - no required courses** | | | | | |  |  | | | |  |  |  |
|  | | | |  |  |  |  | | | |  |  |  |
| **Semester 7 – Fall** | | | | **Cr** | **Sem** | **Grade** | **Semester 8 – Spring** | | | | **Cr** | **Sem** | **Grade** |
| NUTR 430 | Nutrition Assessment | | | 1 |  |  |  | | |  |  |  |  |
| NUTR 432 | Introduction to Medical Nutrition Therapy | | | 3 |  |  | Varies | | | Art, Music, Theatre\* | 3 |  |  |
| NUTR 450 | Understanding and Applying Research | | | 3 |  |  | IDS XXX | | | Ethics/Pluralism/World Views\* | 3 |  |  |
| NUTR 437 | Behavioral Health/Counseling (1st 8) | | | 1.5 |  |  | RELI/PHIL | | | Religion/Philosophy\* | 3 |  |  |
| NUTR 438 | Nutrition Education (2nd 8) | | | 1.5 |  |  | Varies XXX | | | Free Elective | 3 |  |  |
| NUTR 415 | Food Service | | | 3 |  |  | Varies XXX | | | Third Language or Cross Cultural | 3 |  |  |
| NUTR 493 | Senior Seminar in Nutr & Dietetics | | | 1 |  |  |  | | |  |  |  |  |
| Varies XXX | Free Elective | | | 2-3 |  |  |  | | |  |  |  |  |
|  | **TOTAL** | | | 16-17 |  |  |  | | | **Total** | **15** |  |  |

\*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)