### University Core 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>
<td>1</td>
<td>2.0</td>
<td>REL C 200</td>
</tr>
<tr>
<td><strong>The Individual and Society</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<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>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>First Year Writing</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Advanced Written and Oral Communications</td>
<td>1</td>
<td>3.0</td>
<td>WTRG 316 recommended</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>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Letters</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td>Biological Science</td>
<td>1</td>
<td>3.0</td>
<td>NDFS 100*</td>
</tr>
<tr>
<td>Physical Science</td>
<td>2</td>
<td>7.0</td>
<td>CHEM 105*, PHSCS 105*</td>
</tr>
<tr>
<td>Social Science</td>
<td>1</td>
<td>3.0</td>
<td>from approved list</td>
</tr>
<tr>
<td><strong>Core Enrichment: Electives</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<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>Variable</td>
<td>Variable</td>
<td>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

<table>
<thead>
<tr>
<th>Semester</th>
<th>Total Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Semester</td>
<td>14.0</td>
</tr>
<tr>
<td>2nd Semester</td>
<td>15.0</td>
</tr>
</tbody>
</table>

- **CHEM 105 (FWSpSu)**: 4.0
- **1st Year Writing (FWSpSu) or A HTG 100 (FWSpSu)**: 3.0
- **NDFS 100 (FWSpSu)**: 3.0
- **PDBIO 120 (FWSp)**: 3.0
- **Quantitative Reasoning (if needed)**: 3.0
- **Religion Cornerstone course**: 2.0

**Total Hours**: 18.0

#### SOPHOMORE YEAR

<table>
<thead>
<tr>
<th>Semester</th>
<th>Total Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd Semester</td>
<td>14-16.0</td>
</tr>
<tr>
<td>4th Semester</td>
<td>14-16.0</td>
</tr>
</tbody>
</table>

- **CHEM 351 (FWSp)**: 3.0
- **CHEM 352 (FWSpSu)**: 3.0
- **PDBIO 305 (FWSp)**: 4.0
- **STAT 121 (FWSpSu) (Lang. of Learning)**: 3.0
- **Religion Cornerstone course**: 2.0

**Total Hours**: 16.0

#### JUNIOR YEAR

<table>
<thead>
<tr>
<th>Semester</th>
<th>Total Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>5th Semester</td>
<td>14-16.0</td>
</tr>
<tr>
<td>6th Semester</td>
<td>15.0</td>
</tr>
</tbody>
</table>

- **CHEM 481 (FWSp)**: 3.0
- **Civilization 1 elective** : 3.0
- **Nutritional Science electives** : 4.0
- **PHSCS 105 (FWSp)**: 3.0
- **Religion elective (FWSpSu)**: 2.0

**Total Hours**: 16.0

#### SENIOR YEAR

<table>
<thead>
<tr>
<th>Semester</th>
<th>Total Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>7th Semester</td>
<td>14-16.0</td>
</tr>
<tr>
<td>8th Semester</td>
<td>14-16.0</td>
</tr>
</tbody>
</table>

- **CHEM 353 (FWSp)**: 3.0
- **NDFS 200 (FSp)**: 3.0
- **NDFS 294 (F)**: 1.0
- **MBBIO 240 (FWSp)**: 3.0
- **Religion Cornerstone course**: 2.0
- **NDFS electives**: 4-6.0

**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)**

**2021-2022 Program Requirements (60 - 62 Credit Hours)**

**REQUIREMENT 1: Complete 4 courses**

**CORE REQUIREMENTS:**

- NDFS 100 - Essentials of Human Nutrition 3.0
- NDFS 200 - Nutrient Metabolism 3.0
- NDFS 294 - Nutrition Research Fundamentals 1.0
- NDFS 435 - Nutritional Biochemistry and Metabolism 4.0

**REQUIREMENT 2: Complete 6.0 hours from the following courses**

- NDFS 201 - Society, Nutrition, and Chronic Disease 3.0
- NDFS 310 - Nutrition and Metabolism in Sports and Exercise 3.0
- NDFS 233 - Nutrigenetics and Nutrigenomics 3.0
- NDFS 230 - International Nutrition 3.0
- NDFS 400 - Community Nutrition 3.0
- NDFS 410 - Human Obesity 3.0
- NDFS 424 - Nutrition Through the Life Cycle 2.0
- NDFS 440 - Nutrition Education and Counseling 3.0

**REQUIREMENT 3: Complete 6.0 hours from the following courses**

- CELL 305 - Human Physiology 4.0
- CHEM 105 - General College Chemistry 1 with Lab (Integrated) 4.0
- CHEM 106 - General College Chemistry 2 3.0
- CHEM 107 - General College Chemistry Laboratory 1.0
- CHEM 351 - Organic Chemistry 1 3.0
- CHEM 352 - Organic Chemistry 2 3.0
- CHEM 481 - Biochemistry 3.0
- MMBIO 240 - Molecular Biology 3.0
- PHSCS 105 - General Physics 1 3.0
- PHSCS 121 - Principles of Statistics 3.0

**RECOMMENDED Complete 7 courses**

- CELL 363 - Advanced Physiology Laboratory 1.0
- CHEM 223 - Quantitative and Qualitative Analysis 4.0
- HLTH 345 - Principles of Epidemiology 3.0
- MMBIO 221 - General Microbiology 3.0
- PHSCS 106 - General Physics 1 3.0
- PHSCS 107 - General Physics Lab 1 1.0
- PHSCS 108 - General Physics Lab 2 1.0

**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, statistics, and chemistry, biochemistry, physics, statistics, 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
Nutrition, Dietetics and Food Science
Brigham Young University
S-221 Eyring Science Center
Provo, UT 84602
NDFS Dept. Office: (801) 422-3912
Nutrition Advisor: Dr. Chad Hancock
ESC S-249, chad_hancock@byu.edu, 801-422-7588

ADVISEMENT CENTER INFORMATION
Life Sciences Advisement
Brigham Young University
2060 Life Sciences Building
Provo, UT 84602
Telephone: (801) 422-3042
lifesciences@byu.edu