

**USI School of Nursing and Health Professions
Bachelor of Science in Food and Nutrition
Nutrition and Wellness
Graduation Checkout Sheet**

Name _____ Entry Date _____ ID Number _____

I. University Core Curriculum (50 Hrs)

A. The Mind: Cognitive Abilities (12-19)

A-1 Composition/Speech (9)

____ ENG 101

____ ENG 201

____ CMST 101 or 107

A-2 Mathematics (3)

____ Proficiency Exam or

____ _____

B. The Self: Individual Development (8)

B-1 Ethics (3)

____ _____

B-2 The Arts (3)

____ _____

B-3 Health/Fitness (2)

____ _____

____ PED 143 or 182 or 183 or 185

C. The World: Awareness (26-27)

C-1 History (3)

____ _____

C-2 Individual Development (6)

____ PSY 201

____ _____

C-3 Sciences (8-9)

____ BIOL 121

____ BIOL 122

____ CHEM 141

C-4 Western Culture (6)

____ _____

____ _____

C-5 Global Communities (3)

____ _____

D. Synthesis: Integration/Application (3)

D-1 Synthesis

____ _____

II. Nutrition Core Courses (29 Hrs) – C or better grade required

____ NUTR 203 Introduction to Food, Nutrition, and Wellness _____ (1)

____ NUTR 285 Management Fundamentals in Food and Nutrition _____ (3)

____ NUTR 376 Principles and Applications in Nutrition _____ (3)

____ NUTR 381 Quantity Food Production and Purchasing w/ Lab _____ (4)

____ NUTR 384 Principles and Applications in Food Science _____ (3)

____ NUTR 396 Nutrition Throughout the Lifecycle _____ (3)

____ NUTR 397 Nutrition for Health Promotion and Disease Prevention _____ (3)

____ NUTR 415 Dietary Supplements and Herb Use in Nutrition _____ (3)

____ NUTR 465 Community Nutrition _____ (3)

____ NUTR 496 Leadership and Professional Issues in Food and Nutrition _____ (3)

III. Nutrition and Wellness Specialty Courses (32 Hrs)

____ HP 115 Medical Terminology _____ (2)

____ HP 305 Structure and Theory (HPWW I) _____ (3)

____ HP 306 Evaluation and Application (HPWW II) _____ (3)

____ HP 378 School and Community Health Education Methods _____ (3)

____ PED 281 Personal Health Science _____ (3)

____ PED 385 Exercise Leadership _____ (3)

____ PED 481 Physiology of Exercise I _____ (3)

____ PED 484 Exercise Testing and Prescription _____ (3)

____ GERO 318 Healthy Aging _____ (3)

____ NUTR 378 Nutrition for Fitness and Sports _____ (3)

____ NUTR 481 Nutritional Counseling and Theory _____ (3)

____ NUTR 420 Practicum in Food, Nutrition, and Wellness _____ (1-6)

(Optional – See Criteria for Enrollment)

IV. Electives

____ _____

____ _____

V. A min. of 30 hours earned from USI _____

VI. Total Hours

____ 124 hours (minimum)

VII. 300/400 Level Courses _____

39 hours (minimum)

VIII. GPA _____

