

**Texas Woman's University**  
**Suggested Degree Plan for**

**B.S. in Nutrition: Emphasis in Nutritional Sciences**  
**Department of Nutrition and Food Sciences**

**First Year at Texas Woman's University**

|   | Hours     |  | Hours     |
|---|-----------|--|-----------|
| ENG 1013 Composition and Literature         | 3         | ENG 1023 Composition and Literature      | 3         |
| HIST 1013 History of U.S. (1492-1865)       | 3         | HIST 1023 History of U.S. (1865-Present) | 3         |
| NFS 1302, 1301 Food Prep & Principles + Lab | 3         | NFS 2323 Introduction to Nutrition       | 3         |
| CHEM 1113, 1111 Chemistry Prin I + Lab      | 4         | CHEM 1123, 1121 Chemistry Prin II + Lab  | 4         |
| CSCI 1403 First Course in Computing         | 3         | MATH 1013 Quantitative Literacy          | 3         |
|   | <b>16</b> |  | <b>16</b> |

**Second Year at Texas Woman's University**

|                                       | Hours     |   | Hours     |
|---------------------------------------|-----------|---|-----------|
| GOVT 2013 U.S. National Government    | 3         | GOVT 2023 Texas Government                            | 3         |
| ZOOL 2013, 2011 Human Anatomy + Lab   | 4         | ZOOL 2023, 2021 Human Anatomy + Lab                   | 4         |
| MATH 2014 Calculus                    | 4         | NFS 2033, 2031 Food Microbiology + Lab                | 4         |
| PHYS 1133, 1131 Principles of Physics | 4         | NFS 3063 Ecology of Food & Nutr (Global) <sup>2</sup> | 3         |
|                                       | <b>16</b> |   | <b>15</b> |

**Third Year at Texas Woman's University**

|  | Hours     |                                       | Hours     |
|--|-----------|---------------------------------------|-----------|
| NFS 3033 Nutrition Through the Life Cycle                  | 3         | NFS 3083 Bionutrition                 | 4         |
| CHEM 2213, 2211 Organic Chem I + Lab                       | 4         | NFS 3323, 3321 Food Science + Lab     | 3         |
| SPCH 1013 Oral Communication                               | 3         | CHEM 3223, 3221 Organic Chem II + Lab | 4         |
| Multicultural Women's Studies (approved list) <sup>1</sup> | 3         | ZOOL 4243, 4241 Mammalian Physiology  | 4         |
| Humanities (from approved list) <sup>1</sup>               | 3         |                                       |           |
|  | <b>16</b> |                                       | <b>15</b> |

**Fourth Year at Texas Woman's University**

|  | Hours     |   | Hours     |
|--|-----------|---|-----------|
| NFS 4303 Advanced Nutrition Macro                            | 3         | NFS 4601 Literature in NFS                  | 1         |
| Social/Behavioral Sciences (from selected list) <sup>1</sup> | 3         | NFS 4983 Research in NFS                    | 3         |
| Visual or Performing Arts (from approved list) <sup>1</sup>  | 3         | NFS 4302 Advanced Nutrition Micro           | 2         |
| Upper Level NFS Elective or course to complete minor         | 3         | NFS 3101 Advanced Nutrition Lab             | 1         |
| Elective or course to complete minor                         | 3         | Elective (Global Perspectives) <sup>2</sup> | 3         |
|  |           | Upper Level Elective                        | 2         |
|  | <b>15</b> |   | <b>13</b> |

1. Approved list of core courses in each component available at: <http://www.twu.edu/academic-affairs/core-curriculum.asp>

2. Approved list of Global Perspective courses available at: <http://www.twu.edu/academic-affairs/global-perspectives-courses.asp>

3. Approved list of Kinesiology and Health Studies electives on reverse of this page

Total hours of NFS courses 34

Total hours for minor 18

Total all hours for degree 120

Computer literacy competency included

Oral Communication competency included

Degree Plan and Course Rotation Attached

**Texas Woman's University – Department of Nutrition and Food Sciences**  
Bachelor of Science Degree Requirement Sheet  
Nutrition: Emphasis on Wellness  
2009-2011 Catalog

