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

### Discovery Program Checklist

<table>
<thead>
<tr>
<th>Biological Sci:</th>
<th>Environ, Techn &amp; Society:</th>
<th>Fine &amp; Performing Arts:</th>
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<tr>
<td>___________</td>
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<thead>
<tr>
<th>Histor Perspec:</th>
<th>Humanities:</th>
<th>Physical Sci:</th>
<th>Quant Reason:</th>
</tr>
</thead>
<tbody>
<tr>
<td>___________</td>
<td>___________</td>
<td><strong>CHEM 411</strong></td>
<td><strong>Stats</strong></td>
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<thead>
<tr>
<th>Social Sci:</th>
<th>World Cultures:</th>
<th>Inquiry:</th>
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<td>___________</td>
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*All NUTR courses require ≥ C– grade.*

### Four Writing Intensive Course Checklist

<table>
<thead>
<tr>
<th>ENGL 401</th>
<th>ENGL 502 or 503</th>
<th>NUTR 720</th>
<th>Other</th>
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**Total Credits:** _______ (≥ 128 credits required)

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**Fall Semester**

<table>
<thead>
<tr>
<th>1st Year</th>
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<tbody>
<tr>
<td>--- NUTR 400*, Nutrition in Health &amp; Well-Being (4 cr)</td>
</tr>
<tr>
<td>--- NUTR 401*, Professional Perspectives on Nutrition (1 cr)</td>
</tr>
<tr>
<td>--- ENGL 401, First-Year Writing or Discovery Course (4 cr)</td>
</tr>
<tr>
<td>--- BMS 507, Human Anatomy &amp; Physiology (4 cr)</td>
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<tr>
<td>--- SOC 400, Intro Sociology or PSYC 401, Intro to Psych (4 cr)</td>
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<thead>
<tr>
<th>2nd Year</th>
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<tbody>
<tr>
<td>--- CHEM 411, Intro Chemistry for the Life Sciences (4 cr)</td>
</tr>
<tr>
<td>--- HMGT 403, Intro to Food &amp; Beverage Management (4 cr)</td>
</tr>
<tr>
<td>--- PSYC 402/SOC 502/BIOL 528, Statistics (4 cr)</td>
</tr>
<tr>
<td>--- Inquiry/Discovery Course (4 cr) or NUTR 476*, Nutritional Assessment (4 cr)</td>
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<tr>
<th>3rd Year</th>
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<tbody>
<tr>
<td>--- NUTR 546*, Nutrition for Exercise and Sports (4 cr)</td>
</tr>
<tr>
<td>--- NUTR 610*, Nutrition Education &amp; Counseling (4 cr)</td>
</tr>
<tr>
<td>--- BMS 501, Microbes in Human Disease (4 cr)</td>
</tr>
<tr>
<td>--- Discovery Course (4 cr) or NUTR 650*, Life Cycle Nutrition (4 cr)</td>
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<tr>
<th>4th Year</th>
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<tbody>
<tr>
<td>--- NUTR 755*, Treatment of Adult Obesity (3 cr) <strong>Capstone</strong></td>
</tr>
<tr>
<td>--- NUTR 758*, Practicum in Weight Management (2 cr)</td>
</tr>
<tr>
<td>--- KIN 620 or 648, Physiology of Exercise or Current Issues in Teaching Health (4 cr)</td>
</tr>
<tr>
<td>--- Discovery Course (4 cr) or NUTR 720*, Community Nutrition (4 cr) <strong>Capstone</strong></td>
</tr>
<tr>
<td>--- Elective (1 - 4 cr)</td>
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</tbody>
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**Spring Semester**

<table>
<thead>
<tr>
<th>1st Year</th>
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</thead>
<tbody>
<tr>
<td>--- NUTR 476*, Nutritional Assessment (4 cr) or Inquiry/Discovery Course (4 cr)</td>
</tr>
<tr>
<td>--- BMS 508, Human Anatomy &amp; Physiology (4 cr)</td>
</tr>
<tr>
<td>--- ENGL 401, First-Year Writing or Discovery Course (4 cr)</td>
</tr>
<tr>
<td>--- HMP 401, US Health Care Systems (4 cr)</td>
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<thead>
<tr>
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<tbody>
<tr>
<td>--- NUTR 506*, Nutrition &amp; Wellness (4 cr)</td>
</tr>
<tr>
<td>--- BMCB 501, Biological Chemistry (5 cr)</td>
</tr>
<tr>
<td>--- OT 513, Stressed Out (4 cr)</td>
</tr>
<tr>
<td>--- Inquiry/Discovery Course (4 cr)</td>
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<tr>
<th>3rd Year</th>
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<tbody>
<tr>
<td>--- NUTR 650*, Life Cycle Nutrition (4 cr)</td>
</tr>
<tr>
<td>--- ENGL 502 or 503, Technical or Persuasive Writing (4 cr)</td>
</tr>
<tr>
<td>--- HMP 501, Epidemiology &amp; Community Medicine (4 cr)</td>
</tr>
<tr>
<td>--- Discovery Course (4 cr)</td>
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**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.**

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08/14/2018
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 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
HMGT 401 - U.S. Health Care Systems
HMGT 501 - Epidemiology & Community Medicine
HMPT 721 - Management of Health Care Organizations
HMPT 735 - Social Marketing
HMPT 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
HMPT 403 - Introduction to Public health
HMPT 501 - Epidemiology & Community Medicine
HMPT 505 - History of Public Health
HMPT 569 - Human Behavior and Public Health
HMPT 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.

8/14/2018
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)
_____ HMGT 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

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.

8/14/18