

NUTRITIONAL SCIENCES, B.S.

Seven Penn State campuses are scheduled for closure after Spring 2027: DuBois, Fayette, New Kensington, Mont Alto, Shenango, Wilkes-Barre, and York. New students are not being admitted at these campuses.

Begin Campus: Any Penn State Campus

End Campus: University Park

Program Description

Nutrition is a dynamic field that incorporates knowledge of human biology and biochemistry to understand how food and nutrient intake can optimize health throughout the lifecycle. Students gain an understanding of how the interplay of nutrition, lifestyle, and the food environment relate to current public health issues. Students consider nutrition prevention and management of chronic and acute diseases. Students learn the scientific rationale and practice methodology to assess the nutritional status of individuals in the clinical setting and for population analysis. Students will use these skills to implement medical nutrition therapy and understand nutrition guidelines, standards, and policies to improve the health and well-being of the population.

Students may select one option in the Nutritional Sciences Major: Nutrition and Dietetics and Health Sciences. The Nutrition and Dietetics Option is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND).

Nutrition and Dietetics Option

This option offers multi-disciplinary training in the biological sciences, social and behavioral sciences, and business principles to prepare students to work in a variety of settings and to be eligible to continue their education to acquire the Registered Dietitian Nutritionist (RDN) credential. It links nutrition and human behavior by applying nutrition principles, counseling skills, and educational skills to improving the nutritional status and health of individuals and communities. Students gain training that will prepare them to work in a variety of clinical, community, and business settings. It also prepares students for management positions in the nutrition field and food systems settings. Graduates satisfy the current requirements for application to accredited post-baccalaureate dietetic supervised practice programs and Master's degree programs. Upon satisfactory completion of these programs, graduates are eligible to take the registration examination to become a Registered Dietitian Nutritionist (RDN).

Health Sciences Option

With diet-related disease as the leading cause of death in the US, this option prepares pre-health professionals (e.g., pre-medicine, pre-physician assistants, pre-dentistry, pre-public health, pre-health promotion and health coaching, etc) and other nutritional scientists (e.g., immunologists, biochemists, physiologists, etc) with expertise in nutritional sciences. Students will select from a core set of Nutritional Sciences courses and supporting courses across life-, social-, and environment-related health sciences to build a curriculum that fits their individual career goals.

What is Nutritional Sciences?

Nutritional Sciences uses nutrition as the backbone to integrate physiological science, behavioral sciences, foods, food systems management, and nutrition as medicine to prepare students to help individuals and communities locally and globally. Students are uniquely prepared to integrate their strong science foundation and nutrition

knowledge to help others lead healthier lives. Areas of study include the application of nutrition principles to health promotion and wellness, sports performance, research and intervention science, medical nutrition therapy, and behavioral interventions.

MORE INFORMATION ABOUT NUTRITIONAL SCIENCES (<https://hhd.psu.edu/nutrition>)

You Might Like This Program If...

- You want to learn about nutrition and foods' connection to health.
- You plan to go to medical school, physician assistant school, and other health-related pre-professional programs.
- You want to become a Registered Dietitian Nutritionist.
- You want to work in scientific research related to human health or the food industry.
- You want to advocate for healthier communities using sustainable food practices and access to nutritious food.
- You want to learn about interventions to nutrition-related health problems that affect the world's populations.

MORE INFORMATION ABOUT WHY STUDENTS CHOOSE TO STUDY NUTRITIONAL SCIENCES (<https://hhd.psu.edu/nutrition/undergraduate/career-opportunities>)

Entrance to Major Nutrition and Dietetics Option

In order to be eligible for entrance to the Nutrition and Dietetics option in the major, a student must:

1. attain at least a C (2.00) cumulative grade-point average for all courses taken at the University;
2. have third-semester classification (<https://www.registrar.psu.edu/enrollment/semester-classification.cfm>); and
3. attain a C or better in NUTR 251, BIOL 161, BIOL 162, BIOL 163, BIOL 164, and CHEM 110 or CHEM 130.

Health Sciences Option

In order to be eligible for entrance to the Health Sciences option in the major, a student must:

1. attain at least a C (2.00) cumulative grade-point average for all courses taken at the University
2. have third-semester classification (<https://www.registrar.psu.edu/enrollment/semester-classification.cfm>); and
3. attain a C or better in NUTR 251.

