

NUTRITIONAL SCIENCES, BS

Interested in the wonderful world of nutrition and dietetics?
You have come to the right place!

It may seem rather simplistic at first glance - eat a little more of this, a little less of that - but the field nutrition and dietetics is far more complex and multifaceted than first meets the eye (and stomach!). Nutrition is a science that investigates the body's metabolic and physiological responses to the food we consume and explores the role of food and nutrients in the development, treatment, and prevention of disease. It grapples with understanding and leveraging the web of factors that shape what, when, how much, where, and with whom we eat. **Nutrition professionals can positively impact the lives of others** in many different ways including facilitating dietary behavior change, enhancing the food environment, and expanding food and nutrition security and reducing hunger among individuals, groups, and communities.

The **BS Nutritional Sciences degree** is designed to provide you with a strong foundation in the biological and social sciences in order to understand, navigate, interpret, apply, and communicate **evidence-based relationships between food, nutrients, eating behavior, and human health**. Courses offered by Nutritional Sciences faculty and staff also **respect and honor the important role food and food-related traditions serve in a multicultural, diverse society**. Additionally, the Nutritional Sciences degree is structured to be **highly customizable** so that you can pursue a program of study that aligns with your interests and career goals with room to pursue a minor and/or certificate program to further enhance your UWM academic experience.

Professional Titles/Credentials

The professional titles/credentials in the field of nutrition and dietetics include **Registered Dietitian (RD) or Registered Dietitian Nutritionist (RDN)** which requires at least a master's degree starting January 1, 2024, and **Nutrition & Dietetic Technician, Registered (NDTR)** which requires an associate degree or higher. You can earn these credentials by successfully completing a one (or more) programs accredited by the Accreditation Council for Education in Nutrition and Dietetics (<https://www.eatrightpro.org/acend/accredited-programs/about-accredited-programs/>) (ACEND) which include coursework and/or supervised practice, and then passing a national credentialing exam. Learn more about the various pathways to become an RDN or NDTR (<https://www.eatright.org/become-an-rdn-or-ndtr/>).

Although the BS Nutritional Sciences is not an ACEND-accredited program, the coursework **can be customized to prepare you to apply to graduate-level dietetics programs including UWM's Master of Public Health (MPH) - Nutrition and Dietetics**. Most of the prerequisite courses required for admission to such programs are built directly into the degree. If you are interested in pursuing the RDN credential, **contact your advisor to add Pre-Dietetics to your undergraduate program of study**. More information can be found in the Pre-Dietetics section of the Catalog.

Beyond Dietetics

The BS Nutritional Sciences is also a valuable undergraduate degree even if you are not interested in pursuing the RDN credential. Because of required foundational coursework in the natural and social sciences, combined with the rich array of nutritional sciences courses, **you will graduate ready to apply your knowledge and skills in many professional settings** including (but by no means limited to) health care, food and nutraceutical industries, community nutrition and public health

organizations, and fitness/wellness companies. If you are interested in continuing their education beyond the bachelor's degree, **you will be well-positioned for graduate education in a wide-array of fields**, as well as for professional degree programs in public health, medicine, dentistry, pharmacy, and more!

Want to get started in the Nutritional Sciences major or sample some courses in this dynamic, exciting field of study?

Consider enrolling in one or more of these introductory courses (no prerequisites required):

- **NUTR 101 New Student Seminar in Nutritional Sciences & Pre-Dietetics**. This 1-credit fall course will introduce you to the field of nutritional sciences and dietetics, career opportunities, and how to maximize your time studying this discipline at UWM.
- **NUTR 110 Introduction to Food Principles & Preparation**. This 3-credit hands-on course is offered every fall and spring semester in the Applied Foods Lab in Enderis Hall. You will build life skills related to food preparation all the while learning more about nutritional sciences through the science of food.
- **NUTR 230 Health Aspects of Exercise and Nutrition**. This 3-credit course will introduce you to key concepts related to personal physical fitness and healthy eating. If you are interested in learning about and improving your own fitness and eating behaviors, this is a great class to take. Plus it counts as a Natural Science GER!
- **NUTR 241 Why We Eat What We Eat: An Ecological Approach**. To facilitate dietary change, it is critical to understand what drives behavior. This 3-credit course offered in the fall and summer offers you the opportunity to "dig-in" to the complex array of influences - both seen and unseen - that shape an individual's food choices and eating behavior. Plus it counts as a Social Science GER!

