The Nutritional Sciences Program is a 120-credit interdisciplinary undergraduate major administered jointly by the Biomedical Sciences and Kinesiology Departments in the College of Health Sciences. The Nutritional Sciences program is designed to provide students with a strong foundation in biological, physical, and social sciences, in order to understand the relationships among food, nutrients, eating behavior, and human health.

### Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>General Education Courses</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>Foundation Courses (includes advanced General Education Requirements)</td>
<td>42-55</td>
</tr>
<tr>
<td></td>
<td>Nutrition Core</td>
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<tr>
<td></td>
<td>Advanced Nutrition Core</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>Additional Requirements</td>
<td>16-29</td>
</tr>
<tr>
<td></td>
<td>Total Credits</td>
<td>120</td>
</tr>
</tbody>
</table>

### Admission and Prerequisites

All students are eligible to pursue general education requirements and foundations courses associated with the curriculum as long as they meet the necessary prerequisites for each course. The UWM General Education Requirements (http://catalog.uwm.edu/policies/undergraduate-policies/#generaleducationtext) are:

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td></td>
<td>General Education Requirements</td>
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<tr>
<td></td>
<td>Competency Requirements</td>
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<tr>
<td></td>
<td>Oral and Written Communication (OWC) Part A &amp; B</td>
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<tr>
<td></td>
<td>Quantitative Literacy (QL) Part A &amp; B</td>
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<td></td>
<td>Foreign Language</td>
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<td>Distribution Requirements</td>
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<tr>
<td></td>
<td>Humanities</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Natural Sciences</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Social Sciences</td>
<td>3</td>
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<tr>
<td></td>
<td>Cultural Diversity</td>
<td>3</td>
</tr>
</tbody>
</table>

1. Required courses in the curriculum satisfy these General Education Requirements.

Students are considered "Nutritional Sciences-Intended" until they have completed their General Education Requirements, Foundations courses, and the Nutrition Core. To be eligible for admission to the major and enrollment in the advanced core nutrition courses, students must have a UWM cumulative grade point average (GPA) of 2.50 or higher, and the following prerequisite courses must be completed or in progress with a minimum grade of C:

1. No more than four of the Foundations courses listed above may be repeated.

2. Students who complete COMMUN 105 will need 3 additional HU credits for a total of 6 credits.

3. Students should complete CHEM 101 or both CHEM 102 and CHEM 103. The rest of the Chemistry coursework may be completed once a student is admitted to the major.

### Nutritional Sciences Major Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Advanced Core (a minimum GPA of 2.75 and no grade lower than C is required in this category)</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>NUTR 210</td>
<td>Food Science</td>
</tr>
<tr>
<td></td>
<td>NUTR 245</td>
<td>Life Cycle Nutrition</td>
</tr>
<tr>
<td></td>
<td>NUTR 350</td>
<td>Nutrition Communication and Education</td>
</tr>
<tr>
<td></td>
<td>NUTR 355</td>
<td>Modifying Nutrition and Eating Behavior</td>
</tr>
<tr>
<td></td>
<td>NUTR 430</td>
<td>Advanced Nutrition and Metabolism</td>
</tr>
<tr>
<td></td>
<td>NUTR 435</td>
<td>Nutrition and Disease</td>
</tr>
<tr>
<td></td>
<td>NUTR 470</td>
<td>Nutrition Internship/Project</td>
</tr>
<tr>
<td></td>
<td>NUTR or KIN course 500 level or above</td>
<td>3</td>
</tr>
</tbody>
</table>

1. Additional Foundation Courses | 13 |
BIO SCI 101  General Survey of Microbiology  4
BMS/KIN 245  Client Diversity in Health Sciences: An Interdisciplinary Perspective  3
ENGLISH 205  Business Writing  3
or ENGLISH 207  Health Science Writing
KIN 400  Ethics and Values in the Health and Fitness Professions  3

Electives (9 credits must be at the 300 level or above)  16-29

Students with Chemistry sequence culminating in CHEM 103 must complete 29 elective credits
Students with Chemistry sequence with 3 credits of Organic Chemistry and culminating in CHEM 501 must complete 21 elective credits
Students with Chemistry sequence with 8 credits of Organic Chemistry and culminating with CHEM 501 will complete 16 elective credits

1  Some courses listed in this section may also partially fulfill a student’s General Education Requirements (http://catalog.uwm.edu/policies/undergraduate-policies/#generaleducationtext).