Retention Requirements

Retention for the Nutrition and Dietetics option will be determined through verification of sustained academic growth as demonstrated by earning of grades of C or higher in all of the Nutritional Sciences prescribed courses and related courses. For the prescribed courses, students must have a **letter grade of C or better** and may not use Pass/Fail or other alternative grades to meet the degree requirements. Failure to maintain a C or higher in all prescribed and related courses will result in referral of the student to the student's academic adviser to evaluate their options for remaining in the Nutrition and Dietetics option and to explore other areas that would be a good fit for their interests. To graduate, a student enrolled in the nutrition and dietetics option must earn a **letter grade of C or better** in all prescribed courses and earn a

passing grade (C or better) in the related courses for Nutritional Sciences, Nutrition and Dietetics option.

Degree Requirements

For the Bachelor of Science degree in Nutritional Sciences, a minimum of 121 credits is required for the Health Sciences option and a minimum of 124 credits is required for the Nutrition and Dietetics option:

Requirement	Credits
General Education	45
Electives	0-3
Requirements for the Major	94-97

18-21 of the 45 credits for General Education are included in the Requirements for the Major. For the Nutrition and Dietetics option, this includes 3 credits of GHW courses, 9 credits of GN courses, 3 credits of GQ courses, 3 credits of GS courses. For the Health Sciences option, this includes 3 credits of GHW courses, 9 credits of GN courses, 6 credits of GQ courses, 3 credits of GS courses.

Per Senate Policy 83.80.5, the college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. NUTR requires students to complete 24 credits for the major through courses taken at University Park. Courses taken at other Penn State campuses may not be counted toward this 24 credit minimum. For more information, check the Suggested Academic Plan for this major.

Requirements for the Major

To graduate, a student enrolled in the major must earn a grade of C or better in each course designated by the major as a C-required course, as specified by Senate Policy 82-44 (<https://senate.psu.edu/students/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/>).

Common Requirements for the Major (All Options)

Code	Title	Credits
Prescribed Courses		
<i>Prescribed Courses: Require a grade of C or better</i>		
BIOL 161	Human Anatomy and Physiology I - Lecture	3
BIOL 162	Human Anatomy and Physiology I - Laboratory	1
BIOL 163	Human Anatomy and Physiology II - Lecture	3
BIOL 164	Human Anatomy and Physiology II - Laboratory	1
NUTR 251	Introductory Principles of Nutrition	3
NUTR 451	Nutrition throughout the Life Cycle	3
NUTR 452	Nutritional Aspects of Disease	3
NUTR 490W	Nutrition Seminar	3
Additional Courses		
<i>Additional Courses: Require a grade of C or better</i>		
STAT 200	Elementary Statistics	3-4
or STAT 250	Introduction to Biostatistics	
Requirements for the Option		
Select an option		71-73

Requirements for the Option Nutrition and Dietetics Option (71 credits)

Code	Title	Credits
Prescribed Courses		
<i>Prescribed Courses: Require a grade of C or better</i>		
BMB 211	Elementary Biochemistry	3
CHEM 111	Experimental Chemistry I	1
HM 230	Principles of Food Production Management	3
HM 330	Food Production and Operations Management	3
MICRB 106	Elementary Microbiology	3
NUTR 320	Science and Methods of Food Preparation	4
NUTR 358	Assessment of Nutritional Status	3
NUTR 360	Nutrition Education and Behavior Change Theory	3
NUTR 361	Community and Public Health Nutrition	3
NUTR 386	Managing Quality in Food and Nutrition Services	3
NUTR 391	Professional Preparation in Nutrition and Dietetics	2
NUTR 393	Dietetic Internship Application Development	1
NUTR 400	Introduction to Nutrition Counseling	3
NUTR 453	Medical Nutrition Therapy	3
NUTR 445	Energy and Macronutrient Metabolism	3
NUTR 446	Micronutrient Metabolism	3
NUTR 495	Advanced Field Experience in Nutrition	3

Additional Courses

Additional Courses: Require a grade of C or better

CHEM 110	Chemical Principles I	3
or CHEM 130	Introduction to General, Organic, and Biochemistry	
CHEM 202	Fundamentals of Organic Chemistry I	3
or CHEM 210	Organic Chemistry I	
HDFS 129	Introduction to Human Development and Family Studies	3
or PSYCH 100	Introductory Psychology	

