



**HUMAN NUTRITION MAJOR (Health Promotion)  
DEPARTMENT OF NUTRITION AND DIETETICS  
2019-2020**



Year 1 - First Semester

N&D 240 Fundamentals of Nutrition	3
MATH 103 College Algebra or higher	3
*CHEM 121/L General Chemistry I/L	4
ENGL 110 Composition I	3
PSYC 111 Introduction to Psychology	<u>3</u>
	16

Second Semester

N&D 100 Introduction to Nutrition & Dietetics	1
N&D 220 Foodservice Safety & Sanitation	1
*CHEM 122/L General Chemistry II/L	4
ENGL 130 College Composition II	3
Choose Option A Course	3
Essential Studies (FA/Hum) or Elective	<u>3</u>
	15

Year 2 - First Semester

N&D 250 Consumer Food Issues	3
N&D 325 Nutrition Through the Life Cycle	3
ANAT 204/L Anat. for Paramed. Personnel/Lab	5
Choose Option A Course	3
Essential Studies (FA/Hum) or Elective	<u>3</u>
	17

Second Semester

COMM 110 Fundamentals of Public Speaking	3
PPT 301 Human Physiology	4
*CHEM 340/L Survey of Organic Chemistry/Lab	5
Essential Studies (FA/Hum) or Elective	<u>3</u>
	15

Year 3 - First Semester

N&D 335 World Food Patterns	3
N&D 344 Nutrition Education & Counseling	3
N&D 345 Community Nutrition	3
Undergraduate statistics: PSYC 241 or SOC 326	3-4
Choose Option A Course	<u>3</u>
	15-16

Second Semester

N&D 348 Sports Nutrition	3
N&D 441 Nutritional Biochemistry	4
N&D 494 Research in Nutrition & Dietetics	1
Choose Option A Courses	<u>6</u>
	14

Essential Studies (ES) requirements:

9 cr. Fine Arts (FA) & Humanities (HUM) (min. 3 cr. FA, 3 cr. HU) & a Social Science course & a US Diversity/Analyzing World view course

Application by October 20 for spring supervised practice or by March 20 for summer and fall supervised practice.  
Criteria for eligibility:  
\*minimum GPA of 2.2  
\*‘C’ or better in all nutrition, foods and science courses  
\*satisfactory completion of service learning requirements  
\*in progress or satisfactory completion of N&D 345

Year 4 - First Semester

N&D 497 Supervised Practice in Human Nutrition – 180-270 clock hours	4-6
Essential Studies (FA/Hum) or Elective	<u>10-12</u>
	14-18

Second Semester

Essential Studies (FA/Hum) or Elective	14-15
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**Option A: Health Promotion**  
*Choose 5 courses from the list*

**N&D 260 Principles of Foods & Food Science (3)**  
**N&D 380 Food Service Prod. & Management (3)**  
**KIN 240 Introduction to Wellness (2)**  
**MGMT 300 Principles of Management (3)**  
**PHE 301 Principles & Foundation of Health Edu. (3)**  
**PHE 307 Methods & Materials of Health Edu. (3)**  
**T&L 252 Child Development (3)**  
**PSYC 250 Developmental Psychology (4)**  
**PSYC 355 Adulthood and Aging (3)**  
**SOC 352 Aging and Society (3)**

**Option B: Sciences**  
*Choose 5 courses from the list*

BIOL 150 General Biology I (3)  
BIOL 151 General Biology II (3)  
BIOL 341 Cell Biology (3)  
BMB 301 Biochemistry (3)  
PPT 315 Human Pharmacology (3)  
PPT 410 Drugs Subject to Abuse (2)  
PSYC 250 Developmental Psychology (4)  
PSYC 355 Adulthood and Aging (3)  
SOC 352 Aging and Society (3)  
SOC 355 Drugs and Society (3)

\*For BSHN degree, CHEM 115/L (4 cr.) and CHEM 116/L (4 cr.) may replace:  
CHEM 121/L, CHEM 122/L, CHEM 340/L

A degree in Human Nutrition allows the graduate to be eligible to become a Licensed Nutritionist in North Dakota. Licensure laws vary from state to state.