## University Core and Graduation Requirements

### University Core Requirements:

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

*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 305 (FWSpSu)  | 4.0  
- 1st Year Writing (FWSpSu) or A HTG 100 (FWSpSu)  | 3.0  
- NDFS 100 (FWSpSu)  | 3.0  
- PBIO 120 (FWSpSu)  | 3.0  
- Quantitative Reasoning (if needed)  | 3.0  
- Religion Cornerstone course  | 2.0  
- Total Hours  | 18.0

**2nd Semester**

- A HTG 100 (FWSpSu) or 1st Year Writing (FWSpSu)  | 3.0  
- CHEM 106 & 107 (FWSpSu)  | 4.0  
- PBIO 305 (FWSpSu)  | 4.0  
- STAT 121 (FWSpSu) (Lang. of Learning)  | 3.0  
- Religion Cornerstone course  | 2.0  
- Total Hours  | 16.0

#### SOPHOMORE YEAR

**3rd Semester**

- CHEM 351 (FWSp)  | 3.0  
- NDFS 200 (FSp)  | 3.0  
- MMBIO 240 (FWSp)  | 3.0  
- Religion Cornerstone course  | 2.0  
- NDFS electives  | 2-4.0  
- Total Hours  | 14-16.0

**4th Semester**

- CHEM 362 (FWSpSu)  | 3.0  
- CHEM 353 (FWSpSu)  | 1.0  
- NDFS electives  | 3-4.0  
- General elective  | 5-6.0  
- Religion Cornerstone course  | 2.0  
- Total Hours  | 14-16.0

#### JUNIOR YEAR

**5th Semester**

- CHEM 481 (FWSp)  | 3.0  
- Civilization 1 elective  | 3.0  
- Nutritional Science elective  | 3.0  
- PHSCS 105 (FWSp) (Physical Science)  | 3.0  
- Religion elective  | 2.0  
- Total Hours  | 14.0

**6th Semester**

- Civilization 2 elective  | 3.0  
- WRTG 316 (FWSpSu) (Advanced Writing)  | 3.0  
- NDFS 305 (F)  | 4.0  
- Arts or Letters elective  | 3.0  
- Religion elective (FWSpSu)  | 2.0  
- Total Hours  | 15.0

#### SENIOR YEAR

**7th Semester**

- NDFS 435 (FSp)  | 4.0  
- Nutritional Science electives  | 4.0  
- Arts or Letters elective  | 3.0  
- Religion elective  | 2.0  
- General electives  | 3.0  
- Total Hours  | 16.0

**8th Semester**

- NDFS 424 (FSp)  | 2.0  
- Nutritional science electives  | 2-3.0  
- Social Science elective  | 3.0  
- Global & Cultural Awareness elective  | 3.0  
- General electives  | 4-5.0  
- Total Hours  | 14-16.0

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.
### REQUIREMENT 1: Complete 4 courses

**CORE REQUIREMENTS:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>NDFS 100</td>
<td>Essentials of Human Nutrition</td>
<td>3.0</td>
</tr>
<tr>
<td>NDFS 200</td>
<td>Nutrient Metabolism</td>
<td>3.0</td>
</tr>
<tr>
<td>NDFS 294</td>
<td>Nutrition Research Fundamentals</td>
<td>1.0</td>
</tr>
<tr>
<td>NDFS 435</td>
<td>Nutritional Biochemistry and Metabolism</td>
<td>4.0</td>
</tr>
</tbody>
</table>

### REQUIREMENT 2: Complete 6.0 hours from the following course(s)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>NDFS 201</td>
<td>Society, Nutrition, and Chronic Disease</td>
<td>2.0</td>
</tr>
<tr>
<td>NDFS 305</td>
<td>Nutritional Implications of Disease</td>
<td>4.0</td>
</tr>
<tr>
<td>NDFS 310</td>
<td>Nutrition and Metabolism in Sports and Exercise</td>
<td>3.0</td>
</tr>
<tr>
<td>NDFS 333</td>
<td>Nutrigenetics and Nutrigenomics</td>
<td>3.0</td>
</tr>
<tr>
<td>NDFS 380</td>
<td>International Nutrition</td>
<td>3.0</td>
</tr>
<tr>
<td>NDFS 400</td>
<td>Community Nutrition</td>
<td>3.0</td>
</tr>
<tr>
<td>NDFS 410</td>
<td>Human Obesity</td>
<td>3.0</td>
</tr>
<tr>
<td>NDFS 424</td>
<td>Nutrition Through the Life Cycle</td>
<td>2.0</td>
</tr>
<tr>
<td>NDFS 440</td>
<td>Nutrition Education and Counseling</td>
<td>3.0</td>
</tr>
</tbody>
</table>