Supporting Courses and Related Areas

Select 6 credits from University-wide offerings at all levels, in consultation with an adviser, that provide relevance to this option. ¹ 6

Select 9 credits of 400-level supporting courses, in consultation with an adviser, from University-wide offerings that provide relevance to this option. See program list of recommended courses. (At least 6 credits must be at the 400 level and, of those, no more than 3 credits may be NUTR 496 or 494 or 494H.) Three (3) credits may be substituted with credits earned through ROTC. 9

¹ NUTR 100 (3 cr) cannot be used to count toward the Nutrition and Dietetics option major degree requirements or elective courses.

Health Sciences Option (72-73 credits)

Code	Title	Credits
Prescribed Courses		
NUTR 358	Assessment of Nutritional Status	3
NUTR 372	Nutrient Metabolism	3
Additional Courses		
CHEM 110	Chemical Principles I	3
or CHEM 130	Introduction to General, Organic, and Biochemistry	
HDFS 129	Introduction to Human Development and Family Studies	3

or PSYCH 100 Introductory Psychology
Select 3 credits from the following: 3

NUTR 494	Research Project
NUTR 494H	Honors Research Project
NUTR 495	Advanced Field Experience in Nutrition
NUTR 495B	Advanced Field Experience in Nutrition
NUTR 496	Independent Studies

Additional Courses: Require a grade of C or better

Select 3-4 credits from the following: 3-4

ECON 106	Statistical Foundations for Econometrics
HDFS 200	Quantitative Skills for Human Services
MATH 32	Math for Allied Health Professions
MATH 38	Elementary Linear Algebra
MATH 110	Techniques of Calculus I
MATH 140	Calculus With Analytic Geometry I

Supporting Courses and Related Areas

Students should select 54 credits from university-wide offerings in consultation with an adviser. See program list of recommended courses. At least 24 credits are required in Nutritional Sciences, including 6 credits at the 400 level. No more than 3 credits can be NUTR 496, NUTR 494, or NUTR 494H. 54

General Education

Connecting career and curiosity, the General Education curriculum provides the opportunity for students to acquire transferable skills necessary to be successful in the future and to thrive while living in interconnected contexts. General Education aids students in developing intellectual curiosity, a strengthened ability to think, and a deeper sense of aesthetic appreciation. These are requirements for all baccalaureate students and are often partially incorporated into the requirements of a program. For additional information, see the General Education Requirements (<https://bulletins.psu.edu/undergraduate/general-education/baccalaureate-degree-general-education-program/>) section of the Bulletin and consult your academic adviser.

The keystone symbol appears next to the title of any course that is designated as a General Education course. Program requirements may also satisfy General Education requirements and vary for each program.

Foundations (grade of C or better is required and Inter-Domain courses do not meet this requirement.)

- **Quantification (GQ):** 6 credits
- **Writing and Speaking (GWS):** 9 credits

Breadth in the Knowledge Domains (Inter-Domain courses do not meet this requirement.)

- **Arts (GA):** 3 credits
- **Health and Wellness (GHW):** 3 credits
- **Humanities (GH):** 3 credits
- **Social and Behavioral Sciences (GS):** 3 credits
- **Natural Sciences (GN):** 3 credits

Integrative Studies

- **Inter-Domain Courses (Inter-Domain):** 6 credits

Exploration

- **GN**, may be completed with Inter-Domain courses: 3 credits
- **GA, GH, GN, GS, Inter-Domain courses.** This may include 3 credits of World Language course work beyond the 12th credit level or the

requirements for the student's degree program, whichever is higher: 6 credits

University Degree Requirements

First Year Engagement

All students enrolled in a college or the Division of Undergraduate Studies at University Park, and the World Campus are required to take 1 to 3 credits of the First-Year Seminar, as specified by their college First-Year Engagement Plan.

Other Penn State colleges and campuses may require the First-Year Seminar; colleges and campuses that do not require a First-Year Seminar provide students with a first-year engagement experience.

First-year baccalaureate students entering Penn State should consult their academic adviser for these requirements.

Cultures Requirement

6 credits are required and may satisfy other requirements

- United States Cultures: 3 credits
- International Cultures: 3 credits

Writing Across the Curriculum

3 credits required from the college of graduation and likely prescribed as part of major requirements.