Nutritional Sciences students are advised by Kelsi Faust in the Zilber College of Public Health. You are encouraged to contact Kelsi at 414-251-6070 or meyer378@uwm.edu for guidance.

Nutrition: it's for everyBODY.

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 (<https://catalog.uwm.edu/archive/2023-2024/policies/undergraduate-policies/#bachelorsdegreeregneraleducation>) are:

Code	Title	Credits
General Education Requirements		
<i>Competency Requirements</i>		
	Oral and Written Communication (OWC) Part A & B ¹	
	Quantitative Literacy (QL) Part A & B ¹	
	Foreign Language	
<i>Distribution Requirements</i>		
	Arts	3
	Humanities ¹	
	Natural Sciences ¹	

Social Sciences ¹
Cultural Diversity ¹

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

Students interested in pursuing the B.S. Nutritional Sciences are considered "Nutritional Sciences-Intended" and encouraged to apply to the major as soon as they are eligible. To be eligible for admission to the major, students must have completed a minimum of 15 credits, earned a cumulative grade point average (GPA) of 2.50 or higher, and specific prerequisite courses must be completed (or in progress) with a minimum grade of C:

Code	Title	Credits
NUTR 101	New Student Seminar in Nutritional Sciences & Pre-Dietetics	1
NUTR courses required for major ¹		6
CHS 100	New Student Seminar in Health Professions	1
OWC-A (ENGLISH 102 or equivalent)		3
BIO SCI 150 or BIO SCI 202	Foundations of Biological Sciences I Anatomy and Physiology I	4
CHEM 101 or CHEM 102	Chemical Science ² General Chemistry	5

¹ BMS 232: Introduction to Nutrition is included as an option.

² Students are strongly encouraged to consult with the Nutritional Sciences Advisor or Program Director to determine which introductory chemistry course best fits their educational interests and career goals.

Nutritional Sciences Major Requirements

To fulfill the requirements for the Nutritional Sciences Major, students must complete the following: (a) University General Education Requirements, (b) Foundation Courses, (c) Nutritional Sciences Required Courses, and (d) Upper Level (300- or above) Nutritional Sciences Elective Courses, and (e) Elective Courses.

Code	Title	Credits
Foundation Courses ¹		
BIO SCI 150	Foundations of Biological Sciences I	4
BIO SCI 202	Anatomy and Physiology I	4
BIO SCI 203	Anatomy and Physiology II	4
KIN 270	Statistics in the Health Professions: Theory and Practice	3
CHEM 103 or CHEM 501	Survey of Biochemistry ² Introduction to Biochemistry	3-5
PH 101	Introduction to Public Health	3
PSYCH 101 or SOCIOL 101	Introduction to Psychology Introduction to Sociology	3
COMMUN 103	Public Speaking	3
CHS 100	New Student Seminar in Health Professions	1
BMS/KIN 245	Client Diversity in Health Sciences: An Interdisciplinary Perspective	3

Cultural Diversity + Humanities (Choose a course that meets both GER categories) 3

MATH 105 Introduction to College Algebra 3
or MATH 108 Algebraic Literacy II

Select one of the following: 3

ENGLISH 205 Business Writing

ENGLISH 207 Health Science Writing

ENGLISH 310 Writing, Speaking, and Technoscience in the 21st Century

Nutritional Sciences Courses

NUTR 101	New Student Seminar in Nutritional Sciences & Pre-Dietetics	1
NUTR 110	Introduction to Food Principles & Preparation	3
BMS 232	Introduction to Nutrition	3
NUTR 230	Health Aspects of Exercise and Nutrition	3
NUTR 241	Why We Eat What We Eat: An Ecological Approach	3
NUTR 245	Life Cycle Nutrition	3
NUTR 350	Nutrition Communication and Education	3
NUTR 355	Modifying Nutrition and Eating Behavior	3
NUTR 435	Nutrition and Disease Prevention	3
NUTR 470	Nutritional Sciences Capstone Experience	3
NUTR courses 300 level or above ³		9
Electives (credits will vary by student) ⁴		43
Total Credits		120

¹ Some courses listed in this section may also partially fulfill a student's General Education Requirements (<https://catalog.uwm.edu/archive/2023-2024/policies/undergraduate-policies/#bachelorsdegreenealeducation>).

