

Nutrition, Nutritional Sciences (BSNtr)

Degree - Bachelor of Science in Nutrition (BSNtr)

Nutrition is an integrative science with the overall objective of improving the health and well-being of individuals and groups. Nutritional inquiry encompasses not only the roles of electrons, atoms, molecules, genes, cells, organs, and complex organisms in biological life processes but also the links between life science and health, behavior, education, population, culture, and economics.

The nutritional sciences programs require courses in science and research to prepare students for graduate study or professional school. Graduates may seek employment in private or publicly funded research programs or, upon completion of graduate study, may engage in college or university teaching or nutrition research. This program also allows students to fulfill requirements for postgraduate study in medicine, dentistry, and other health professions.

Total Hours Required: 126

Plan of Study

The Plan of Study is a suggested four-year course sequence to support academic planning and serves as a helpful guide. Currently enrolled students should meet with their academic advisor to tailor their course selections and timelines to their individual goals and circumstances.

Course	Title	Hours
Year 1		
Semester 1		
CH 301	Principles of Chemistry I	3
CH 104M	Introduction to Chemical Practice I	1
BIO 311C	Introductory Biology I	3
SDS 302F	Foundations of Data Analysis	3
RHE 306	Rhetoric and Writing	3
First-Year Signature Course (090)		3
Hours		16
Semester 2		
CH 302	Principles of Chemistry II	3
CH 104N	Introduction to Chemical Practice II	1
NTR 312	Introduction to Nutritional Sciences	3
NTR 126L	Nutritional Sciences Laboratory	1
BIO 311D	Introductory Biology II	3
PSY 301	Introduction to Psychology (see requirements below for choices)	3
Visual and Performing Arts (050)		3
Hours		17
Year 2		
Semester 1		
BIO 325	Genetics	3
CH 320M	Organic Chemistry I	3
NTR 307	Introductory Food Science	3
NTR 107L	Introductory Food Science Laboratory	1
NTR 317L	Introduction to Nutrition Assessment and Education	3
Social and Behavioral Sciences (080)		3
Hours		16
Semester 2		
NTR 315	Nutrition through the Life Cycle (or other NTR Additional hours from list below)	3
SDS 324E	Elements of Regression Analysis	3
NTR 326	Intermediate Nutrition and Metabolism	3

NTR 332	Community Nutrition (or other NTR Additional hours from list below)	3
Humanities (040)		3
Hours		15
Year 3		
Semester 1		
BCH 369	Fundamentals of Biochemistry	3
NTR 339L	Experimental Methods and Design in Nutritional Sciences	3
NTR 370	Medical Nutrition Therapy I (or other NTR Additional hours from list below)	3
Free Elective		4
American and Texas Government (070)		3
Hours		16
Semester 2		
NTR 342	Advanced Nutritional Sciences	3
NTR 366L	Research Methods in Nutritional Sciences	3
INB 365S	Human Systems Physiology	3
Free Elective		3
American and Texas Government (070)		3
Hours		15
Year 4		
Semester 1		
NTR 343	Vitamins and Minerals	3
INB 446L	Human Microscopic and Gross Anatomy	4
NTR 355	Undergraduate Research in Nutrition	3
Free Elective		3
U.S. History (060)		3
Hours		16
Semester 2		
NTR 365	Selected Topics in Nutritional Sciences	3
NTR 338W	Issues in Nutrition and Health	3
Free Elective		3
Free Elective		3
U.S. History (060)		3
Hours		15
Total Hours		126

Requirements

All requirements are listed below, starting with the most specialized moving to the most general. Additional requirements may follow the table, so be sure to read the entire page. Some required courses listed below may also satisfy [General Education](#) requirements, including [Core Curriculum](#).

