

## B.S. in Nutritional Sciences: Nutrition for Exercise and Sport Minor with Didactic Concentration

Recommended Course Sequence (students are required to meet with their advisor)

Minimum 120 credits required for graduation by the University

Fall Semester	FRESHMAN	Credits	Spring Semester	FRESHMAN	Credits
+ CHEM 1124Q ♦ ENGL 1010 ♦ NUSC 1165 NUSC 1245 ♦ Content Area 1 UNIV 1810-62	<b>Fundamentals of General Chemistry I</b> <b>Seminar in Academic Writing</b> <i>Fundamentals of Nutrition</i> Intro to Dietetics (optional) Learning Community Seminar: Nutritional Sciences (optional)	4 4 3 1 3	+ CHEM 1125Q <b>BIOL 1107</b> NUSC 1167 ♦ Content Area 1 ♦ Content Area 2	<b>Fund of General Chemistry II</b> <b>Principles of Biology I</b> Food, Culture and Society	3 4 3 3 0-3
Fall Semester	SOPHOMORE	Credits	Spring Semester	SOPHOMORE	Credits
+ CHEM 2241 NUSC 2200 NUSC 3233 NUSC 3234 PNB 2264	<b>Organic Chemistry</b> <b>Nutrition and Human Development</b> Food Comp & Preparation Food Comp & Prep Lab <i>Human Physiology and Anatomy I</i>	3 3 1 3 4	♦ + SOCI 1001 PNB 2265 STAT 1100Q ♦ Content Area 4	<b>Intro to Sociology</b> <i>Human Physiology and Anatomy II</i> <b>Elementary Concepts of Statistics</b>	3 4 4 3
Fall Semester	JUNIOR	Credits	Spring Semester	JUNIOR	Credits
NUSC 3245 KINS 4500 AH 4244 AH 4242 ♦ W Course	Profession of Dietetics <i>Physiological Systems in Human Performance</i> <b>Mgmt. for the Health Professional</b> <b>Counsel/Teach for Health Professional</b>	3 3 3 3 3	NUSC 3230 NUSC 3271 NUSC 3272 MCB 2000 KINS 4510	Community Nutrition Food Service Systems Lab Food Service Systems Mgmt. <i>Intro to Biochemistry</i> <i>Mechanisms &amp; Adaptations in Sport &amp; Exercise</i>	3 2 2 4 3
Fall Semester	SENIOR	Credits	Spring Semester	SENIOR	Credits
NUSC 3150 NUSC 4272 NUSC 4250 MCB 2610	Medical Nutrition Therapy I Food Service Systems Mgmt. II <i>Nutrition for Exercise and Sport</i> <b>Fundamentals of Microbiology</b>	3 2 3 3	NUSC 3250 NUSC 4236 ♦ NUSC 4237W Electives	Medical Nutrition Therapy II <i>Metabolism and Functions of Nutrients</i> <b>Writing in Nutritional Sciences</b>	3 4 1 0-6
Fall Semester	JUNIOR/SENIOR (Optional Courses)	Credits	Spring Semester	JUNIOR/SENIOR (Optional Courses)	Credits
NUSC 3180 NUSC 3782 NUSC 3823 NUSC 4299 NUSC 3291	<i>Exp in Community Nutrition</i> <i>Exp in Food Service Systems</i> <i>Exp in Medical Nutritional Therapy</i> <i>Independent Study</i> <i>Nutritional Sciences Internship</i>	0-6 0-6 0-6 0-6 0-3	NUSC 3180 NUSC 3782 NUSC 3823 NUSC 4299 NUSC 3291	<i>Exp in Community Nutrition</i> <i>Exp in Food Service</i> <i>Exp in Medical Nutritional Therapy</i> <i>Independent Study</i> <i>Nutritional Sciences Internship</i>	0-6 0-6 0-6 0-6 0-3
Fall Semester	Nutrition for Exercise and Sport Electives	Credits	Spring Semester	Nutrition for Exercise and Sport Electives	Credits
NUSC 1161 NUSC 3171 NUSC 3273 NUSC 4250 NUSC 4260 AH 3231 KINS 3099	Husky Reads Husky Nutrition 1 Cooking Techniques for Specialized Diets Nutrition for Exercise and Sport Dietary Supplements and Functional Foods Program Planning Fall Independent Study	1 3 3 3 3 3 0-3	NUSC 1161 NUSC 1645 NUSC 2241 NUSC 3171 AH 3234 KINS 3530	Husky Reads The Science of Food Nutritional Assessment Husky Nutrition 1 Fitness for Health Physiological Assessment of Competitive Athletes	1 3 1 3 3 3

\*\* This Plan of Study Assumes that the **foreign language** is completed before admission to the university. If needed, a student may take these as electives.

**Bolded courses** are required for a B.S. in Nutritional Sciences and to earn a Verification Statement from the Academy of Nutrition and Dietetics

*Italic courses are required for the Sports Nutrition Minor – Please see pg. 6 for additional information on required courses*

♦ General Education Requirements of the University of Connecticut

+ See "Approved Course Substitutes"

Students pursuing other professional programs need to inform their advisor so their plan of study can be adjusted