**University Core and Competency<sup>1</sup>**

English (6 hours)

1013 Composition and Literature  
1023 Composition and Literature

Humanities (3 hours)

(Selected from approved list)

History (6 hours)

1013 US History (1492-1865)  
1023 US History (1865-Present)

Government (6 hours)

2013 US National Government  
2023 Texas Government

Mathematics (6 hours)

1013 Quantitative Literacy  
1703 Statistics

Natural Sciences (8 hours)

CHEM 1013, 1011 General Chemistry and lab  
CHEM 1023, 1021 Organic Chemistry and lab

Visual or Performing Arts (3 hours)

(Selected from approved list)

Computer Literacy (3 hours)

CSCI 1403 First Course in Computers

Oral Communication (3 hours)

SPCH 1013 Oral Communication

Social/Behavioral Sciences (3 hours)

PSY 1013 Introduction to Psychology

Multicultural Women's Studies (3 hours)

(Selected from approved list)

<sup>2</sup>Global Perspective (6 hours)

HS 3133 Women's Health  
NFS 3172 Culture and Food  
(These courses are also used to meet requirements for this degree)

**Major Courses**

NFS 1302, 1301 Food Prin, & Prep and lab  
NFS 2323 Introduction to Nutrition  
NFS 3033 Nutrition Through the Life Cycle  
NFS 3043 Community Nutrition  
NFS 2033 Food Microbiology  
NFS 4303, 4302 Advanced Nutrition: Macro and Micro  
NFS 3163 Sports Nutrition  
NFS 3173 Culture and Food  
NFS 3323, 3321 Food Science and Lab  
NFS 3473 Preventive Nutrition  
NFS 4601 Literature in Nutrition and Food Science  
NFS 4943 Trends & Controversies in Nutrition and Food Sciences

**Other Courses Required**

BUS 3003 Principles of Management  
NFS 3083 BioNutrition or CHEM 3603 Biochemistry  
ZOO 2033, 2031 Anatomy & Physiology

**Health Studies Courses**

HS 3033 Medical Terminology  
HS 3133 Perspectives on Women's Health  
HS 4743 Assessing, Planning, and Evaluation for Health Professionals  
HS Elective (from approved list below)

<sup>3</sup>**Approved Health Studies Electives**

HS 2013 Health Communications  
HS 2813 Introduction to Global Health  
HS 3403 Environmental Health  
HS 3443 Health Aspects of Aging  
HS 4363 Consumer Health  
HS 4483 Psychological Aspects of Mental Health  
HS 4573 Occupational Risk Assessment

**Kinesiology Courses**

KINS 2621 Motor & Aquatic APE Instructional Lab  
KINS 2622 Adapted Physical Education Service Delivery  
KINS 3602, 3601 Physiology of Exercise and Lab

<sup>3</sup>**Approved Kinesiology Electives**

KINS 2141 Disability Sport & Modified Games  
KINS 3501 Adapted Physical Activity Advanced Practicum  
KINS 3592, 3591 Kinesiology & Biomechanical Lab  
KINS 3653 Principles of Coaching  
KINS 3701 Practicum in Senior Adult Fitness  
KINS 3801 Practicum in Coaching  
KINS 4003 Low Ropes Experiential Activities  
KINS 4573 Motor Learning & Development  
KINS 4602, 4601 Advanced Exercise Physiology & Lab  
KINS 4702, 4701 Exercise Testing & Prescription & Lab

**Students who are interested to qualify for the examination to become a Certified Health Education Specialist Must meet at the earliest time during the degree program with Dr. Roger Shipley, Dept of Health Studies, (RShipley@twu.edu), (940) 898-2840, to obtain information on additional course requirements.**

**All students must have 120 hours to graduate, 36 of which must be advanced hours (3000 – 4000 level)**