

Pennsylvania State University  
DEPARTMENT OF NUTRITIONAL SCIENCES

**NUTRITION: APPLIED SCIENCES OPTION**

Degrees require 120 total credit hours.

Degree requirements include University general education requirements and Departmental specific course requirements for each degree option. For course descriptions and prerequisites, see the University's Schedule of Courses

**UNIVERSITY GENERAL EDUCATION  
REQUIREMENTS**

**SKILLS - 15 Credits**

**GWS (Writing/Speaking – 9 credits)**

- \_\_\_ (ENGL 015 or equivalent fulfills this)  
\_\_\_ (ENGL 202 C or equivalent fulfills this)  
\_\_\_ (CAS 100 fulfills this)

**GQ (Quantification – 6 credits)**

- \_\_\_ (STAT 200 or 250 fulfills 4 or 3 credits of this)  
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**KNOWLEDGE DOMAINS – 30 Credits**

**GHA (Health and Physical Activity – 3 credits)**

- \_\_\_ (NUTR 251 fulfills this)

**GN (Natural Sciences – 9 credits)**

- \_\_\_ (BIOL 141 fulfills this)  
\_\_\_ (MICRB 106 & 107 fulfills this)  
\_\_\_ GN

**GA (Arts – 6 credits)**

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**GH (Humanities – 6 credits)**

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**GS (Social and Behavioral Sciences – 6 credits)**

- \_\_\_ (PSYCH 100 or HDFS 129 fulfills this)  
\_\_\_ (ECON 102, 104 or AG BM 101 fulfills this)

*Other General Education Requirements* (All areas must be filled. These requirements are usually met from the Knowledge Domain course selections or Degree requirement courses. Check General Education in the Curriculum book for further information.)

- \_\_\_ First-Year Seminar (S,T,X, or PSU designation)  
\_\_\_ Writing Across the Curriculum (W, M, X, Y)  
\_\_\_ (NUTR 490W fulfills this.)  
\_\_\_ US cultures (US) (3 credits)  
\_\_\_ International cultures (IL) (3 credits)

**NOTES:**

- A grade of C or better is required for most upper division Department courses. Check the *Undergraduate Degree Program Bulletin* for specific information.
- An “\*” indicates that the course has a prerequisite. Consult the University Schedule of Course for this and other information.

**DEPARTMENT – MAJOR/OPTIONS  
REQUIREMENTS**

**MAJOR REQUIREMENTS = 40 Credit Hours**

- \_\_\_ (3) NUTR 251 Introductory Principles of Nutrition  
\_\_\_ (4)\*NUTR 320 Food Preparation  
\_\_\_ (2)\*NUTR 358 Assessment of Nutritional Status  
\_\_\_ (3)\*NUTR 360 Disseminating of Nutrition Information  
\_\_\_ (1)\*NUTR 370 Profession of Dietetics  
\_\_\_ (1)\*NUTR 400 Introduction to Nutrition Counseling  
\_\_\_ (3)\*NUTR 445 Nutrient Metabolism I  
\_\_\_ (3)\*NUTR 446 Nutrient Metabolism II  
\_\_\_ (3)\*NUTR 451 Nutrition throughout the Life Cycle  
\_\_\_ (3)\*NUTR 452 Nutritional Aspects of Disease  
\_\_\_ (3)\*NUTR 453 Medical Nutrition Therapy  
\_\_\_ (3)\*NUTR 456 Community Nutrition  
\_\_\_ (3)\*NUTR 490W Nutrition Seminar  
\_\_\_ (3)\*HM 329 Intro Food Production & Service  
\_\_\_ (2)\*HM 330 Food Prod Service Mgmt  
\_\_\_ (1) HM 397 Concurrent with HM 330

**RELATED PRESCRIBED COURSES = 25-26 Credit hours**

- \_\_\_ (3) BIOL 141 Physiology  
\_\_\_ (3)\*CHEM 110 or 130 Chemistry Principles  
\_\_\_ (3)\*CHEM 202 or 210 Organic Chemistry  
\_\_\_ (3)\*B M B 211 Elementary Biochemistry  
\_\_\_ (4-3)\*STAT 200 or 250 Elementary Stat or Biostatistics  
\_\_\_ (4) MICRB 106/107 Elementary Microbiology  
\_\_\_ (3) ECON 102, 104 or AG BM 101  
\_\_\_ (3) PSYCH 100 or HDFS129

**SUPPORTING COURSES: 21 credits (at least 6 credits must be 400 level and up to 3 of those can be 496)**  
*Students are encouraged to complete one (or more) of four Emphases: Public Health Nutrition and Policy; Food and Food Business; Community Food Security; and Nutrition Education and Communication. A minimum of 15 credits is recommended for an Emphasis.*

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**ELECTIVES: 7-8 credits**

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