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.

Summary of Requirements

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Education and Pre-Nutrition Course Requirements</td>
<td></td>
<td>64</td>
</tr>
<tr>
<td>Nutrition Science Required Courses</td>
<td></td>
<td>38</td>
</tr>
<tr>
<td>Electives</td>
<td></td>
<td>18</td>
</tr>
<tr>
<td>Total Hours</td>
<td></td>
<td>120</td>
</tr>
</tbody>
</table>

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 course work. 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.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HN 100</td>
<td>Introduction to Nutrition: New Student Seminar</td>
<td></td>
</tr>
<tr>
<td>ENGL 160</td>
<td>Academic Writing I: Writing in Academic and Public Contexts</td>
<td></td>
</tr>
<tr>
<td>ENGL 161</td>
<td>Academic Writing II: Writing for Inquiry and Research</td>
<td></td>
</tr>
<tr>
<td>COMM 100</td>
<td>Fundamentals of Human Communication</td>
<td></td>
</tr>
<tr>
<td>Understanding the Creative Arts course</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Understanding the Past course</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>PSCH 100</td>
<td>Introduction to Psychology</td>
<td>4</td>
</tr>
<tr>
<td>SOC 100</td>
<td>Introduction to Sociology</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 122</td>
<td>Matter and Energy</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 123</td>
<td>Foundations of Chemical Inquiry I</td>
<td>2</td>
</tr>
<tr>
<td>CHEM 124</td>
<td>Chemical Dynamics</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 125</td>
<td>Foundations of Chemical Inquiry II</td>
<td>2</td>
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</table>

Nutrition Science Required Courses

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>HN 201</td>
<td>Essentials of Nutrition, Physical Activity and Health Assessment</td>
<td>3</td>
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<tr>
<td>or HN 302</td>
<td>Nutritional Assessment</td>
<td></td>
</tr>
<tr>
<td>HN 202</td>
<td>Culture and Food</td>
<td>2</td>
</tr>
<tr>
<td>HN 300</td>
<td>Science of Foods</td>
<td>3</td>
</tr>
<tr>
<td>HN 306</td>
<td>Nutrition Education</td>
<td>3</td>
</tr>
<tr>
<td>HN 308</td>
<td>Nutrition Science I</td>
<td>3</td>
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<tr>
<td>HN 309</td>
<td>Nutrition Science II</td>
<td>3</td>
</tr>
<tr>
<td>HN 311</td>
<td>Nutrition During the Life Cycle</td>
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</tr>
<tr>
<td>HN 313</td>
<td>Introduction to Community Nutrition</td>
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<td>HN 318</td>
<td>Genetic, Molecular and Cellular Mechanisms of Chronic Diseases</td>
<td>3</td>
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<tr>
<td>HN 320</td>
<td>Clinical Nutrition I</td>
<td>3</td>
</tr>
<tr>
<td>HN 420</td>
<td>Clinical Nutrition II</td>
<td>3</td>
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<tr>
<td>HN 423</td>
<td>Nutrition Counseling</td>
<td>3</td>
</tr>
<tr>
<td>HN 440</td>
<td>The Research Process in Nutrition</td>
<td>3</td>
</tr>
</tbody>
</table>

Total Hours

64

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 or CHEM 124 and CHEM 125.
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.
a. This course is approved for the Exploring World Cultures General Education category

**Electives**

<table>
<thead>
<tr>
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<tr>
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<td></td>
<td>18</td>
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Select 18 hours of Elective courses.

**Total Hours** 18

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

**Sample Course Schedule—Nutrition Science**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
</table>

**Fall Semester**

<table>
<thead>
<tr>
<th>Course</th>
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<td>3</td>
</tr>
<tr>
<td>BIOS 110</td>
<td>Biology of Cells and Organisms</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 122</td>
<td>Matter and Energy</td>
<td>3</td>
</tr>
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**Spring Semester**

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<tr>
<td>MATH 110</td>
<td>College Algebra</td>
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</tr>
<tr>
<td>SOC 100</td>
<td>Introduction to Sociology</td>
<td>3</td>
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**Sophomore Year**

<table>
<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>CHEM 232</td>
<td>Structure and Function</td>
<td>3</td>
</tr>
<tr>
<td>KN 251</td>
<td>Human Physiological Anatomy I</td>
<td>5</td>
</tr>
<tr>
<td>HN 196</td>
<td>Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>PSCH 100</td>
<td>Introduction to Psychology</td>
<td>4</td>
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**Spring Semester**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>KN 252</td>
<td>Human Physiological Anatomy II</td>
<td>5</td>
</tr>
<tr>
<td>COMM 100</td>
<td>Fundamentals of Human Communication</td>
<td>3</td>
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<tr>
<td>CHEM 352</td>
<td>Introductory Biochemistry (Same as BIOS 352)</td>
<td>3</td>
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<tr>
<td>HN 110</td>
<td>Foods</td>
<td>3</td>
</tr>
<tr>
<td>Understanding the Past course</td>
<td>3</td>
<td></td>
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**Junior Year**

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<tr>
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<td></td>
<td>3</td>
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**Fall Semester**

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<tbody>
<tr>
<td>HN 309</td>
<td>Nutrition Science II</td>
<td>3</td>
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<td>Introduction to Community Nutrition</td>
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**Senior Year**

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**Spring Semester**

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**Total Hours** 120