

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

**B.S. in Nutrition: Emphasis in Wellness
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	CHEM 1013, 1011 General Chemistry & Lab	4
MATH 1013 Quantitative Literacy	3	Multicultural Women's Studies (from approved list) ¹	3
CSCI 1403 First Course in Computing	3	NFS 2323 Introduction to Nutrition	3
	15		16

Second Year at Texas Woman's University

	Hours		Hours
GOVT 2013 U.S. National Government	3	GOVT 2023 Texas Government	3
SPCH 1013 Oral Communication	3	MATH 1703 Statistics	3
CHEM 1023,1021 Organic Chemistry & Lab	4	NFS 3083 Bionutrition <u>or</u> CHEM 3603 Biochemistry	3
NFS 3033 Community Nutrition	3	BUS 3003 Principles of Management	3
PSY 1013 Introduction to Psychology	3	Visual or Performing Arts (from approved list) ¹	3
	16		15

Third Year at Texas Woman's University

	Hours		Hours
NFS 3033 Nutrition Through the Life Cycle	3	NFS 4303 Advanced Nutrition Macro	3
NFS 2033 Food Microbiology	3	NFS 3173 Culture and Food (Global Pers) ²	3
HS 3033 Medical Terminology	3	NFS 3473 Preventive Nutrition	3
ZOOL 2033,2031 Anatomy & Physiology & Lab	4	KINS 2622 Adapted Physical Education Service Delivery	2
		KINS 2621 Motor & Aquatic APE Instructional Lab (taken with KINS 2622)	1
		HS 4743 Assessing, Planning, and Evaluation For Health Professionals	3
	13		15

Fourth Year at Texas Woman's University

	Hours		Hours
NFS 3323, 3321 Food Science	3	NFS 4943 Trends & Controversies in Nutrition and Food Sciences	3
NFS 4601 Literature in NFS Seminar	1	KINS Elective (from list on reverse page)	3
NFS 3163 Sports Nutrition	3	KINS Elective (from list on reverse page)	3
NFS Advanced Nutrition Micro	2	HS 3133 Perspectives on Women's Health (Global Perspective)	3
KINS 3601, 3602 Physiology of Exercise & Lab	3	Humanities (from approved list) ¹	3
HS Elective (approved list on reverse page) ³	3		
	15		15

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 36
 Total hours of HS and KINS courses 24
 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 Competency¹

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)

²Global 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)

³**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

³**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)