Graduation Requirements

Once admitted to the program, students must earn a minimum GPA of 2.75 and no grade lower than C in all Advanced Core nutrition courses. No more than four Foundations courses may be repeated, and no more than three of the Core and Advanced Core courses may be repeated. Students must complete a minimum of 120 credits with a minimum cumulative GPA of 2.50 to be eligible for graduation.

The following is a sample Plan of Study, and assumes that the student will satisfy (1) UWM’s foreign language requirements with high school credits, and (2) the math and English proficiency requirements upon entry. Students interested in pre-dietetics should refer to the relevant section of credits, and (2) the math and English proficiency requirements upon entry.

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Year 1
Semester 1  Credits
NUTR 101  Introduction to the Nutrition Profession  1
NUTR 241  Why We Eat What We Eat: An Ecological Approach  3
BIO SCI 202  Anatomy and Physiology I  4
ENGLISH 102  College Writing and Research (or equivalent OWCA)  3
Credits  14

Semester 2  Credits
NUTR 110  Introduction to Food Principles & Preparation  3
COMMUN 103  Public Speaking  3
BIO SCI 203  Anatomy and Physiology II  4
CHEM 100  Chemical Science  4
or CHEM 101  or General Chemistry
or CHEM 102
Elective (GER Art recommended)  3
Credits  17

Year 2
Semester 1  Credits
NUTR 235  Introduction to Nutrition for the Health Professions  3
BIO SCI 150  Foundations of Biological Sciences I  4
CHEM 101  Chemical Science  5
ENGLISH 205  Business Writing  3
or ENGLISH 207  or Health Science Writing
Credits  15

Semester 2  Credits
NUTR 240  Nutrition for Exercise and Wellness  3
PSYCH 101  or SOCIO 101  or Introduction to Psychology
or Introduction to Sociology
or Introduction to Anthropology: Culture and Society
CHEM 103  Survey of Biochemistry  5
KIN 270  Statistics in the Health Professions: Theory and Practice  3
Elective (GER Humanities recommended)  3
Credits  17

Year 3
Semester 1  Credits
NUTR 210  Food Science  3
NUTR 350  Nutrition Communication and Education  3
BIO SCI 101  General Survey of Microbiology  4
Elective  3
Credits  13

Semester 2  Credits
NUTR 245  Life Cycle Nutrition  3
NUTR 355  Modifying Nutrition and Eating Behavior  3
KIN 400  Ethics and Values in the Health and Fitness Professions  3
KIN/BMS 245  Client Diversity in Health Sciences: An Interdisciplinary Perspective  3
Elective  3
Credits  15

Year 4
Semester 1  Credits
NUTR 430  Advanced Nutrition and Metabolism  3
500+ level NUTR or KIN course  3
300+ level Elective  3
300+ level Elective  3
Elective  3
Credits  15

Semester 2  Credits
NUTR 435  Nutrition and Disease  3
NUTR 470  Nutrition Internship/Project  4
300+ level Elective  3
Elective  3
Elective  3
Credits  16

Total Credits  122

1  CHEM 100 is not a degree requirement but may be necessary for students who do not meet the prerequisites for CHEM 101 or CHEM 102.
2  Other Chemistry sequence options are available for this major. Consult the program director or program advisor for guidance on which would be best for your career goals.

Honors in the Major

Honors in the Major are granted to students who earn a GPA of 3.500 or above on a minimum of 30 completed credits at UWM following advancement to a Health Sciences major.

Honors in the College of Health Sciences Dean’s Honor List

GPA of 3.750 or above, earned on a full-time student’s GPA on 12 or more graded credits in a given semester.
Honors College Degree and Honors College Degree with Distinction

Granted to graduating seniors who complete Honors College requirements, as listed in the Honors College (http://catalog.uwm.edu/opportunities-resources/honors-college/) section of this site.

Commencement Honors

Students with a cumulative GPA of 3.500 or above, based on a minimum of 40 graded UWM credits earned prior to the final semester, will receive all-university commencement honors and be awarded the traditional gold cord at the December or May Honors Convocation. Please note that for honors calculation, the GPA is not rounded and is truncated at the third decimal (e.g., 3.499).

Final Honors

Earned on a minimum of 60 graded UWM credits: Cum Laude - 3.500 or above; Magna Cum Laude - 3.650 or above; Summa Cum Laude - 3.800 or above.