

NAME: _____

ID: _____

DEGREE: BS

ADVISOR: _____

NUTRITION AND WELLNESS

DATE: _____

GENERAL EDUCATION REQUIREMENTS

See UM Bulletin for full explanation.

- 1. **Written Composition (6)**
ENG 101 or 103 3 _____
ENG 102 or 104 3 _____
- 2. **Humanities & Fine Arts (18)**
ENG 231 or 233 3 _____
ENG 232 or 234 3 _____
COMS 101 or 102 3 _____
FINE ARTS -
ART 100, 218, 219; MC 325;
MUS 121, 122, 125, 255, 342; THEA 120, 122 3 _____
PHIL 220 3 _____
Select 1 course from the following list:
ART 100, 218, 219; MC 325;
MUS 121, 122, 125, 255, 342; THEA 120, 122;
PHIL 110, 111, 180, 221, 230, 280, 290;
FRN/SPN 101, 102, 150, 201, 202, 250;
GER 101, 102, 201, 202; HNRS 309 3 _____
- 3. **Natural Sciences & Mathematics (11)**
(Lab sciences in 2 disciplines)
BIO 105 4 _____
CHEM 101 or 121 4 _____
(Prerequisite for Chem 102 or 122)
MATH 147/154 (option: MATH 144 or higher) 3 _____
- 4. **History, Social & Behavioral Sciences (12)**
HIST 101 or 103 3 _____
HIST 102 or 104 3 _____
EC 231 or 232 3 _____
PSYC 201 3 _____
- 5. **Health & Wellness, Activity (3)**
KNES 120 3 * _____
- 6. **Computer Applications (1-3)**
MIS 161 3 _____
- 7. **Additional Hours Required for BS Degree**
Science/Math (7 Hours beyond 11 Hr. Gen. Ed. Req.)
 BIO 341 Anatomy 4
 BIO 342 Physiology 4
(Prerequisite CHEM 102 or 122)

* Satisfied in Major Course Requirements

Graduation Requirements:

- 1. 50% of major at UM
- 2. 30 hours of 300/400 level work at UM
- 3. 30 of last 40 hours at UM

****MAJOR COURSE REQUIREMENTS – 55 hours****

- KNES/FCS 170 (Intro to Food Science & Prep) 3 _____
- KNES 190 (Introduction to Kinesiology) 2 _____
- KNES 210 (Personal Health) 3 _____
- KNES/FCS 281 (Introduction to Nutrition) 3 _____
- KNES 310 (Sports Nutrition) 3 _____
- KNES/FCS 471 (Applied Res. In Food Science) 3 _____
- KNE/FCS 477 (Quantity Foods) 3 _____
- KNES/FCS 380 (Physiology of Exercise) 4 _____
- KNES/FCS 382 (Foodservice Systems Mgt) 3 _____
- KNES 398 (Exercise Testing & Evaluation) 4 _____
- KNES/FCS 473 (Hum. Nutrition&Metabolism I) 3 _____
- KNES/FCS 474 (Hum. Nutrition&Metabolism II) 3 _____
- KNES/FCS 434 (Nutrition Care Process I) 3 _____
- KNES/FCS 484 (Nutrition Care Process II) 3 _____
- KNES/FCS 485 (Life Cycle & Comm Nutrition) 3 _____
- KNES 493 (Practicum in Nutrition & Wellness) 3 _____
- KNES 497 (Pharmacology) 3 _____
- KNES 499 (Health-Fitness Program Design) 3 _____

SUPPORT COURSES (7)

- BIO 300 (Microbiology) 4 _____
- PSYC 300 (Descriptive Statistics) 3 _____

***GENERAL ELECTIVES (10)**

*Note: CHEM 102 (Basic Chemistry II) must be taken as one of your elective courses

*** Note: Students who plan to enter the Dietetics Program must take these required electives:**

- KNES/FCS 181 (Intro to Dietetics) 1 _____
- KNES/FCS 373 (Seminar in Dietetics) 1 _____

Total Hours Required: 130

Total Hours Completed to Date: _____

Hours Remaining for Completion: _____

Hours Currently Registered: _____

Hours Remaining: _____