Total Minimum Credits

A minimum of 120 degree credits must be earned for a baccalaureate degree. The requirements for some programs may exceed 120 credits. Students should consult with their college or department adviser for information on specific credit requirements.

Quality of Work

Candidates must complete the degree requirements for their major and earn at least a 2.00 grade-point average for all courses completed within their degree program.

Limitations on Source and Time for Credit Acquisition

The college dean or campus chancellor and program faculty may require up to 24 credits of course work in the major to be taken at the location or in the college or program where the degree is earned. Credit used toward degree programs may need to be earned from a particular source or within time constraints (see Senate Policy 83-80 (<https://senate.psu.edu/students/policies-and-rules-for-undergraduate-students/82-00-and-83-00-degree-requirements/>)). For more information, check the Suggested Academic Plan for your intended program.

Integrated B.S. in Nutritional Sciences and M.P.S. in Nutritional Sciences

Undergraduate degree available at the following campuses: University Park

Graduate degree available at the following campuses: World Campus

Requirements for the Integrated B.S. in Nutritional Sciences and M.P.S. in Nutritional Sciences can be found in the Graduate Bulletin (<https://bulletins.psu.edu/graduate/programs/majors/nutritional-sciences/#integratedundergradgradprogramtext>).

Integrated B.S. in Nutritional Sciences and M.S. in Nutritional Sciences

Undergraduate degree available at the following campuses: University Park

Graduate degree available at the following campuses: University Park

Requirements for the Integrated B.S. in Nutritional Sciences and M.S. in Nutritional Sciences can be found in the Graduate Bulletin (<https://bulletins.psu.edu/graduate/programs/majors/nutritional-sciences/#integratedundergradgradprogramstext>).

Integrated B.S. in Nutritional Sciences and M.P.H. in Public Health

Undergraduate degree available at the following campuses: University Park

Graduate degree available at the following campuses: Hershey, World Campus

Requirements for the Integrated B.S. in Nutritional Sciences and M.P.H. in Public Health can be found in the Graduate Bulletin (<https://bulletins.psu.edu/graduate/programs/majors/public-health/#integratedundergradgradprogramstext>).

Program Learning Objectives

- Explain the role of chemical, biochemical, microbiological, and physiological processes and demonstrate how they interrelate with the body's utilization of nutrients and food components during digestion, absorption, metabolism, and excretion.
- Describe and apply the functions and interrelationships of nutrients and food in human health, disease prevention, and disease states.
- Integrate the biological, behavioral, socioeconomic and environmental factors related to food and nutrient intakes and needs across the lifespan.
- Interpret and evaluate nutrition standards and analyze nutritional assessment data to make evidence-based decisions.
- Locate, interpret, and evaluate research findings and professional literature to explain implications, limitations, and applications to practice.
- Demonstrate effective and professional technical and scientific written and oral communication skills using various media formats.

Academic Advising

The objectives of the university's academic advising program are to help advisees identify and achieve their academic goals, to promote their intellectual discovery, and to encourage students to take advantage of both in-and out-of class educational opportunities in order that they become self-directed learners and decision makers.

Both advisers and advisees share responsibility for making the advising relationship succeed. By encouraging their advisees to become engaged in their education, to meet their educational goals, and to develop the habit of learning, advisers assume a significant educational role. The advisee's unit of enrollment will provide each advisee with a primary academic adviser, the information needed to plan the chosen program of study, and referrals to other specialized resources.

READ SENATE POLICY 32-00: ADVISING POLICY (<https://senate.psu.edu/students/policies-and-rules-for-undergraduate-students/32-00-advising-policy/>)

University Park

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Suggested Academic Plan

The suggested academic plan(s) listed on this page are the plan(s) that are in effect during the 2026-27 academic year. To access previous years' suggested academic plans, please visit the archive (<https://bulletins.psu.edu/undergraduate/archive/>) to view the appropriate Undergraduate Bulletin edition.

