

**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	GOVT 2013 U.S. National Government	3
CSCI 1403 First Course in Computing	3	MATH 1013 Quantitative Literacy	3
Visual or Performing Arts (from approved list) ¹	3	PSY 1013 Introduction to Psychology	3
	15		15

Second Year at Texas Woman's University

	Hours		Hours
CHEM 1013, 1011 General Chemistry + Lab	4	NFS 2323 Introduction to Nutrition	3
SPCH 1013 Oral Communication	3	GOVT 2023 Texas Government	3
NFS 2033, 2031 Food Microbiology + Lab	4	CHEM 1023, 1021 Organic Chemistry + Lab	4
Multicultural Women's Studies (from approved list) ¹	3	ZOOL 2033, 2031 Anatomy & Physiology + Lab	4
Humanities (from approved list) ¹	3	MATH 1703 Statistics	3
	17		17

Third Year at Texas Woman's University

	Hours		Hours
NFS 3033 Nutrition Through the Life Cycle	3	NFS 3103, 3101 Advanced Nutrition + Lab	4
NFS 3043 Community Nutrition	3	NFS 3173 Culture & Food (Global Pers) ²	3
NFS 3083 Bionutrition	3	BUS 3003 Principles of Management	3
NFS 3473 Preventive Nutrition	3	KINS 2622 Adapted Phys Ed Service Delivery	2
HS 3033 Medical Terminology	3	KINS 2621 Motor & Aquatic APE Instructional Lab (taken with KINS 2622)	1
		HS 4743 Assessing, Planning, and Evaluation for Health Professionals	3
	15		16

Fourth Year at Texas Woman's University

	Hours		Hours
NFS 3323 Food Science	3	HS 3133 Perspectives on Women's Health (Global Pers) ²	3
NFS 4601 Literature in NFS Seminar	1	NFS 4943 Trends & Controversies in NFS	3
KINS 3602, 3601 Physiology of Exercise + Lab	3	KINS Electives (from approved list) ³	6
NFS 3163 Sports Nutrition	3		
HS Elective (from approved list) ³	3		
	13		12

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 39
 Total hours of HS and KINS courses 18 21
 Total all hours for degree 120

Computer literacy competency included
 Oral Communication competency included
 Degree Plan and Course Rotation Attached