

Nutrition, Public Health Nutrition (BSNtr)

The public health nutrition program is designed to prepare students for positions in public health and nutrition at state and other health departments, in research, and in industry. It will equip them for entry into graduate programs in nutrition or other public health disciplines at schools of public health, at graduate schools in the biomedical sciences, and for entry into medical or other health professional schools as well as for those who pursue health and research careers.

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
<u>First-Year Signature Course (090)</u>		3
Hours		16
Semester 2		
CH 302	Principles of Chemistry II	3
CH 104N	Introduction to Chemical Practice II	1
BIO 311D	Introductory Biology II	3
NTR 312	Introduction to Nutritional Sciences	3
NTR 126L	Nutritional Sciences Laboratory	1
PSY 301	Introduction to Psychology (see requirements below for choices)	3
<u>Visual and Performing Arts (050)</u>		3
Hours		17
Year 2		
Semester 1		
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

BIO 325	Genetics	3
<u>Social and Behavioral Sciences (080)</u>		3
Hours		16
Semester 2		
NTR 326	Intermediate Nutrition and Metabolism	3
NTR 315	Nutrition through the Life Cycle	3
SDS 324E	Elements of Regression Analysis	3
PBH 317	Introduction to Public Health	3
SOC 302	Introduction to the Study of Society (see requirements below for choices)	3
Hours		15
Semester 3		
<u>Humanities (040)</u>		3
Hours		3
Year 3		
Semester 1		
NTR 339L	Experimental Methods and Design in Nutritional Sciences	3
NTR 321	International Nutrition: The Developing World (fall only)	3
BCH 369	Fundamentals of Biochemistry	3
<u>American and Texas Government (070)</u>		3
Hours chosen from:		3
SOC 308S	Introduction to Health and Society	
SOC 319	Introduction to Social Demography	
SOC 354K	Sociology of Health and Illness	
Hours		15
Semester 2		
INB 365S	Human Systems Physiology	3
NTR 331	International Nutrition: Social and Environmental Policies (spring only)	3
NTR 342	Advanced Nutritional Sciences	3
<u>American and Texas Government (070)</u>		3
NTR 355H or NTR 316	Honors Research (HANS or see requirements below for choices) or Culture and Food	3
Hours		15
Year 4		
Semester 1		
NTR 343	Vitamins and Minerals	3
NTR 355H or NTR 352	Honors Research (HANS or see requirements below for choices) or Topics in Field Experience in Nutrition	3
NTR 332	Community Nutrition	3
NTR 379H or NTR 353	Honors Tutorial Course (HANS or see requirements below for choices) or Field Experience in International Nutrition	3
<u>U.S. History (060)</u>		3
Hours		15
Semester 2		
NTR 338W	Issues in Nutrition and Health	3
NTR 379H or NTR 355	Honors Tutorial Course (HANS or see requirements below for choices) or Undergraduate Research in Nutrition	3
ANT 301	Biological Anthropology	3
<u>U.S. History (060)</u>		3
Free Elective		2
Hours		14
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		
Hours chosen from:		3
SOC 308S	Introduction to Health and Society	
SOC 319	Introduction to Social Demography	
SOC 354K	Sociology of Health and Illness	
SDS 324E	Elements of Regression Analysis	3
or SDS 320E	Elements of Statistics	
Hours chosen from:		6
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	
Hours chosen from:		3
GRG 339K	Environment, Development, and Food Production	
GRG 344K	Global Food, Farming, and Hunger	
SOC 324K	Social Change in Developing Nations	
or SOC 354K	Sociology of Health and Illness	
ANT 301	Biological Anthropology	
N 309	Global Health	
HDF 304	Family Relationships	
PSY 304	Introduction to Child Psychology	
PSY 308	Biopsychology	
GOV 370I	The Politics of Food in America	
PBH 317	Introduction to Public Health	3
NTR 315	Nutrition through the Life Cycle	3
NTR 321	International Nutrition: The Developing World	3
NTR 331	International Nutrition: Social and Environmental Policies	3
NTR 332	Community Nutrition	3
Hours chosen from:		12
NTR 316	Culture and Food	
NTR 352	Topics in Field Experience in Nutrition	
NTR 353	Field Experience in International Nutrition	
NTR 355	Undergraduate Research in Nutrition	
NTR 355H	Honors Research	
NTR 365	Selected Topics in Nutritional Sciences (The same topic of Nutrition 365 may not be counted twice)	
NTR 379H	Honors Tutorial Course	
<i>Subtotal</i>		42
Degree (see details below)		55
Free electives: Additional coursework to reach total hours required.		2
<i>Subtotal</i>		57
General Education		
<u>Remaining Core Curriculum (42 hours total)</u>		27
<u>Foreign Language other than English, Beginning Proficiency</u>		
<i>Subtotal</i>		27

College Requirements - Natural Sciences

General University Requirements

Total Hours **126**

Degree - Bachelor of Science in Nutrition (BSNtr)

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

Biochemistry

BCH 369	Fundamentals of Biochemistry	3
---------	------------------------------	---

Statistics

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.