BS in Nutritional Science (284325) MAP Sheet

Life Sciences, Nutrition Dietetics and Food Science

For students entering the degree program during the 2026-2027 curricular year.

Nutritional science is an excellent preprofessional sequence which prepares students for further training in medical or dental schools or for graduate study.

FRESHMAN YEAR

1st Semester
CHEM 105 (FWSpSu) 4.0
NDFS 100 (FWSpSu) 3.0
CELL 120 (FWSp) 3.0
UNIV 101 2.0
Doctrinal Foundations course 2.0
Total Hours 14.0

2nd Semester
1st Year Writing (FWSpSu) 3.0
CHEM 106 & 107 (FWSpSu) 4.0
CELL 210/220 (FWSp) 3-4.0
NDFS 194 (FW) 1.0
Doctrinal Foundations course 2.0
Total Hours 13-14.0

SOPHOMORE YEAR

3rd Semester
CHEM 351 (FWSp) 3.0
NDFS 200 (FSp) 3.0
CELL 305 (FWSp) 4.0
MMBIO 240 (FWSp) 3.0
Doctrinal Foundations course 2.0
Total Hours 15.0

4th Semester
CHEM 352 (FWSpSu) 3.0
CHEM 353 (FWSpSu) 1.0
PHSCS 105 (FWSp) (Physical Science) 3.0
Nutritional Science elective(s) 3.0
Arts, Letters, and Sciences 3.0
Doctrinal Foundations course 2.0
Total Hours 15.0

JUNIOR YEAR

5TH Semester
CHEM 481 (FWSp) 3.0
Arts, Letters, and Sciences 3.0
Nutritional Science elective(s) 3.0
STAT 121 3.0
Religion elective 2.0
Total Hours 14.0

6th Semester
Arts, Letters, and Sciences 3.0
Advanced Writing -WRTG 316 (FWSpSu) 3.0
NDFS 435 (FW) 4.0
Religion elective (FWSpSu) 2.0
Nutritional science electives 2-4.0
Total Hours 14-16.0

SENIOR YEAR

7TH Semester
Nutritional Science elective(s) 3.0
Arts or Letters elective 3.0
A HTG 100 3.0
Religion elective 2.0
General electives 3.0
Total Hours 14.0

8th Semester
Nutritional science electives 3-6.0
Social Science elective 3.0
Global & Cultural Awareness elective 3.0
Arts or Letters elective 3.0
Total Hours 12-15.0

See University Core requirements here:
https://catalog.byu.edu/generaleducation

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

THE DISCIPLINE

Nutritional Science is the study of the effects of food components on the metabolism, health, performance and disease resistance of humans. It also includes the study of human behaviors related to food choices.

COURSE WORK

Courses required for the undergraduate major in nutritional science are divided into three general areas: core courses, elective courses, and supporting courses. Core courses provide a foundation in nutritional science. Elective courses (two categories of elective courses) allow students to select a more directed and specific training in nutritional science. Supporting courses include anatomy, physiology, chemistry, biochemistry, physics statistics, and chemistry, biochemistry, physics, statistics, and molecular biology.

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

Graduates with a B.S. in Nutritional Science find employment in major research centers; biotechnology, pharmaceutical, and nutraceutical industries; community nutrition programs; nongovernmental organizations; and the fitness industry. Other jobs are available with food security advocacy groups (e. g., food banks, anti-poverty organizations), health advocacy organizations (preventing osteoporosis, cancer, or heart disease), trade groups for commodities (citrus fruits, vegetable growers), and people working to increase food security (farmers' market organizers, Supplemental Nutrition Assistance Programs [formerly called food stamps] as educators or administrators). Specialized skills or training such as laboratory research experience, bilingual proficiency, journalism courses and experience, or service learning with local, national, or international community organizations make students more competitive for these jobs. Many graduates with a BS in Nutritional Science have gone on to obtain a graduate degree (e.g. MS, MPH, PhD) at institutions such as BYU, Stanford University, the University of Illinois, the University of Utah, Utah State University, and University of Rome Tor Vergata. In addition, Nutritional Science graduates have attended medical schools at Duke, Baylor, and the Mayo Clinic (among many others), dental schools at Ohio State, University of Pittsburgh, and University of the Pacific, as well as schools of osteopathy, pharmacy, podiatry, optometry, physical therapy, and accredited physician assistant programs. Most nutrition counseling services are provided by Registered Dietitians. Students interested in a career as a nutrition counselor should consider majoring in Dietetics.

PRACTICAL EXPERIENCE

Students may participate in research under a professor's direction. Interested students should familiarize themselves with the professor's research interests and ongoing projects. Students should approach the professor whose work most interests them to discuss how they can become involved. Students may participate as a paid research assistant for academic credit (NDFS 494R - Undergraduate Research or NDFS 399R - Academic Internship). Some students who have taken advantage of this opportunity have presented the results of their research at regional, national, and international scientific meetings and have published their results in peer reviewed scientific journals.

MAP DISCLAIMER

While every reasonable effort is made to ensure accuracy, there are some student populations that could have exceptions to listed requirements. Please refer to the university catalog and your college advisement center/department for complete guidelines.

DEPARTMENT INFORMATION

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