

BS in Nutrition, Nutrition Science Concentration

Program Codes:

20GF5151BS

Degree Requirements—BS in Nutrition, Nutrition Science Concentration

To earn a Bachelor of Science in Nutrition degree from UIC, students need to complete university, college, and department degree requirements. The Department of Kinesiology and Nutrition degree requirements for the Nutrition Science concentration are outlined below. Students should consult the [College of Applied Health Sciences](#) section for additional degree requirements and college academic policies.

Code	Title	Hours
Summary of Requirements		
General Education and Pre-Nutrition Course Requirements		59
Nutrition Science Required Courses		38
Electives		23
Total Hours		120

Degree Requirements

Note: Students who do not place into certain courses or do not carefully plan sequential course work should expect to take summer session courses or possibly take longer than two years to complete the pre-nutrition coursework. Students should seek advising from the Department of Kinesiology and Nutrition for advice on course planning. Visit the department website for additional information and directions on becoming a nutrition science major.

General Education and Pre-Nutrition Course Requirements

These are required prerequisites for many of the Nutrition Science Core courses and therefore, should be completed within the first two years of the program.

Code	Title	Hours
Required Courses		
HN 100	Introduction to Nutrition: New Student Seminar	2
ENGL 160	Academic Writing I: Writing in Academic and Public Contexts	3
ENGL 161	Academic Writing II: Writing for Inquiry and Research	3
COMM 100	Fundamentals of Human Communication	3
	Understanding the Creative Arts course ^b	3
	Understanding the Past course ^b	3
PSCH 100	Introduction to Psychology ^a	4
SOC 100	Introduction to Sociology ^{a,c}	3
CHEM 122	Matter and Energy	3
CHEM 123	Foundations of Chemical Inquiry I ^{d,e}	2
CHEM 232	Structure and Function	3
CHEM/BIOS 352	Introductory Biochemistry ^f	3

BIOS 110	Biology of Cells and Organisms ^d	4
MATH 110	College Algebra ^g	4
HN 110	Foods	3
HN 196	Nutrition	3
KN 230	Anatomy and Physiology Lecture I	3
KN 231	Anatomy and Physiology Lecture II	3
KN 232	Anatomy and Physiology Laboratory I	2
KN 233	Anatomy and Physiology Laboratory II	2
Total Hours		59

a *This course is approved for the Understanding the Individual and Society General Education category.*

b *Students should consult the General Education section of the catalog for a list approved courses in this category.*

c *This course is approved for the Understanding U.S. Society General Education category.*

d *This course is approved for the Analyzing the Natural World General Education category.*

e *General Education credit is given for successful completion of both CHEM 122 and CHEM 123.*

f *BIOS 120 is not required as a prerequisite for CHEM 352/BIOS 352 for Nutrition Science students.*

g *Completion of MATH 110 may be satisfied through placement exam or CLEP. Students may meet the math requirement through completion of MATH 110 or an upper-level math course.*

Degree Requirements—Nutrition Science Concentration

Nutrition Science Required Courses

Code	Title	Hours
Required Courses		
HN 201	Essentials of Nutrition, Physical Activity and Health Assessment	3
	or HN 302 Nutritional Assessment	
HN 202	Culture and Food ^a	2
HN 300	Science of Foods	3
HN 306	Nutrition Education	3
HN 308	Nutrition Science I	3
HN 309	Nutrition Science II	3
HN 311	Nutrition During the Life Cycle	3
HN 313	Introduction to Community Nutrition	3
HN 318	Genetic, Molecular and Cellular Mechanisms of Chronic Diseases	3
HN 320	Clinical Nutrition I	3
HN 420	Clinical Nutrition II	3
HN 423	Nutrition Counseling	3
HN 440	The Research Process in Nutrition	3
Total Hours		38

a This course is approved for the Exploring World Cultures General Education category

Electives

Code	Title	Hours
Electives^a		
Select 23 hours of Elective courses.		23
Total Hours		23

a Elective courses will depend upon students' postgraduation goals. It is recommended that students who intend to sit for the Registration Examination for Dietitians take HN 330 and HN 332.

Sample Course Schedule—Nutrition Science

Course	Title	Hours
Freshman Year		
Fall Semester		
HN 100	Introduction to Nutrition: New Student Seminar	2
ENGL 160	Academic Writing I: Writing in Academic and Public Contexts	3
BIOS 110	Biology of Cells and Organisms	4
CHEM 122	Matter and Energy	3
CHEM 123	Foundations of Chemical Inquiry I	2
Hours		14
Spring Semester		
ENGL 161	Academic Writing II: Writing for Inquiry and Research	3
MATH 110	College Algebra	4
SOC 100	Introduction to Sociology	3
CHEM 232	Structure and Function	3
Hours		13
Sophomore Year		
Fall Semester		
KN 230	Anatomy and Physiology Lecture I	3
KN 232	Anatomy and Physiology Laboratory I	2
HN 196	Nutrition	3
PSCH 100	Introduction to Psychology	4
Understanding the Creative Arts course		3
Hours		15
Spring Semester		
KN 231	Anatomy and Physiology Lecture II	3
KN 233	Anatomy and Physiology Laboratory II	2
COMM 100	Fundamentals of Human Communication	3
CHEM 352	Introductory Biochemistry (Same as BIOS 352)	3
HN 110	Foods	3
Understanding the Past course		3
Hours		17
Junior Year		
Fall Semester		
HN 201 or HN 302	Essentials of Nutrition, Physical Activity and Health Assessment or Nutritional Assessment	3
HN 308	Nutrition Science I	3
HN 318	Genetic, Molecular and Cellular Mechanisms of Chronic Diseases	3
Electives		6
Hours		15

Spring Semester

HN 309	Nutrition Science II	3
HN 313	Introduction to Community Nutrition	3
HN 306	Nutrition Education	3
HN 202	Culture and Food	2
Electives		5
Hours		16

Senior Year

Fall Semester

HN 300	Science of Foods	3
HN 311	Nutrition During the Life Cycle	3
HN 320	Clinical Nutrition I	3
Electives		6
Hours		15

Spring Semester

HN 440	The Research Process in Nutrition	3
HN 420	Clinical Nutrition II	3
HN 423	Nutrition Counseling	3
Electives		6
Hours		15
Total Hours		120