² CHEM 501 has organic chemistry-related prerequisites that must be satisfied before enrolling.

³ Students must complete NUTR 305 Hunger at Home: Food and Nutrition Security in Milwaukee County or NUTR 555 Public Health Nutrition and Food Politics.

⁴ Students may select elective coursework that aligns with their interests, as well as educational and professional goals. The number of elective credits needed to meet the 120 credit requirement to be awarded the B.S. Nutritional Sciences degree will vary somewhat student to student depending upon the Chemistry sequence chosen.

Program Retention and Graduation Requirements

Nutritional Sciences program faculty and staff are deeply committed to facilitating student success. Regular open, honest communication with the Program Advisor, Program Director, and Program faculty and staff is strongly encouraged and will help students succeed in the program.

Once admitted to the major, students must maintain a minimum cumulative GPA of 2.50 and earn a grade of C or better in all Nutritional Sciences (NUTR) courses counting towards degree requirements. Should the need arise, Nutritional Sciences (NUTR) courses counting

towards degree requirements may be repeated once; no courses repeat restrictions are placed on other courses. If a student's cumulative UWM GPA falls below 2.50, they will be placed on academic probation and encouraged to meet with the Program Advisor to develop an action plan. Students who remain on academic probation for more than two consecutive semesters, or exceed the course repeat policy, will be dismissed from the major and advised about other potential degree options.

To graduate with a B.S. in Nutritional Sciences, students must:

1. Complete a minimum of 120 credits.
2. Complete all University General Education Requirements (<https://catalog.uwm.edu/archive/2023-2024/policies/undergraduate-policies/#bachelorsdegreegeneraleducation>).
3. Have earned credit in all required courses (including transfer courses) counting towards degree requirements.
4. Earn a minimum cumulative UWM GPA of 2.50 (including transfer courses) counting towards degree requirements.
5. Earn a grade of C or better in all NUTR courses (including transfer courses), counting towards degree requirements.
6. Complete the last 30 credits in residence at UWM.

The pursuit of a minor or Certificate is encouraged and should easily integrate into a plan of study. Please consult with your advisor for guidance.

Students interested in pursuing a graduate program in dietetics should note that admission to such programs is competitive and specific admission requirements vary. To maximize the likelihood of admission, it is recommended that pre-dietetics students (<http://catalog.uwm.edu/health-sciences/pre-professional-programs/pre-dietetics/>) strive to attain a 3.0 cumulative GPA (or higher) and 3.0 GPA (or higher, with no grade lower than C) for any pre-dietetics courses.

The following are sample Plans of Study, and assume 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 the UWM Catalog (<http://catalog.uwm.edu/health-sciences/pre-professional-programs/pre-dietetics/>) and contact the Program Director or Program Advisor for Plan of Study guidance.

Base degree plan of study:

Year 1		Credits
Semester 1		
NUTR 101	New Student Seminar in Nutritional Sciences & Pre-Dietetics	1
NUTR 241	Why We Eat What We Eat: An Ecological Approach	3
BIO SCI 202	Anatomy and Physiology I	4
MATH 105 or MATH 108	Introduction to College Algebra or Algebraic Literacy II	3
GER - OWCA (ENGLISH 102 or equivalent)		3
CHS 100	New Student Seminar in Health Professions	1
Credits		15
Semester 2		
NUTR 110	Introduction to Food Principles & Preparation	3
BIO SCI 203	Anatomy and Physiology II	4
CHEM 101	Chemical Science ¹	5
Cultural Diversity + Humanities		3
Credits		15

