

**Messiah University Nutrition and Dietetics Major Course Planning – Graduation 5/2030 (Rev. 1/2026)**

**Sophomore Spring Semester Abroad**

**123 credits are required for graduation**

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

| <b>Fall 2026</b>                                      | <b>Cr</b> | <b>Sem</b> | <b>Grade</b> | <b>Spring 2027</b>                                | <b>Cr</b> | <b>Sem</b> | <b>Grade</b> |
|-------------------------------------------------------|-----------|------------|--------------|---------------------------------------------------|-----------|------------|--------------|
| IDFY 101/102H: First Year Sem.*                       | 3         |            |              | ENGL 110/110H: Written Communication              | 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 Holistic Wellness</b>        | <b>2</b>  |            |              | COMM 105: Oral Communication*                     | 3         |            |              |
| <b>BIOL 185: A&amp;P I**</b>                          | <b>4</b>  |            |              | <b>BIOL 186: A &amp; P II**</b>                   | <b>4</b>  |            |              |
|                                                       |           |            |              |                                                   |           |            |              |
|                                                       |           |            |              |                                                   |           |            |              |
| <i>TOTAL</i>                                          |           |            |              | <i>TOTAL</i>                                      |           |            |              |
| <b>Fall 2027</b>                                      | <b>Cr</b> | <b>Sem</b> | <b>Grade</b> | <b>Spring 2028</b>                                | <b>Cr</b> | <b>Sem</b> | <b>Grade</b> |
| <b>STAT 269: Introductory Statistics*</b>             | <b>3</b>  |            |              | Philosophy or Religion*                           | 3         |            |              |
| <b>CHEM 204: Organic Chem for the Life Sciences**</b> | <b>4</b>  |            |              | Intercultural Perspectives- Global or Language 3* | 3         |            |              |
| <b>NUTR 222: Principles of Nutrition</b>              | <b>3</b>  |            |              | History*                                          | 3         |            |              |
| <b>BUSA 120: Principles of Mgmt</b>                   | <b>3</b>  |            |              | Literature or Art*                                | 3         |            |              |
| <b>PSYC 101: Intro. To Psych*</b>                     | <b>3</b>  |            |              | Elective                                          | 3         |            |              |
|                                                       |           |            |              |                                                   |           |            |              |
|                                                       |           |            |              |                                                   |           |            |              |
| <i>TOTAL</i>                                          |           |            |              | <i>TOTAL</i>                                      |           |            |              |
| <b>Fall 2028</b>                                      | <b>Cr</b> | <b>Sem</b> | <b>Grade</b> | <b>Spring 2029</b>                                | <b>Cr</b> | <b>Sem</b> | <b>Grade</b> |
| <b>NUTR 322: Nutr through Life Cycle</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>  |            |              | <b>NUTR 412: Medical Nutr Ther. II</b>            | <b>3</b>  |            |              |
| <b>NUTR 411: Medical Nutr Ther. I</b>                 | <b>3</b>  |            |              | Christian Beliefs*                                | 3         |            |              |
| Intercultural Perspectives - US *                     | 3         |            |              | Bible*                                            | 3         |            |              |
| Language 1*                                           | 3         |            |              | Language 2*                                       | 3         |            |              |
|                                                       |           |            |              |                                                   |           |            |              |
|                                                       |           |            |              |                                                   |           |            |              |
| <i>TOTAL</i>                                          |           |            |              | <i>TOTAL</i>                                      |           |            |              |
| <b>Fall 2029</b>                                      | <b>Cr</b> | <b>Sem</b> | <b>Grade</b> | <b>Spring 2030</b>                                | <b>Cr</b> | <b>Sem</b> | <b>Grade</b> |
| <b>NUTR 341: Food Service</b>                         | <b>4</b>  |            |              | <b>NUTR 331: Adv. Food Sci. &amp; Tech</b>        | <b>3</b>  |            |              |
| <b>BIOL 265: Microbiology</b>                         | <b>4</b>  |            |              | <b>NUTR 352: Community Nutrition</b>              | <b>3</b>  |            |              |
| <b>NUTR 410: Nutr Ed &amp; Counseling</b>             | <b>3</b>  |            |              | Elective                                          | 3         |            |              |
| <b>NUTR 493: Senior Seminar</b>                       | <b>1</b>  |            |              | Elective                                          | 3         |            |              |
| Ethics & the Common Good*                             | 3         |            |              | Elective                                          | 3         |            |              |
|                                                       |           |            |              |                                                   |           |            |              |
|                                                       |           |            |              |                                                   |           |            |              |
|                                                       |           |            |              |                                                   |           |            |              |
| <i>TOTAL</i>                                          |           |            |              | <i>TOTAL</i>                                      |           |            |              |

\*General Education

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

Abbreviations: CR= credits, Sem = semester taken