

# NUTRITION OPTION, B.SC. - HUMAN NUTRITIONAL SCIENCES

## Degree Requirements

### Bachelor of Science (Human Nutritional Sciences)- Nutrition Option

Course	Title	Hours
AGRI 1600	Introduction to Agrifood Systems	3
AGRI 2400	Experimental Methods in Agricultural and Food Sciences <sup>1</sup>	3
One of the following <sup>2</sup>		3-6
BIOL 1410	Anatomy of the Human Body	
BIOL 1020 & BIOL 1030	Biology 1: Principles and Themes and Biology 2: Biological Diversity, Function and Interactions	
BIOL 1412	Physiology of the Human Body <sup>2</sup>	3
CHEM 1100	Introductory Chemistry 1: Atomic and Molecular Structure and Energetics	3
CHEM 1130 or CHEM 1110	Introduction to Organic Chemistry <sup>3</sup> Introductory Chemistry 2: Interaction, Reactivity, and Chemical Properties	3
CHEM/MBIO 2730	Elements of Biochemistry 1 <sup>4</sup>	3
CHEM 2740	Introduction to the Biochemistry Laboratory <sup>5</sup>	3
CHEM/MBIO 2750	Elements of Biochemistry 2 <sup>6</sup>	3
FOOD 4150	Food Microbiology 1	3
HEAL 2600	Integration of Health Determinants of Individuals	3
HEAL 3000	Introduction to Social Epidemiology	3
HNSC 1200	Food: Facts and Fallacies	3
HNSC 1210	Nutrition for Health and Changing Lifestyles	3
HNSC 2000	Research Methods and Presentation	3
HNSC 2130	Nutrition Through the Life Cycle	3
HNSC 2140	Basic Principles of Human Nutrition	3
HNSC 2150	Composition, Functional and Nutritional Properties of Foods	3
HNSC 2160	Principles of Food Preparation and Preservation	3
HNSC 4100	Current Issues in Food and Human Nutrition	3
PSYC 1200 or SOC 1000	Introduction to Psychology Introduction to Sociology	3-6
<b>Total Hours</b>		<b>63-69</b>

<sup>1</sup> STAT 2000 (Basic Statistical Analysis 2) can be substituted for AGRI 2400 (Experimental Methods in Agricultural and Food Sciences).

<sup>2</sup> Students selecting BIOL 1020 and BIOL 1030 are not required to complete BIOL 1410. If BIOL 1020 and BIOL 1030 are taken, the 3 additional credit hours will be used towards free electives. Under required courses, students must take BIOL 1412. Students can substitute both BIOL 1410 and BIOL 1412 with both BIOL 2410 and BIOL 2420.

<sup>3</sup> Students can hold CHEM 2100 (Organic Chemistry 1: Foundations of Organic Chemistry) in place of CHEM 1130 (Introduction to Organic Chemistry).

<sup>4</sup> Under required courses, students can use either CHEM 2700/MBIO 2700 (Biochemistry 1: Biomolecules and an Introduction to Metabolic Energy) in place of CHEM 2730/MBIO 2730 (Elements of Biochemistry 1).

<sup>5</sup> Under required courses, students can take either CHEM 2720 (Principles and Practices of the Modern Biochemistry Laboratory) in place of CHEM 2740 (Introduction to the Biochemistry Laboratory).

<sup>6</sup> Under required courses, students can use CHEM 2710/MBIO 2710 (Biochemistry 2: Catabolism, Synthesis, and Information Pathway) in place of CHEM 2750/MBIO 2750 (Elements of Biochemistry 2).

### Nutrition Option

Course	Title	Hours
HNSC 3220	Food and Nutrition Literacy Education	3
HNSC 3300	Vitamins and Minerals in Human Health	3
HNSC 3310	Macronutrients and Human Health	3
HNSC 4300	Community Nutrition Intervention	3
	or HNSC 4500 Clinical Nutrition I	
Restricted Electives <sup>1</sup>		21
Free Electives <sup>2,3</sup>		18-24
<b>Total Hours</b>		<b>51-57</b>

<sup>1</sup> Restricted Electives can be AGRI 2300 and/or any 3000/4000 level HNSC courses, not already required as part of the Nutrition Option.

<sup>2</sup> Students selecting BIOL 1020 and BIOL 1030 are not required to complete BIOL 1410. If BIOL 1020 and BIOL 1030 are taken, the additional 3 credit hours will be used towards free electives. Under required courses, students must take either BIOL 1412. Students can substitute with both BIOL 1410 and BIOL 1412 with both BIOL 2410 and BIOL 2420.

<sup>3</sup> Students can apply for the Cooperative Education Program. Three work terms are required to graduate with Co-op designation. Co-op courses (3 credit hours each) are used towards free electives.

### Bachelor of Science (Human Nutritional Sciences)- Dietetics Preparation

Course	Title	Hours
COURSES REQUIRED TO BUILD INTO THE NUTRITION OPTION PROGRAM <sup>1</sup>		
ABIZ 1000	Introduction to Agribusiness Management (Free Elective)	3
	or GMGT 1010 Business and Society	
HNSC 3342	Management for Food and Nutrition Professionals (Restricted Elective)	3
HNSC 3350	Culture and Food Patterns (Restricted elective)	3
HNSC 3400	Nutrition Assessment and Counselling (Free Elective)	3
HNSC 4140	Quantity Food Production and Management (Restricted Elective)	3
HNSC 4300	Community Nutrition Intervention (Restricted Elective)	3
HNSC 4310	Nutrition and the Elderly (Restricted Elective)	3

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or HNSC 4340 Maternal and Child Nutrition		
HNSC 4500	Clinical Nutrition I (HNSC 4300 or HNSC 4500)	3
HNSC 4550	Clinical Nutrition II (Free Elective)	3

<sup>1</sup> The course placement in the program is in parenthesis following the course title.