



Suggested Course Sequence Guide for Students Pursuing NUTRITIONAL SCIENCES OPTION at UNH

	Fall Semester	Spring Semester
1st Year	_____ NUTR 400*, Nutrition in Health & Well-Being (4 cr) _____ NUTR 401*, Professional Perspectives on Nutrition (1 cr) _____ ENGL 401, First-Year Writing (4 cr) _____ BIOL 411, Intro Biology: Molecular & Cellular (4 cr) _____ CHEM 403, General Chemistry (4 cr)	_____ NUTR 476*, Nutritional Assessment (4 cr) or Discovery Course (4 cr) _____ BIOL 412, Intro Biology: Evol, Biodivers & Ecology (4 cr) _____ CHEM 404, General Chemistry (4 cr) _____ MATH 424B, Calculus for Life Sciences (4 cr)
2nd Year	_____ CHEM 545 & 546, Organic Chemistry & Lab (5 cr) _____ BMS 507, Human Anatomy & Physiology (4 cr) _____ PSYC 402/SOC 502/BIOL 528, Statistics (4 cr) _____ Discovery Course (4 cr) or NUTR 476*, Nutritional Assessment (4 cr)	_____ BMS 503 & 504, General Microbiology & Lab (5 cr) _____ BMS 508, Human Anatomy & Physiology (4 cr) _____ SOC 400, Intro Sociology or PSYC 401, Intro to Psych (4 cr) _____ Elective (4 cr) (or CHEM 652/4)
3rd Year	_____ NUTR 650*, Life Cycle Nutrition (4 cr) or Nutrition Elective* _____ GEN 604, Principles of Genetics (4 cr) _____ Discovery Course (4 cr) _____ Elective (4 cr)	_____ NUTR 650*, Life Cycle Nutrition (4 cr) or Nutrition Elective* _____ Nutrition Elective* _____ BMCB 658/9, General Biochemistry & Lab (5 cr) _____ Discovery Course (4 cr)
4th Year	_____ NUTR 750*, Nutritional Biochemistry (4 cr) _____ Discovery Course (4 cr) _____ Elective (4 cr) _____ Elective (4 cr)	_____ NUTR 751*, Nutrition Biochem of Micronutr (4 cr) Capstone _____ 600 or 700-Level Elective Outside the Major (4 cr) _____ Discovery Course (4 cr) _____ Elective (4 cr)

Nutritional Sciences Option students may consider completing PHYS 401-402 depending on career goals and/or future graduate studies.

Discovery Course Checklist

Biological Sci: BIOL 411 | Environ, Techn & Society: _____ | Fine & Performing Arts: _____
 Histor Perspec: _____ | Humanities: _____ | Physical Sci: CHEM 403 | Quant Reas: Math 424
 Social Sci: PSYC 401 or SOC 400 | World Cultures: _____ | Inquiry: BIOL 411

Four Writing Intensive Course Checklist

_____ ENGL 401 _____ NUTR 750 _____

Two Nutrition Electives and One 600- or 700-Elective Outside the Major

_____ NUTR _____ (4 credit) _____ NUTR _____ (4 credit) _____ (4 credit)

Total Credits: _____ (≥ 128 credits required) * All NUTR courses require ≥ C– grade.

Advising Checklist for the **NUTRITIONAL SCIENCES OPTION** at UNH

- _____ BIOL 411, *Introductory Biology: Molecular & Cellular* (Inquiry, F, S, 4 cr)
- _____ BIOL 412, *Introductory Biology: Evolution, Biodiversity and Ecology* (F, S, 4 cr)
- _____ BMCB 658/9, *General Biochemistry & Lab* (F, S, 5 cr)
- _____ BMS 503, *General Microbiology* (F, S 5 cr)
- _____ BMS 507, *Human Anatomy & Physiology* (Discovery: Biol Sci, F, 4 cr)
- _____ BMS 508, *Human Anatomy & Physiology* (Discovery: Biol Sci, S, 4 cr)

- _____ CHEM 403, *General Chemistry* (Discovery: Physical Sci, F, 4 cr)
- _____ CHEM 404, *General Chemistry* (S, 4 cr)
- _____ CHEM 545 & 546, *Organic Chemistry & Lab* (F, S, 5 cr)

- _____ ENGL 401, *First-Year Writing* (Discovery: Writing Skills, F, S, 4 cr)

- _____ GEN 604, *Principles of Genetics* (F, S, 4 cr)

- _____ PSYC 402/SOC 502/BIOL 528, *Statistics* (Discovery: Quantitative Reasoning, F, S, 4 cr)

- _____ MATH 424B, *Calculus for Life Sciences* (F, S, 4 cr)

- _____ NUTR 400*, *Nutrition in Health & Well-Being* (F, S, 4 cr)
- _____ NUTR 401*, *Professional Perspectives on Nutrition* (F, 1 cr)
- _____ NUTR 476*, *Nutritional Assessment* (F, S, 4 cr)
- _____ NUTR 650*, *Life Cycle Nutrition* (F, S, 4 cr)
- _____ NUTR 750*, *Nutritional Biochemistry* (WI, F, 4 cr)
- _____ NUTR 751*, *Nutritional Biochemistry of Micronutrients* (S, 4 cr) **Capstone**
- _____ PSYC 401, *Intro to Psychology* or SOC 400, *Intro Sociology* (Discovery: Social Sciences, F, S, 4 cr)



Discovery Course Checklist

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 Social Sci: PSYC 401 or SOC 400 | World Cultures: _____ | Inquiry: BIOL 411

Four Writing Intensive Course Checklist

_____ ENGL 401 _____ NUTR 750 _____

Two Nutrition Electives and One 600- or 700-Elective Outside the Major

_____ NUTR _____ (4 credit) _____ NUTR _____ (4 credit) _____ (4 credit)

Total Credits: _____ (≥ 128 credits required) * All NUTR courses require ≥ C– grade.