## University Core Requirements and Graduation Requirements

### University Core Requirements:

<table>
<thead>
<tr>
<th>Requirements</th>
<th>#Classes</th>
<th>Hours</th>
<th>Classes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Religion Cornerstones</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teachings and Doctrine of The Book of Mormon</td>
<td>1</td>
<td>2.0</td>
<td>REL A 275</td>
</tr>
<tr>
<td>Jesus Christ and the Everlasting Gospel</td>
<td>1</td>
<td>2.0</td>
<td>REL A 250</td>
</tr>
<tr>
<td>Foundations of the Restoration</td>
<td>1</td>
<td>2.0</td>
<td>REL C 225</td>
</tr>
<tr>
<td>The Eternal Family</td>
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<td>2.0</td>
<td>REL C 200</td>
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<tr>
<td><strong>The Individual and Society</strong></td>
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<tr>
<td>American Heritage</td>
<td>1-2</td>
<td>3-6.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Global and Cultural Awareness</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td><strong>Skills</strong></td>
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<tr>
<td>First Year Writing</td>
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<td>3.0</td>
<td>from approved list</td>
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<tr>
<td>Advanced Written and Oral Communications</td>
<td>1</td>
<td>3.0</td>
<td>WTRG 316</td>
</tr>
<tr>
<td>Quantitative Reasoning</td>
<td>0-1</td>
<td>0-3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Languages of Learning (Math or Language)</td>
<td>1</td>
<td>3.0</td>
<td>STAT 121*</td>
</tr>
<tr>
<td><strong>Arts, Letters, and Sciences</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Civilization 1</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Civilization 2</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Arts</td>
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<tr>
<td>Letters</td>
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<td>3.0</td>
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</tr>
<tr>
<td>Biological Science</td>
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<td>3.0</td>
<td>NDFS 100*</td>
</tr>
<tr>
<td>Physical Science</td>
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<td>7.0</td>
<td>CHEM 105*, PHSCS 105*</td>
</tr>
<tr>
<td>Social Science</td>
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<td>3.0</td>
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<tr>
<td><strong>Core Enrichment: Electives</strong></td>
<td></td>
<td></td>
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<tr>
<td>Religion Electives</td>
<td>3-4</td>
<td>6.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Open Electives</td>
<td></td>
<td></td>
<td>Variable personal choice</td>
</tr>
</tbody>
</table>

*These classes fill both university core and program requirements (15 hours overlap).

### Graduation Requirements:

- Minimum residence hours required: 30.0
- Minimum hours needed to graduate: 120.0

### Suggested Sequence of Courses

#### FRESHMAN YEAR

- **1st Semester**
  - CHEM 105 (FWSpSu) 4.0
  - 1st Year Writing (FWSpSu) or ART 100 (FWSpSu) 3.0
  - NDFS 100 (FWSpSu) 3.0
  - PDBIO 120 (FWSpSu) 3.0
  - Quantitative Reasoning (if needed) 3.0
  - Religion Cornerstone course 2.0
  - Total Hours 18.0

- **2nd Semester**
  - AHT 100 (FWSpSu) 3.0
  - CHEM 105 & 107 (FWSpSu) 4.0
  - PDBIO 105 (FWSpSu) 4.0
  - STAT 121 (FWSpSu) (Lang. of Learning) 4.0
  - Religion Cornerstone course 2.0
  - Total Hours 16.0

#### SOPHOMORE YEAR

- **3rd Semester**
  - CHEM 351 (FWSpSu) 3.0
  - NDFS 200 (FSp) 3.0
  - PDBIO 305 (FWSpSu) 3.0
  - Religion Cornerstone course 2.0
  - NDFS electives 2-4.0
  - Total Hours 14-16.0

- **4th Semester**
  - CHEM 382 (FWSpSu) 3.0
  - CHEM 383 (FWSpSu) 3.0
  - NDFS electives 3-4.0
  - General elective 5.60
  - Religion Cornerstone course 2.0
  - Total Hours 14-16.0

#### JUNIOR YEAR

- **5th Semester**
  - CHEM 481 (FWSpSu) 3.0
  - Civilization 1 elective 3.0
  - NDFS 305 (FWSpSu) (Nutritional Science elective) 3.0
  - Religion elective 2.0
  - Total Hours 14.0

- **6th Semester**
  - AHT 100 (FWSpSu) 3.0
  - CHEM 105 & 107 (FWSpSu) 4.0
  - NDFS 305 (FWSpSu) 4.0
  - Religion elective (FWSpSu) 2.0
  - Total Hours 15.0

#### SENIOR YEAR

- **7th Semester**
  - CHEM 424 (FSp) 2.0
  - NDFS 424 (FSp) 2.0
  - Nutritional Science electives 2-3.0
  - Social Science elective 3.0
  - General electives 3.0
  - Total Hours 16.0

- **8th Semester**
  - NDFS 424 (FSp) 2.0
  - Nutritional Science electives 2-3.0
  - Global & Cultural Awareness elective 3.0
  - General electives 4.50
  - Total Hours 16.0

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.
### BS in Nutritional Science (284325)
#### 2022-2023 Program Requirements (60 - 62 Credit Hours)

**REQUIREMENT 1** Complete 4 courses  
**CORE REQUIREMENTS:**  
* NDFS 100 - Essentials of Human Nutrition  
* NDFS 200 - Nutrient Metabolism  
* NDFS 294 - Nutrition Research Fundamentals  
* NDFS 435 - Nutritional Biochemistry and Metabolism  

