

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

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

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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>.

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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.