Health Sciences Option: Nutritional Sciences, B.S. at University Park Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
BIOL 161 (General Education Course (GN)) ^{††}	3 BIOL 163 (General Education Course (Exploration)) ^{††}	3
BIOL 162 [*]	1 BIOL 164 [*]	1
MATH 140, 110, 32, 38, ECON 106, or HDFS 200 (General Education Course (GQ)) [†]	4 PSYCH 100 or HDFS 129 (General Education Course (GS)) [†]	3
NUTR 251 (General Education Course (GHW)) [#]	3 General Education (Integrative Studies: Inter-Domain)	3
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) [†]	3 University Wide Offering (UWO)	3
First-Year Seminar	1-2 Any NUTR Course	3
15-16		16

Second Year

Fall	Credits Spring	Credits
CHEM 110 or 130 (General Education Course (Exploration)) ^{††}	3 General Education Course (GWS) (CAS 100A, 100B, 100C, ENGL/CAS 138T recommended) [†]	3
General Education Course (GA)	3 STAT 200 or 250 (General Education Course (GQ)) ^{†††}	3-4
Any NUTR Course	3 Any NUTR Course	3
General Education Course (Exploration)	3 General Education Course (Integrative Studies: Inter-Domain)	3
University Wide Offering (UWO)	3 University Wide Offering (UWO)	3

15

15-16

Third Year

Fall	Credits Spring	Credits
NUTR 358	3 Nutrient Metabolism option: NUTR 372 or NUTR 445/ NUTR 446	3
General Education Course (GH)	3 Any NUTR Course	3
University Wide Offering (UWO)	3 Any NUTR 400 Course	3
Any NUTR Course	3 University Wide Offering (UWO)	3
Any NUTR Course	3 University Wide Offering (UWO)	3
15		15

Fourth Year

Fall	Credits Spring	Credits
ENGL 202A, 202B, 202C, or 202D (General Education Course (GWS)) [‡]	3 NUTR 451 [*]	3
NUTR 446 (if NUTR 445 completed)	0-3 NUTR 452 [*]	3
NUTR 494, 494H, 495, 495B, or 496	3 NUTR 490W	3
Any NUTR 400 level	3 University Wide Offering (UWO)	3
University Wide Offering (UWO)	3 University Wide Offering (UWO)	3
University Wide Offering (UWO)	3	
15-18		15

Total Credits 121-126

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

¹ Enforced MATH prerequisites for Chemistry: CHEM 110 - ALEKS score > 61 or completion of MATH 22; CHEM 130 ALEKS score > 46 or completion of MATH 21. If ALEKS score is not in the needed range, elective credits should be used for MATH preparation.

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

All incoming Schreyer Honors College first-year students at University Park will take ENGL 137H/CAS 137H in the fall semester and ENGL 138T/CAS 138T in the spring semester. These courses carry the GWS designation and satisfy a portion of that General Education requirement. If the student's program prescribes GWS these courses will replace both ENGL 15/ENGL 30H and CAS 100A/CAS 100B/CAS 100C. Each course is 3 credits.

Health Sciences Option: Nutritional Sciences, B.S. at Commonwealth Campuses

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits	Spring	Credits
BIOL 161 (General Education Course (GN)) ^{*,†}	3	BIOL 163 (General Education Course (Exploration)) ^{*,†}	3
BIOL 162 [*]	1	BIOL 164 [*]	1
MATH 140, 110, 32, 38, ECON 106, or HDFS 200 (General Education Course (GQ)) [†]	4	PSYCH 100 or HDFS 129 (General Education Course (GS)) [†]	3
NUTR 251 (General Education Course (GHW)) [#]	3	General Education (Integrative Studies: Inter-Domain)	3
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) [†]	3	University Wide Offering (UWO)	3
First-Year Seminar	1-2	General Education Course (GH)	3
15-16		16	

Second Year

Fall	Credits	Spring	Credits
CHEM 110 or 130 (General Education Course (Exploration)) ^{†1}	3	General Education Course (GWS) (CAS 100A, 100B, 100C, ENGL/CAS 138T recommended) [†]	3
General Education Course (GA)	3	STAT 200 or 250 (General Education Course (GQ)) ^{*,††}	3-4
University Wide Offering (UWO)	3	University Wide Offering (UWO)	3
General Education Course (Exploration)	3	General Education Course (Integrative Studies: Inter-Domain)	3
University Wide Offering (UWO)	3	University Wide Offering (UWO)	3
15		15-16	

