Bachelor of Science

Professor Laura Adams, Program Director

Program Mission Statement

The Bachelor of Science in Nutrition program prepares students for graduate study and careers in nutrition and dietetics by providing a strong scientific foundation and practical understanding of nutrition's role in health. Graduates are prepared to pursue advanced education required to become a Registered Dietitian (RD) or enter a variety of nutrition and other health-related fields.

Program Description: The Bachelor of Science in Nutrition prepares students for entry-level positions in nutrition and other health-related fields and for continued graduate study in nutrition or related health professions. The program provides a strong science-based foundation through coursework in nutrition, biology, chemistry, food systems, and health sciences. Graduates are prepared to pursue careers in nutrition and health-related settings or to apply to graduate-level nutrition programs, including pathways that lead to eligibility to sit for the Registered Dietitian (RD) exam.

Program Learning Outcomes:

Upon completion of the Bachelor of Science in Nutrition program, Graduates will be able to:

1. Apply foundational knowledge of nutrition science, biology, and chemistry to explain the role of nutrition in health promotion and disease prevention.
2. Interpret and evaluate nutrition-related research and information using evidence-based principles.
3. Demonstrate effective written and oral communication skills appropriate for nutrition and health-related professional settings.
4. Analyze nutrition and health issues within cultural, ethical, and social contexts.
5. Use critical thinking and problem-solving skills to address nutrition-related scenarios in academic, community, or workplace settings.
6. Demonstrate readiness for entry-level employment in nutrition and health-related fields or for graduate study in nutrition, including pathways leading to eligibility to sit for the Registered Dietitian (RD) exam.

Upon completion of the Bachelor of Science in Nutrition Program, students will be able to apply nutrition science principles and demonstrate readiness for careers or graduate study in nutrition and health-related fields.

What You Will Study

The Nutrition degree program includes a minimum of 120 credits of academic work.

Standard Four-Year Path

FIRST YEAR			
FALL SEMESTER		**SPRING SEMESTER**	
UNIV 104 Motivation & Success	3	NUTR 200 Lifecycle Nutrition I	3
ENGL 101 Writing	3	BIOL130 Biology for Majors	3
MATH 121 College Algebra	3	BIOL 130 L Biology for Majors Lab	3
HSCI 110 Intro to Health Sciences	3	ENGL 102 Writing II	1
NUTR 100 Introduction to Nutrition	3	SPSCH 103 Oral Communication	3
		UNIV 105 Character & Leadership	3
	15		**16**
SECOND YEAR			
FALL SEMESTER		**SPRING SEMESTER**	
NUTR 250 Food Science	3	NUTR 300 Food Economics	3
BIOL 251 Anatomy & Physiology 1	3	BIOL 252 Anatomy & Physiology	3
BIOL 251L Anatomy & Physiology Lab	1	BIOL 252L Anatomy & Physiology Lab	1
CHEM101 General Chemistry 1	3	CHEM 102 General Chemistry 2	3
CHEM 101L General Chemistry Lab	1	CHEM 102l General Chemistry 2 Lab	1
NUTR 303 Medical Terminology	3	MATH 240 Statistics	3
		Humanities Flex	3

PSYC 212 Life Span Psychology	3 17		**17**

THIRD YEAR			
FALL SEMESTER		**SPRING SEMESTER**	
NUTR 350 Lifecycle Nutrition II	3	NUTR 400 Medical Nutrition Therapy	3
NUTR 304 Sports Nutrition	3	BIOL 331 Microbiology	3
HSCI 230 Interprofessional Practice & Collaboration	3	BIOL 331L Microbiology Lab	1
Chem201 Organic Chemistry 1	3	BIOL 230 Biochemistry	3
Chem201l Organic Chemistry 1 Lab	1	BIOL 230L Biochemistry Lab	1
Elective 1 Of 4	3 16		**14**

FOURTH YEAR			
FALL SEMESTER		**SPRING SEMESTER**	
NUTR 401 Community & Cultural Nutrition	3	NUTR 403 Nutrition Capstone	3
NUTR 402 Nutrition Research	3	Elective 3 of 4	3
Elective 2 of 4	3	Elective 4 of 4	3
Humanities Elective Social Science Flex	3 3	HSCI 302 Health Ethics and Policy	3
	15		**12**

Admission Requirements:

Students must gain general admission to the University of Charleston.