

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

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	
<i>Additional Courses: Require a grade of C or better</i>		
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.