Year 2		
Semester 1		
BMS 232	Introduction to Nutrition	3
BIO SCI 150	Foundations of Biological Sciences I	4
CHEM 103	Survey of Biochemistry ¹	5
Select one of the following:		3
ENGLISH 205	Business Writing	
ENGLISH 207	Health Science Writing	
ENGLISH 310	Writing, Speaking, and Technoscience in the 21st Century	
Credits		15
Semester 2		
NUTR 245	Life Cycle Nutrition	3
NUTR 230	Health Aspects of Exercise and Nutrition	3
COMMUN 103	Public Speaking	3
PSYCH 101 or SOCIOL 101	Introduction to Psychology or Introduction to Sociology	3
BMS 245	Client Diversity in Health Sciences: An Interdisciplinary Perspective	3
Credits		15
Year 3		
Semester 1		
NUTR 350	Nutrition Communication and Education	3
PH 101	Introduction to Public Health	3
KIN 270	Statistics in the Health Professions: Theory and Practice	3
Elective		3
Elective		3
Credits		15
Semester 2		
NUTR 355	Modifying Nutrition and Eating Behavior	3
NUTR 435	Nutrition and Disease Prevention	3
GER - Art		3
Elective		3
Elective		3
Credits		15
Year 4		
Semester 1		
300+ level NUTR Course		3
300+ level NUTR Course		3
Elective		3
Elective		3
Elective		3
Credits		15
Semester 2		
NUTR 555 or NUTR 305	Public Health Nutrition and Food Politics or Hunger at Home: Food and Nutrition Security in Milwaukee County	3
NUTR 470	Nutritional Sciences Capstone Experience	3
Elective		3
Elective		3
Elective		3
Credits		15
Total Credits		120

¹ 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.

Recommended plan for pre-dietetics (<http://catalog.uwm.edu/health-sciences/pre-professional-programs/pre-dietetics/>) students:

Year 1		Credits
Semester 1		
NUTR 101	New Student Seminar in Nutritional Sciences & Pre-Dietetics	1
CHS 100	New Student Seminar in Health Professions	1
NUTR 241	Why We Eat What We Eat: An Ecological Approach	3
MATH 105 or MATH 108	Introduction to College Algebra or Algebraic Literacy II	3
BIO SCI 202	Anatomy and Physiology I	4
GER - OWCA (ENGLISH 102 or equivalent)		3
Credits		15
Semester 2		
BMS 232	Introduction to Nutrition	3
NUTR 230	Health Aspects of Exercise and Nutrition	3
PSYCH 101 or SOCIOL 101	Introduction to Psychology or Introduction to Sociology	3
BIO SCI 203	Anatomy and Physiology II	4
Cultural Diversity + Humanities		3
Credits		16
Year 2		
Semester 1		
NUTR 110	Introduction to Food Principles & Preparation	3
CHEM 102	General Chemistry	5
COMMUN 103	Public Speaking	3
Select one of the following:		3
ENGLISH 205	Business Writing	
ENGLISH 207	Health Science Writing	
ENGLISH 310	Writing, Speaking, and Technoscience in the 21st Century	
Credits		14
Semester 2		
NUTR 245	Life Cycle Nutrition	3
CHEM 104	General Chemistry and Qualitative Analysis	5
BIO SCI 150	Foundations of Biological Sciences I	4
BMS 245	Client Diversity in Health Sciences: An Interdisciplinary Perspective	3
Credits		15
Year 3		
Semester 1		
NUTR 350	Nutrition Communication and Education	3
CHEM 341	Introductory Survey of Organic Chemistry	3
CHEM 342	Introductory Organic Chemistry Laboratory	2
PH 101	Introduction to Public Health	3
Elective		3
Credits		14
Semester 2		
NUTR 355	Modifying Nutrition and Eating Behavior	3
NUTR 435	Nutrition and Disease Prevention	3
CHEM 501	Introduction to Biochemistry	3
KIN 270	Statistics in the Health Professions: Theory and Practice	3
GER - Art		3
Credits		15
Year 4		
Semester 1		
300+ Level NUTR Course		3
300+ level NUTR Course		3
BIO SCI 101	General Survey of Microbiology	4
Elective		3
Elective		3
Credits		16

Semester 2		
NUTR 470	Nutritional Sciences Capstone Experience	3
NUTR 305	Hunger at Home: Food and Nutrition Security in Milwaukee County	3
HS 222	Language of Medicine	3
Elective		3
Elective		3
Credits		15
Total Credits		120

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.

Zilber College of Public Health 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 (<https://catalog.uwm.edu/archive/2023-2024/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.