



## Suggested Course Sequence Guide for Students Pursuing the **NUTRITION & WELLNESS OPTION** at UNH

	<b>Fall Semester</b>	<b>Spring Semester</b>
<b>1<sup>st</sup> Year</b>	_____ NUTR 400*, Nutrition in Health & Well-Being (4 cr) _____ NUTR 401*, Professional Perspectives on Nutrition (1 cr) _____ ENGL 401, First-Year Writing <u>or</u> Discovery Course (4 cr) _____ BMS 507, Human Anatomy & Physiology (4 cr) _____ SOC 400, Intro Sociology <u>or</u> PSYC 401, Intro to Psych (4 cr)	_____ NUTR 476*, Nutritional Assessment (4 cr) <u>or</u> Inquiry/Discovery Course (4 cr) _____ BMS 508, Human Anatomy & Physiology (4 cr) _____ ENGL 401, First-Year Writing <u>or</u> Discovery Course (4 cr) _____ HMP 401, US Health Care Systems (4 cr)
<b>2<sup>nd</sup> Year</b>	_____ CHEM 411, Intro Chemistry for the Life Sciences (4 cr) _____ HMGT 403, Intro to Food & Beverage Management (4 cr) _____ PSYC 402/SOC 502/BIOL 528, Statistics (4 cr) _____ Inquiry/Discovery Course (4 cr) <u>or</u> NUTR 476*, Nutritional Assessment (4 cr)	_____ NUTR 506*, Nutrition & Wellness (4 cr) _____ BMCB 501, Biological Chemistry (5 cr) _____ OT 513, Stressed Out (4 cr) _____ Inquiry/Discovery Course (4 cr)
<b>3<sup>rd</sup> Year</b>	_____ NUTR 546*, Nutrition for Exercise and Sports (4 cr) _____ NUTR 610*, Nutrition Education & Counseling (4 cr) _____ BMS 501, Microbes in Human Disease (4 cr) _____ Discovery Course (4 cr) <u>or</u> NUTR 650*, Life Cycle Nutrition (4 cr)	_____ NUTR 650*, Life Cycle Nutrition (4 cr) <u>or</u> Discovery Course (4 cr) _____ ENGL 502 or 503, Technical or Persuasive Writing (4 cr) _____ HMP 501, Epidemiology & Community Medicine (4 cr) _____ Discovery Course (4 cr)
<b>4<sup>th</sup> Year</b>	_____ NUTR 755*, Treatment of Adult Obesity (3 cr) <b>Capstone</b> _____ NUTR 758*, Practicum in Weight Management (2 cr) _____ KIN 620 or 648, Physiology of Exercise <u>or</u> Current Issues in Teaching Health (4 cr) _____ Discovery Course (4 cr) <u>or</u> NUTR 720*, Community Nutrition (4 cr) <b>Capstone</b> _____ Elective (1 - 4 cr)	_____ NUTR 720*, Community Nutrition (4 cr) <b>Capstone</b> <u>or</u> Discovery Course (4 cr) _____ 700-level Elective (4 cr) _____ Discovery Course (4 cr) _____ Elective (4 cr)

*Nutrition & Wellness students are strongly encouraged to complete a Minor or Concentration depending on career goals/interests. Please see reverse side for a list of suggested options.*

### Discovery Program Checklist

Biological Sci:   BMS 507   | Environ, Techn & Society: \_\_\_\_\_ | Fine & Performing Arts: \_\_\_\_\_  
 Histor Perspec: \_\_\_\_\_ | Humanities: \_\_\_\_\_ | Physical Sci:   CHEM 411   | Quant Reason:   Stats    
 Social Sci:   PSYC 401 or SOC 400   | World Cultures: \_\_\_\_\_ | Inquiry: \_\_\_\_\_

### Four Writing Intensive Course Checklist

\_\_\_\_\_ ENGL 401                  \_\_\_\_\_ ENGL 502 or 503                  \_\_\_\_\_ NUTR 720                  \_\_\_\_\_ Other

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

## Suggested Nutrition Electives

- NUTR 550 - Food Science: Principle & Practice
- NUTR 595 - Mediterranean Diet & Culture
- NUTR 699 - Independent Study
- NUTR 709 – Nutritional Epidemiology
- NUTR 740 - Nutrition for Children w/Special Needs
- NUTR 750 - Nutritional Biochemistry (WI)
- NUTR 758 - Practicum in Weight Management
- NUTR 765 - Geriatric Nutrition
- NUTR 773 - Clinical Nutrition
- NUTR 780 - Critical Issues in Nutrition (WI)

## Other Suggested Electives

- CMN 457 - Introduction to Lang. & Soc. Interaction
- CMN 515 - Analysis of News
- CMN 600 - Public Speaking as a Civic Art
- HMP 569 - Human Behavior & the Public Health
- KIN 607 - Biology of Aging
- KIN 621 - Exercise Laboratory Techniques (by permission)
- MKTG 550 - Survey of Marketing
- PSYC 531 - Psychobiology
- PSYC 737 - Behavioral Medicine (by permission)
- PSYC 758 - Health Psychology (by permission)