Third Year

Fall	Credits	Spring	Credits
NUTR 358	3	Nutrient Metabolism option: NUTR 372 or NUTR 445/ NUTR 446	3
Any NUTR Course	3	Any NUTR 400 Course	3
Any NUTR Course	3	Any NUTR Course	3
Any NUTR Course	3	Any NUTR Course	3
Any NUTR Course	3	University Wide Offering (UWO)	3
15		15	

Fourth Year

Fall	Credits	Spring	Credits
ENGL 202A, 202B, 202C, or 202D (General Education Course (GWS)) [†]	3	NUTR 451 [*]	3
NUTR 446 (if NUTR 445 completed)	0-3	NUTR 452 [*]	3
NUTR 494, 494H, 495, 495B, or 496	3	NUTR 490W	3
Any NUTR 400 level	3	University Wide Offering (UWO)	3
University Wide Offering (UWO)	3	University Wide Offering (UWO)	3
University Wide Offering (UWO)	3	Elective	0-1
15-18		15-16	

Total Credits 121-127

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

¹ Enforced MATH prerequisites for Chemistry: CHEM 110 - ALEKS score > 61 or completion of MATH 22; CHEM 130 ALEKS score > 46 or completion of MATH 21. If ALEKS score is not in the needed range, elective credits should be used for MATH preparation.

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Nutrition and Dietetics Option: Nutritional Sciences, B.S. at University Park Campus

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
BIOL 161 (General Education Course (GN)) ^{*#†}	3 BIOL 163 (General Education Course (GN)) ^{*#†}	3
BIOL 162 ^{*#}	1 BIOL 164 ^{*#}	1
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) [‡]	3 CHEM 110 or 130 (General Education Course (GN)) ^{*#†1}	3
GQ per ALEKS score ^{‡1}	3 Supporting Course (CHEM 111 recommended)	1
First-Year Seminar	1-2 PSYCH 100 or HDFS 129 (General Education Course (GS)) ^{*†}	3
NUTR 251 (General Education Course (GHW)) ^{*#†}	3 General Education Course (Integrative Studies)	3
14-15		14

Second Year

Fall	Credits Spring	Credits
CHEM 202 or 210 [*]	3 NUTR 361 [*]	3
MICRB 106 [*]	3 BMB 211 [*]	3
NUTR 360 [*]	3 NUTR 320 [*]	4
General Education Course (GH)	3 General Education Course (GA)	3
STAT 200 or 250 (General Education Course (GQ)) ^{*††}	3-4 General Education Course (Integrative Studies)	3
15-16		16

Third Year

Fall	Credits Spring	Credits Summer	Credits
NUTR 358 [*]	3 NUTR 386 [*]	3 NUTR 495 [*]	3

NUTR 445 [*]	3 NUTR 446 [*]	3
HM 230 [*]	3 NUTR 391 [*]	2
General Education Course (GWS) (ENGL 202C or ENGL 202A recommended) [‡]	3 HM 330 [*]	3
Select Supporting Course 400 level in consultation with adviser	3 University Wide Offering with consultation with adviser	3
15		14
		3

Fourth Year

Fall	Credits Spring	Credits
NUTR 393 [*]	1 NUTR 451 [*]	3
NUTR 400 [*]	3 NUTR 490W [*]	3
NUTR 452 [*]	3 General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138H recommended) [‡]	3
NUTR 453 [*]	3 Select Supporting Course 400 level in consultation with adviser	3
General Education (Exploration)	3 University Wide Offering in consultation with adviser	2-3
Select Supporting Course 400 level in consultation with adviser	3	
16		14-15

Total Credits 121-124

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

¹ Enforced MATH prerequisites for Chemistry: CHEM 110 - ALEKS score > 61 or completion of MATH 22; CHEM 130 ALEKS score > 46 or completion of MATH 21. If ALEKS score is not in the needed range, elective credits should be used for MATH preparation.

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

All incoming Schreyer Honors College first-year students at University Park will take ENGL 137H/CAS 137H in the fall semester and ENGL 138T/CAS 138T in the spring semester. These courses carry the GWS designation and satisfy a portion of that General Education requirement. If the student's program prescribes GWS these courses will replace both ENGL 15/ENGL 30H and CAS 100A/CAS 100B/CAS 100C. Each course is 3 credits.

