

BS in NUTRITIONAL SCIENCE (284325)
2007–2008

Suggested Sequence of Courses:

FRESHMAN YEAR

<u>1st Semester</u>	
Chem 105 (FWSpSu)	4.0
1 st Year Writing (FWSpSu)	3.0
or A Htg 100 (FWSpSu)	(3.0)
NDFS 100 (FWSp)	3.0
Arts elective	3.0
Rel A 121 (FWSpSu)	2.0
Total Hours	15.0

2nd Semester

A Htg 100 (FWSpSu)	3.0
or 1 st Year Writing (FWSpSu)	(3.0)
Biol 120 (FW)	2.0
Chem 106 & 107 (FWSpSu)	4.0
Rel A 122 (FWSpSu)	2.0
General electives	3.0
**Wellness	1.5 –2.0
Total Hours	15.5 –16.0

SOPHOMORE YEAR

<u>3rd Semester</u>	
Biol 240 (FWSp)	3.0
Chem 351 (FWSp)	3.0
NDFS 200 (FSp)	3.0
Rel A 211 or 212 (FWSpSu)	2.0
Letters elective	3.0
General electives	2.0
Total Hours	16.0

4th Semester

Chem 352 (FWSpSu)	3.0
Chem 353 (FWSpSu)	1.0
Stat 221 (FWSpSu)	3.0
Global & Cultural Awareness	3.0
General elective	3.0
Religion elective (FWSpSu)	2.0
Total Hours	15.0

****Wellness** – One Course: HEPE 129 **or** A three-course combination: EXSC 105 + 2 activity classes (1.5–2.0 hours)

Note: Students are encouraged to complete an average of 15 credit hours each semester or 30 credit hours each year, which could include spring and/or summer terms. Taking fewer credits substantially increases the cost and the number of semesters to graduate.

JUNIOR YEAR

<u>5th Semester</u>	
Chem 481 (FWSp)	3.0
Civilization 1 (FWSpSu)	3.0
NDFS 394 (F)	1.0
Phscs 105, 107 (FWSp)	4.0
Rel C 324 or 325 (FWSpSu)	2.0
Social Sciences elective (FWSpSu)	3.0
Total Hours	16.0

6th Semester

Civilization 2 (FWSpSu)	3.0
Engl 316 (FWSpSu) (Advanced Writing)	3.0
PDBio 305 (FWSp)	4.0
Phscs 106, 108 (FWSu)	4.0
Religion elective (FWSpSu)	2.0
Total Hours	16.0

SENIOR YEAR

<u>7th Semester</u>	
NDFS 435 (FW)	4.0
Major electives	4.0
Religion elective	2.0
Open electives	5.0
Total Hours	15.0

8th Semester

NDFS 305 (W odd yr.)	4.0
Major electives	4.0
Open electives	5.0
Total Hours	13.0

THE DISCIPLINE:

The human nutrition discipline includes studying the processes by which we assimilate nutrients and dietary nutrient factors that influence health. *Nutritional Science* provides excellent preparation for those individuals in preprofessional programs (premedicine, predentistry, prelaw) or for an advanced degree (MS, PhD) in nutritional or biological sciences.

COURSE WORK:

Course work is rigorous but stimulating and relevant. Students have several opportunities to research and study topics of special interest in various required classes.

FINANCING:

Some assistantships and scholarships are offered through the Department of Nutrition, Dietetics, and Food Science. There are also college, university, private and federal sources for financial help.

CAREERS:

The nutritional science major is for students planning to pursue graduate or professional education. Graduates are accepted to MS and PhD programs in most biological sciences, as well as to professional schools of medicine, dentistry, pharmacy, podiatry, law and others. The bachelor's degree is thus a "preprofessional" degree. Some master's degree graduates find employment as instructors in junior colleges. Others find work in research facilities or public nutrition programs. This major provides few job opportunities for those with only a B.S. degree.

(See faculty advisor for additional career choices.)

PRACTICAL EXPERIENCE:

Faculty members provide students opportunities to assist in on-going research projects, either on a voluntary or paid research assistantship basis. Some faculty research involves interaction with human subjects, through nutrition surveys or interviews.

Qualified upper-division students may be hired as graders or teaching assistants for lower-division classes. Opportunities range from a few hours of "on call" reading during the semester to 20 hours per week teaching assistantships.

Nutrition, Dietetics and Food Science
S-221 Eyring Science Center
Brigham Young University, Provo, UT 84602
Telephone: (801) 422-3912
FAX: (801) 422-0258