Code	Title	Hours
Concentration		
Required Courses		
Hours chosen from:		3
PSY 301	Introduction to Psychology	
SOC 302	Introduction to the Study of Society	
ANT 302	Cultural Anthropology	
ECO 304K	Introduction to Microeconomics	
ECO 304L	Introduction to Macroeconomics	
OR Choose a sequence below:		
Sequence 1:		
HDF 313	Child Development	
HDF 113L	Child Development Laboratory	
Sequence 2:		
HDF 313H	Child Development: Honors	
HDF 113L	Child Development Laboratory	
SDS 324E	Elements of Regression Analysis	3

or SDS 320E	Elements of Statistics	
INB 446L	Human Microscopic and Gross Anatomy	4
Molecular Nutrition:		
NTR 366L	Research Methods in Nutritional Sciences	3
NTR 365	Selected Topics in Nutritional Sciences (Topic 5 may not count toward this requirement)	3
Hours chosen from: Additional NTR		9
NTR 315	Nutrition through the Life Cycle	
NTR 321	International Nutrition: The Developing World	
NTR 330L	Advanced Nutrition Assessment and Counseling	
NTR 332	Community Nutrition	
NTR 370	Medical Nutrition Therapy I	
NTR 371	Medical Nutrition Therapy II	
Research Hours chosen from:		3
NTR 355	Undergraduate Research in Nutrition	
NTR 355H	Honors Research	
NTR 379H	Honors Tutorial Course	
BIO 325L	Laboratory Experience in Genetics	
MBS 331L	Laboratory Studies in Molecular Biology	
MBS 326M	Introductory Medical Microbiology and Immunology	
BCH 369L	Biochemistry Laboratory	
<i>Subtotal</i>		28
Degree (see details below)		55
Free electives: Additional coursework to reach total hours required.		12
<i>Subtotal</i>		67
General Education		
<u>Remaining Core Curriculum (42 hours total)</u>		31
<u>Foreign Language other than English, Beginning Proficiency</u>		
<i>Subtotal</i>		31
<u>College Requirements - Natural Sciences</u>		
<u>General University Requirements</u>		
Total Hours		126

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Code	Title	Hours
Major		
Students must complete each course with a grade of at least C-		
<i>Basic Nutrition</i>		
NTR 312	Introduction to Nutritional Sciences	3
or NTR 312H	Introduction to Nutritional Sciences: Honors	
<i>Biochemistry</i>		
NTR 126L	Nutritional Sciences Laboratory	1
NTR 326	Intermediate Nutrition and Metabolism	3
NTR 342	Advanced Nutritional Sciences	3
NTR 343	Vitamins and Minerals	3
<i>Food Science</i>		
NTR 307	Introductory Food Science	3
NTR 107L	Introductory Food Science Laboratory	1
<i>Nutrition Application</i>		
NTR 317L	Introduction to Nutrition Assessment and Education	3
<i>Critical Thinking</i>		

NTR 339L	Experimental Methods and Design in Nutritional Sciences	3
NTR 338W	Issues in Nutrition and Health	3
or NTR 338H	Issues in Nutrition and Health: Honors	
<i>Subtotal</i>		26
Degree		
<i>Biology</i>		
BIO 311C	Introductory Biology I	3
BIO 311D	Introductory Biology II	3
Choose a sequence below:		3
Sequence 1: Non-honors		
BIO 325	Genetics	
Sequence 2: Honors		
BIO 315H	Advanced Introduction to Genetics: Honors	
BIO 325H	Genetics: Honors	
INB 365S	Human Systems Physiology	3
<i>Chemistry</i>		
Choose a sequence below:		6
Sequence 1: Non-honors		
CH 301	Principles of Chemistry I	
CH 302	Principles of Chemistry II	
Sequence 2: Honors		
CH 301C	Foundations of Chemistry I	
CH 302C	Foundations of Chemistry II	
Choose a sequence below:		2
Sequence 1:		
CH 104M	Introduction to Chemical Practice I	
CH 104N	Introduction to Chemical Practice II	
Sequence 2:		
CH 204	Introduction to Chemical Practice	
CH 320M	Organic Chemistry I	3
<i>Biochemistry</i>		
BCH 369	Fundamentals of Biochemistry	3
<i>Statistics</i>		
SDS 302F	Foundations of Data Analysis	3
or SDS 320E	Elements of Statistics	
<i>Subtotal</i>		29
Total Hours		55

Additional Requirements and Policy

Students must earn a grade of at least C- in each mathematics and science course required for the program, and a grade point average in these courses of at least 2.00.

Majors must complete at least 36 upper-division hours, including least 24 hours in nutrition. Majors must complete at least 21 hours in residence at the University, including at least 18 in-residence hours in nutrition.