Advising Notes:

- NUTR 100 (3 cr) cannot be used to count toward the Nutrition and Dietetics option major degree requirements or the elective courses.
- Courses taught Fall semester only: NUTR 400, NUTR 453
- Courses taught Spring semester only: NUTR 386, NUTR 451, and NUTR 391
- HHD allows up to 6 credits from ROTC study to be counted toward General Education and major requirements. Some programs allow additional ROTC credits to be used for degree requirements.

Nutrition and Dietetics Option: Nutritional Sciences, B.S. at Commonwealth Campuses

The course series listed below provides **only one** of the many possible ways to move through this curriculum. The University may make changes in policies, procedures, educational offerings, and requirements at any time. This plan should be used in conjunction with your degree audit (accessible in LionPATH as either an **Academic Requirements** or **What If** report). Please consult with a Penn State academic adviser on a regular basis to develop and refine an academic plan that is appropriate for you.

First Year

Fall	Credits Spring	Credits
GQ per ALEKS score [†]	3 NUTR 251 (General Education Course (GHW)) ^{*#†}	3
BIOL 161 & BIOL 162 (General Education Course (GN)) ^{*#†}	4 BIOL 163 & BIOL 164 (General Education Course (GN)) ^{*#†}	4
PSYCH 100 or HDFS 129 (General Education Course (GS)) ^{*†}	3 General Education Course (GA)	3
General Education Course (GWS) (ENGL 15, ENGL 30H, ESL 15, ENGL/CAS 137H recommended) [†]	3 CHEM 110 or 130 (General Education Course (GN)) ^{*#†1}	3
First-Year Seminar	1 CHEM 111 (Lab) recommended with CHEM 110/130	1
14		14

Second Year

Fall	Credits Spring	Credits
CHEM 202 or 210 ^{*2}	3 NUTR 360 (through DLC) [*]	3
MICRB 106 (General Education Course (GN)) ^{*†}	3 STAT 200 or 250 (General Education Course (GQ)) ^{*††}	3-4
General Education Course (GWS) (CAS 100, CAS 100A, CAS 100B, CAS 100C, ENGL/CAS 138T recommended) [†]	3 General Education Course (GWS) (ENGL 202A or ENGL 202C recommended) ^{††}	3

General Education Course (Exploration)	3 General Education Course (Integrative Studies)	3
3 credits electives in consultation with adviser	3 General Education Course (GH)	3
15		15-16

Third Year

Fall	Credits Spring	Credits Summer	Credits
BMB 211 [*]	3 NUTR 358 [*]	3 NUTR 495 [*]	3
NUTR 320 [*]	4 NUTR 386 [*]	3	
NUTR 361 [*]	3 NUTR 391 [*]	2	
HM 230 [*]	3 NUTR 445 [*]	3	
General Education Integrative Studies (NUTR 175N or NUTR 291N suggested)	3 HM 330 [*]	3	
16		14	3

Fourth Year

Fall	Credits Spring	Credits
NUTR 393 [*]	1 NUTR 451 [*]	3
NUTR 400 [*]	3 NUTR 490W [*]	3
NUTR 452 [*]	3 NUTR 446 [*]	3
NUTR 453 [*]	3 Select 3 credits from 400-level supporting courses in consultation with an academic adviser ³	3
Select 3 credits from 400-level supporting courses in consultation with an academic adviser ³	3 Select 3 credits from supporting courses in consultation with an academic adviser ³	3
13		15

Total Credits 119-120

* Course requires a grade of C or better for the major

‡ Course requires a grade of C or better for General Education

Course is an Entrance to Major requirement

† Course satisfies General Education and degree requirement

¹ Enforced MATH prerequisites for Chemistry: CHEM 110 - ALEKS score > 61 or completion of MATH 22; CHEM 130 ALEKS score > 46 or completion of MATH 21. If ALEKS score is not in the needed range, elective credits should be used for MATH preparation.

² Students must complete CHEM 110 and CHEM 112 before enrolling in CHEM 210.

³ Supporting Course List: <https://hhd.psu.edu/nutrition/supporting-courses>.

University Requirements and General Education Notes:

US and IL are abbreviations used to designate courses that satisfy Cultural Diversity Requirements (United States and International Cultures).

W, M, X, and Y are the suffixes at the end of a course number used to designate courses that satisfy University Writing Across the Curriculum requirement.