**REQUIREMENT 2** Complete 6.0 hours from the following course(s)  
* NDFS 201 - Society, Nutrition, and Chronic Disease  
* NDFS 300 - Medical Nutrition Therapy 1  
* NDFS 310 - Nutrition and Metabolism in Sports and Exercise  
* NDFS 333 - Nutrigenetics and Nutrigenomics  
* NDFS 380 - International Nutrition  
* NDFS 400 - Community Nutrition  
* NDFS 410 - Human Obesity  
* NDFS 424 - Nutrition Through the Life Cycle  
* NDFS 440 - Nutrition Education and Counseling  

**REQUIREMENT 3** Complete 6.0 hours from the following course(s)  
* CELL 360 - Cell Biology  
* HTH 345 - Principles of Epidemiology  
* MMBIO 241 - Molecular and Cellular Biology Laboratory  
* NDFS 201 - Society, Nutrition, and Chronic Disease  
* NDFS 250 - Essentials of Food Science  
* NDFS 251 - Essentials of Food Science Laboratory  
* NDFS 300 - Medical Nutrition Therapy 1  
* NDFS 310 - Nutrition and Metabolism in Sports and Exercise  
* NDFS 333 - Nutrigenetics and Nutrigenomics  
* NDFS 380 - International Nutrition  
* NDFS 399B - Academic Internship  
* NDFS 400 - Community Nutrition  
* NDFS 410 - Human Obesity  
* NDFS 424 - Nutrition Through the Life Cycle  
* NDFS 440 - Nutrition Education and Counseling  
* NDFS 494R - Undergraduate Research in Nutrition, Dietetics, or Food Science  
* PWS 340 - Genetics  

**REQUIREMENT 4** Complete 1 course  
**PREREQUISITE TO CELL 305, REQUIRED BELOW:**  
* CELL 210 - Human Anatomy (with virtual lab)  
* CELL 220 - Human Anatomy (with lab)  

**REQUIREMENT 5** Complete 11 courses  
* CELL 305 - Human Physiology  
* CHEM 105 - General College Chemistry 1 with Lab (Integrated)  
* CHEM 106 - General College Chemistry 2  
* CHEM 107 - General College Chemistry Laboratory  
* CHEM 351 - Organic Chemistry 1  
* CHEM 352 - Organic Chemistry 2  
* CHEM 481 - Biochemistry  
* MMBIO 240 - Molecular Biology  
* MMBIO 221 - General Microbiology  
* MMBIO 211 - Advanced Physiology Laboratory  
* STAT 121 - Principles of Statistics  

**REQUIREMENT 6** Complete 1 hour from the following course(s)  
* CHEM 353 - Organic Chemistry Laboratory - Nonmajors  

**RECOMMENDED Complete 7 courses**  
* CELL 363 - Advanced Physiology Laboratory  
* CHEM 223 - (Not currently offered)  
* HLTH 345 - Principles of Epidemiology  
* MMBIO 221 - General Microbiology  
* PHSCS 106 - General Physics 1  
* PHSCS 107 - General Physics Lab 1  
* PHSCS 108 - General Physics Lab 2  

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

**THE DISCIPLINE:**  
Nutritional Science is the study of the effects of food components on the metabolism, health, performance and disease resistance of humans. It also includes the study of human behaviors related to food choices.

**COURSE WORK:**  
Courses required for the undergraduate major in nutritional science are divided into three general areas: core courses, elective courses, and supporting courses. Core courses provide a foundation in nutritional science. Elective courses (two categories of elective courses) allow students to select a more directed and specific training in nutritional science. Supporting courses include anatomy, physiology, chemistry, biochemistry, physics, genetics, and molecular biology.

**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.

**CAREERS:**  
Graduates with a B.S. in Nutritional Science find employment in major research centers; biotechnology, pharmaceutical, and nutraceutical industries; community nutrition programs; nongovernmental organizations; and the fitness industry.

Other jobs are available with food security advocacy groups (e.g., food banks, anti-poverty organizations), health advocacy organizations (preventing osteoporosis, cancer, or heart disease), trade groups for commodities (citrus fruits, vegetable growers), and people working to increase food security (farmers’ market organizers, Supplemental Nutrition Assistance Programs (formerly called food stamps) as educators or administrators), Specialized skills or training such as laboratory research experience, bilingual proficiency, journalism courses and experience, or service learning with local, national, or international community organizations make students more competitive for these jobs.

Many graduates with a BS in Nutritional Science have gone on to obtain a graduate degree (e.g. MS, MPH, PhD) at institutions such as BYU, Stanford University, the University of Illinois, the University of Utah, Utah State University, and University of Rome Tor Vergata. In addition, Nutritional Science graduates have attended medical schools at Duke, Baylor, and the Mayo Clinic (among many others), dental schools at Ohio State, University of Pittsburgh, and University of the Pacific, as well as schools of osteopathy, pharmacy, podiatry, optometry, physical therapy, and accredited physician assistant programs.

Most nutrition counseling services are provided by Registered Dietitians. Students interested in a career as a nutrition counselor should consider majoring in Dietetics.

**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 paid research assistant for academic credit (NDFS 494R - Undergraduate Research or NDFS 399R - Academic Internship). 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.

MAP DISCLAIMER
While every reasonable effort is made to ensure accuracy, there are some student populations that could have exceptions to listed requirements. Please refer to the university catalog and your college advisement center/department for complete guidelines.

DEPARTMENT INFORMATION
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NDFS Dept. Office: (801) 422-3912
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