

**FOOD SYSTEMS, NUTRITION & HEALTH MAJOR**  
**SAMPLE COURSE PLAN**

*This sample 4-year plan provides a framework for you to reference as you create your own individual academic plan.*

**YEAR 1**

AUT	WIN	SPR	SUM
<b>NUTR 200 - 4 NW</b>	<b>ENGL 131 - 5 C</b>	<b>BIOL 118 - 5 NW</b>	
<b>VLPA - 5</b>	<b>Breadth - 5</b>	<b>DIVERSITY - 5</b>	
<b>AOK - 5</b>	<b>I&amp;S - 5</b>	<b>AOK - 5</b>	
<b>GEN ST 197 - 1</b>			
15	15	15	

**YEAR 2**

AUT	WIN	SPR	SUM
<b>CHEM 120 - 5 NW</b>	<b>BIOST 310 - 4 QSR</b>	<b>NUTR 302 - 5 I&amp;S/NW</b>	
<b>WRITING - 5</b>	<b>Breadth - 5</b>	<b>ELECTIVE - 5</b>	
<b>AOK - 5</b>	<b>I&amp;S - 5</b>	<b>NW - 5</b>	
<b>APPLY TO MAJOR</b>	<b>SEMINAR - 1</b>		
15	15	15	

**YEAR 3**

AUT	WIN	SPR	SUM
<b>ECON 200 - 5 I&amp;S</b>	<b>NUTR 303 - 5 I&amp;S/NW</b>	<b>MAJOR ELECTIVE - 5</b>	
<b>VLPA - 5</b>	<b>AOK - 5</b>	<b>AOK - 5</b>	
<b>ELECTIVE - 5</b>	<b>ELECTIVE - 5</b>	<b>SOC 300 - 5 I&amp;S</b>	
15	15	15	

**YEAR 4**

AUT	WIN	SPR	SUM
<b>NUTR 402 - 5</b>	<b>NUTR 412 - 5 I&amp;S, W</b>	<b>NUTR 493 - 6</b>	
<b>MAJOR ELECTIVE - 5</b>	<b>MAJOR ELECTIVE - 5</b>	<b>MAJOR ELECTIVE - 5</b>	
<b>ELECTIVE - 5</b>	<b>ELECTIVE - 5</b>	<b>ELECTIVE - 4</b>	
15	15	15	

In addition to major requirements, students complete general education and basic skills requirements for the School of Public Health. These 84 credits may overlap with major requirements.

**General Education & Basic Skills**

- Composition, with a minimum 2.0 5 credits
- Additional Writing 10 credits
- Quantitative & Symbolic Reasoning 4-5 credits
- Diversity 3 credits
- Foreign Language None\*

**Areas of Knowledge**

- Visual, Literary, & Performing Arts VLPA 10 credits
- Individuals & Societies I&S 10 credits
- Natural World NW 20 credits
- Additional AoK 25 credits

\* SPH students may use first-year language courses for VLPA if they complete the third-quarter course.