General Education includes Foundations (GWS and GQ), Knowledge Domains (GHW, GN, GA, GH, GS) and Integrative Studies (Inter-domain) requirements. N or Q (Honors) is the suffix at the end of a course number used to help identify an Inter-domain course, but the inter-domain attribute is used to fill audit requirements. Foundations courses (GWS and GQ) require a grade of 'C' or better.

Advising Notes:

- Scheduling patterns for courses not taught each semester:
 - Courses taught fall semester only – NUTR 386, NUTR 421.
 - Courses taught spring semester only – NUTR 170 (suggested, not required), NUTR 391, NUTR 425.
- HM 230: if it is taught at a commonwealth campus, students can enroll in the 4th semester prior to coming to UP.

Career Paths

The multidisciplinary nature of the Nutritional Sciences degree prepares students for a variety of career options and for graduate study in research and advanced professional training. Armed with an undergraduate degree in Nutritional Sciences, students will leverage their Penn State education and a vast network of like-minded professionals to find a fulfilling career that incorporates the physiological and biochemical aspects of nutritional practices in the context of health and wellness. There are an endless array of positions in healthcare settings, academia, research, management and policy in which nutritional skills and knowledge are needed.

Careers

The Nutrition and Dietetics option prepares students for Nutrition and Dietetics graduate programs that lead to the Registered Dietitian Nutritionist (RDN) credential. With the RDN, students pursue careers in clinical dietetics, nutrition education and counseling, sports nutrition, retail and industry, and related fields. This option also prepares students for accelerated Master's degree programs in Nursing.

The Health Sciences option provides a strong science foundation for biomedical careers, including medical, dental, physician assistant and other related fields. Students may also seek biomedical careers in research, pharmaceutical or other health related industries. This option also prepares students to work in careers in global and local public health, food systems and sustainability, or health promotion and education.

MORE INFORMATION ABOUT POTENTIAL CAREER OPTIONS FOR GRADUATES OF THE NUTRITIONAL SCIENCES PROGRAM (<https://hhd.psu.edu/nutrition/graduate-program/careers>)

Opportunities for Graduate Students

Students seeking the RDN credential are required to complete a master's degree and supervised practice hours to sit for the RDN exam. Penn State students can apply to Penn State's Integrated Undergraduate Graduate program or apply to accredited graduate programs in Nutrition and Dietetics.

Students completing either of the options in Nutritional Sciences are well prepared for either research-focused graduate programs in nutrition and biomedical fields, graduate programs in any clinical health field, or professional master's degree programs in public health, health education, or similar programs.

MORE INFORMATION ABOUT OPPORTUNITIES FOR GRADUATE STUDIES (<https://hhd.psu.edu/nutrition/graduate-program>)

Professional Resources

- Academy of Nutrition and Dietetics (<https://www.eatright.org>)
- American Society for Nutrition (<https://nutrition.org>)
- Society for Nutrition Behavior and Education (<https://sneb.org>)
- Pennsylvania Academy of Nutrition and Dietetics (<https://eatrightpa.org>)
- American Association of Medical Colleges (allopathic) (<https://www.aamc.org>)
- American Association of Colleges of Osteopathic Medicine (<https://www.aacom.org>)
- Physician Assistant Education Association (<https://paeonline.org>)
- American Dental Education Association (<https://www.adea.org>)
- American Association of Colleges of Nursing (<https://www.aacnursing.org>)
- American Association of Schools & Programs of Public Health (<https://aspaph.org>)
- ACEND Diversity, Equity, and Inclusion (<https://www.eatrightpro.org/acend/about-acend/diversity-equity-and-inclusion>)

Accreditation

The Accreditation Council for Education in Nutrition and Dietetics (ACEND) is the accrediting body for the Didactic Program in Dietetics, which is the Nutrition and Dietetics option of the Nutritional Sciences major.

The Pennsylvania State University Didactic Program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics, 120 Riverside Plaza, Suite 2190, Chicago, IL 60606-6995, 312-899-0040, ext 5400.

MORE INFORMATION ABOUT THE ACCREDITATION COUNCIL FOR EDUCATION IN NUTRITION AND DIETETICS (<https://www.eatrightpro.org/acend>)

Professional Licensure/Certification

Many U.S. states and territories require professional licensure/certification to be employed. If you plan to pursue employment in a licensed profession after completing this program, please visit the Professional Licensure/Certification Disclosures by State (<https://opair.psu.edu/plc/dashboard/>) interactive map.

Contact

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