## Suggested Minors/Concentrations\*

### Minor in Business Administration

ADMN 502 - Financial Accounting  
MKTG 550 - Survey of Marketing  
MGT 580 - Introduction to Organizational Behavior  
ECON 402 - Principles of Economics (Micro)  
One elective (from approved list)

### Minor in Communication

Two 400-level introductory courses (CMN 455, CMN 456,  
or CMN 457)  
Two 500-level analysis courses  
One advanced 600-level or 700-level course

### Dual Major in Ecogastronomy

ECOG 401 - Intro to Ecogastronomy  
HMGT 403 - Intro to Food/Beverage Management  
NUTR 400 - Nutrition in Health & Well Being  
SAFS 405 - Sustainable Agric & Food Production  
HMGT 698 – Top/EcoGastronomy Capstone 1  
One ECOG Elective (from approved list)  
Additional 15 credits semester abroad

### Minor in English

Twenty credits in ENGL courses  
Minimum of three 600-level or 700-level courses.  
ENGL 419 is highly recommended  
ENGL 401 cannot be applied towards the English minor

### Minor in Family Studies

FS 525 - Human Development  
FS 545 - Family Relations  
Three FS Electives (in consultation with FS faculty)

### Minor in Gerontology

GERO 500  
KIN 607  
Three approved electives

### Minor in Kinesiology

Twenty credits in KIN courses

### Minor in Health

NUTR 400 – Nutrition in Health & Well Being  
KIN 648 – Contemporary Issues in Health  
KIN 702/802 – Health Content and Youth Risk Behaviors **or**  
NUTR 610 – Nutrition Education and Counseling  
KIN 712/812 – Health Education Practicum  
FS 746 – Human Sexuality

### Minor in Health Management

HMP 401 - U.S. Health Care Systems  
HMP 501 - Epidemiology & Community Medicine  
HMP 721 - Management of Health Care Organizations  
HMP 735 - Social Marketing  
HMP 740 - Health Care Financial Management

### Minor in Hospitality Management

HMGT 401 - The Hospitality Industry: Historical Perspectives and  
Distinguished Lecture Series (a writing intensive course)  
HMGT 554 - Lodging Operations Management (pre-/co-requisite:  
HMGT 401)  
HMGT 567 - Food and Beverage Operations Management  
ADMN 502 - Financial Accounting  
One HMGT - Elective (from approved list)

### Minor in Public Health

HMP 403 - Introduction to Public health  
HMP 501 - Epidemiology & Community Medicine  
HMP 505 - History of Public Health  
HMP 569 - Human Behavior and Public Health  
HMP 715 - Environmental Health

### Minor in Writing

Twenty credits in ENGL courses from approved list  
Minimum of three 600-level or 700-level courses.

\*Students should consult with home department for specific requirements to complete minor/concentration.

## Advising Checklist for the **NUTRITION & WELLNESS OPTION** at UNH

- BMCB 501, *Biological Chemistry* (S, 5 cr)
- BMS 501, *Microbes in Human Disease* (F, 4 cr)
- BMS 507, *Human Anatomy & Physiology* (Discovery: Biol Sci, F, 4 cr)
- BMS 508, *Human Anatomy & Physiology* (Discovery: Biol Sci, S, 4 cr)
  
- CHEM 411, *Introductory Chemistry for Life Sciences* (Discovery: Physical Sci, F, 4 cr)
  
- ENGL 401, *First-Year Writing* (Discovery: Writing Skills, F, S, 4 cr)
- ENGL 502 or 503, *Technical Writing or Persuasive Writing* (WI, F, S, 4 cr)
  
- PSYC 402/SOC 502/BIOL 528, *Statistics* (Discovery: Quantitate Reasoning, F, S, 4 cr)
- HMGMT 403, *Intro to Food & Beverage Management* (F, S, 4 cr)
- HMP 401, *US Health Care Systems* (F, S, 4 cr)
- HMP 501, *Epidemiology & Community Medicine* (F, S, 4 cr)
  
- KIN 620 or 648, *Physiology of Exercise or Current Issues in Teaching Health* (F, 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 506\*, *Nutrition & Wellness* (S, 4 cr)
- NUTR 546\*, *Nutrition for Exercise and Sports* (F, 4 cr)
- NUTR 610\*, *Nutrition Education & Counseling* (F, 4 cr)
- NUTR 650\*, *Life Cycle Nutrition* (F, S, 4 cr)
- NUTR 720\*, *Community Nutrition* (WI, F, S, 4 cr) **Capstone**
- NUTR 755\*, *Treatment of Adult Obesity* (F, 3 cr) **Capstone**
- NUTR 758\*, *Practicum in Weight Management* (F, 2 cr)
  
- OT 513, *Stressed Out: The Science and Nature of Human Stress* (F, 4 cr)
  
- SOC 400, *Intro Sociology* **or** PSYC 401, *Intro to Psych* (Discovery: Social Science, F, S, 4 cr)
  
- 700-level Elective



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Biological Sci:  *BMS 507* | Environ, Techn & Society: \_\_\_\_\_ | Fine & Performing Arts: \_\_\_\_\_  
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 Social Sci:  *PSYC 401 or SOC 400* | World Cultures: \_\_\_\_\_ | Inquiry: \_\_\_\_\_

### Four Writing Intensive Course Checklist

ENGL 401                       ENGL 502 or 503                       NUTR 720                       Other

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