### REQUIREMENT 3: Complete 6.0 hours from the following course(s)

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<tr>
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<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HLTH 345</td>
<td>Principles of Epidemiology</td>
<td>3.0</td>
</tr>
<tr>
<td>MMBIO 241</td>
<td>Molecular and Cellular Biology Laboratory</td>
<td>1.0</td>
</tr>
<tr>
<td>NDFS 201</td>
<td>Society, Nutrition, and Chronic Disease</td>
<td>2.0</td>
</tr>
<tr>
<td>NDFS 250</td>
<td>Essentials of Food Science</td>
<td>3.0</td>
</tr>
<tr>
<td>NDFS 251</td>
<td>Essentials of Food Science Laboratory</td>
<td>1.0</td>
</tr>
<tr>
<td>NDFS 305</td>
<td>Nutritional Implications of Disease</td>
<td>4.0</td>
</tr>
<tr>
<td>NDFS 310</td>
<td>Nutrition and Metabolism in Sports and Exercise</td>
<td>3.0</td>
</tr>
<tr>
<td>NDFS 333</td>
<td>Nutrigenetics and Nutrigenomics</td>
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<td>2.0</td>
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<td>NDFS 440</td>
<td>Nutrition Education and Counseling</td>
<td>3.0</td>
</tr>
</tbody>
</table>

### REQUIREMENT 4: Complete 1 course

**PREREQUISITE TO CELL 305, REQUIRED BELOW:**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 106</td>
<td>General College Chemistry 2</td>
<td>3.0</td>
</tr>
<tr>
<td>CHEM 107</td>
<td>General College Chemistry Laboratory</td>
<td>1.0</td>
</tr>
<tr>
<td>CHEM 351</td>
<td>Organic Chemistry 1</td>
<td>3.0</td>
</tr>
<tr>
<td>CHEM 352</td>
<td>Organic Chemistry 2</td>
<td>3.0</td>
</tr>
<tr>
<td>CHEM 481</td>
<td>Biochemistry</td>
<td>3.0</td>
</tr>
<tr>
<td>MMBIO 240</td>
<td>Molecular Biology</td>
<td>3.0</td>
</tr>
<tr>
<td>PDBIO 120</td>
<td>Science of Biology</td>
<td>3.0</td>
</tr>
<tr>
<td>PDBIO 305</td>
<td>Human Physiology</td>
<td>4.0</td>
</tr>
<tr>
<td><em>PSCS 105</em></td>
<td>General Physics 1</td>
<td>3.0</td>
</tr>
<tr>
<td><em>STAT 121</em></td>
<td>Principles of Statistics</td>
<td>3.0</td>
</tr>
</tbody>
</table>

**RECOMMENDED Complete 7 courses**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 223</td>
<td>Quantitative and Qualitative Analysis</td>
<td>4.0</td>
</tr>
<tr>
<td>HLTH 345</td>
<td>Principles of Epidemiology</td>
<td>3.0</td>
</tr>
<tr>
<td>MMBIO 221</td>
<td>General Microbiology</td>
<td>3.0</td>
</tr>
<tr>
<td>PDBIO 363</td>
<td>Advanced Physiology Laboratory</td>
<td>1.0</td>
</tr>
<tr>
<td>PHCS 106</td>
<td>General Physics 1</td>
<td>3.0</td>
</tr>
<tr>
<td>PHCS 107</td>
<td>General Physics Lab 1</td>
<td>1.0</td>
</tr>
<tr>
<td>PHCS 108</td>
<td>General Physics Lab 2</td>
<td>1.0</td>
</tr>
</tbody>
</table>

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

### REQUIREMENT 5: Complete 11 courses

**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.

### 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 statistics, and chemistry, biochemistry, physics, statistics, and molecular biology.
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
Nutrition Advisor: Dr. Chad Hancock
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