Degree Requirements for:

**NUTRITION AND FOODS**

**GENERAL EDUCATION**

*English: 7 hours*

- ENGLISH 1000: Exposition and Argumentation (3)
  
  Two Writing Intensive courses: One must be in the major.
  
  Prerequisite: ENGLSH 1000

- NEP 4951 Research in Dietetics SPE (1) WI-2

*Mathematics: 6 hours*

- MATH 1100: College Algebra (3)
  
  Prerequisite: MATH 1100 with a grade in the C range.

- FINPLN 2183 or ESC PS 4170 MRP

**American History or Government: 3 hours**

- HIST 1100, 1200, 1400, 2210, 2440, 4000, 4220, 4230, or
  POL SC 1100, 1700, 2100

**Distribution of Content: 27 hours**

~ Courses approved for the Distribution of Content may be found at:
  http://generaleducation.missouri.edu/requirements/

~ Choose at least one course numbered 2000 or higher in two different areas of the distribution.

~ HES Foundation may not ‘double dip’ for both Gen Ed and HES Foundation credit.

**Biological, Mathematical and Physical Sciences: 9 hours**

At least one Biological or Physical Science and its related laboratory. Two different areas of science must be completed.

- BIO SC 1010/1020 OR 1500 (5)

- CHEM 1320 (4)

**Social and Behavioral Sciences: 9 hours**

At least two different departments must be represented. American History or Government course may ‘double count’ here.

- PSYCH 1000 (3)

- American History or Government (3)

**Humanities and Fine Arts: 9 hours**

At least one course from two different departments must be represented. COMMUN 1200 may ‘double count.’ (Foreign language is an exception. A minimum of 12-13 hours of the same foreign language must be taken to fulfill the Humanities requirement.)

- COMM 1200 (3) (required for degree)

- PHIL 1150 or 2440 (recommended)

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**HES COLLEGE**

**Foundation Courses: 6-7 hours**

- GN HES 1100 Intro to Human Environmental Sciences (1)
  
  At least one course from two different departments must be represented.

- ARCHST 1600 Fundamentals of Environ. Design (3) WI,
  or ARCHST 2100 Understanding Arch. and the Am. City (3), or
  ARCHST 2323 Sustainable Building Design Fund. (3), or
  ARCHST 2620 People, Places, & Design (3), or
  ARCHST 4323 Sustainable Technologies and Systems (3), or
  ARCHST 4430 Design with Historic Preservation (3)

- FINPLN 2183 Personal and Family Finance (3) MRP, or
  FINPLN 4380 Assessing the American Dream (3) WI

- HDFS 1600 Foundations of Family Studies (3), or
  HDFS 1610 Intimate Relationships and Marriage (3), or
  HDFS 2400 Principles of Human Development (4) WI,

- SOC WK 1115 Social Welfare and Social Work (3), or
  SOC WK 2000 Explor. in Social and Economic Justice (3), or
  SOC WK 4710 Social Justice and Social Policy (3)

- TAM 1200 Basic Concepts of Apparel Design and Prod. (3), or
  TAM 1300 Softgoods Retailing (3), or
  TAM 2200 Textiles (3), or
  TAM 2400 Global Consumer (3), or
  TAM 2500 Social Appearance in Time and Space (3) WI, or
  TAM 2520 History of Western Dress (3) WI, or
  TAM 3700 Multi-Channel Retailing (3)

**Communication: 3 hours**

- COMMUN 1200 Public Speaking (double count in Humanities)

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*Capstone Experience*

Completed during last two semesters of coursework.

- NEP 4950 Capstone: Research in Nutritional Sciences (2)

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* Courses in these categories must be completed with a grade of C- or better.
### Professional Program

**Nutrition and Foods and the Dietetics Professional Program**

#### Pre-Professional Requirements (43 hours)
- 1-2BIOCHM 3630 Gen Biochemistry (3)
- 1BIO SC 1010 Prin and Conc of Biology (3) and 1BIO SC 1020 Gen Biology Lab (2), or 1BIO SC 1500 Intro to Biological Systems (5)
- CDS 2190 Medical Terminology (3)
- 1CHEM 1320 College Chem I with Lab (4)
- 1CHEM 2030 Survey of Organic Chemistry (3)
- 1CHEM 2130 Organic Chem Lab (2)
- 1COMM 1200 Public Speaking (3)
- 1HLTH SCI 1000 Intro to the Health Professions (3)
- 1MPP 3202 Human Physiology with Lab (5)
- NEP 1995 Nutritional Food Science (3)
- 2NEP 2340 Human Nutrition I (3)
- NEP 2380 Diet Therapy for the Health Professionals (3)
- 1PSYCH 1000 General Psychology (3)

#### Professional Requirements (51 hours)
- ESC PS 4170 Intro to Applied Statistics (3)
- FS 4310 Food Chemistry with Lab (4)
- MANGMT 3000 Principles of Management (3)
- MPP 4204 Medical Pharmacology (5)
- NEP 2450 Nutrition Throughout the Lifespan (3)
- NEP 2870 Nutrition: the International Perspective (3)
- NEP 2890 Food Service Lecture (3)
- NEP 2990 Food Service II SPE (business plans) (2)
- NEP 3370 Medical Nutrition Therapy I SPE (3)
- NEP 3390 Teaching and Counseling (2)
- NEP 3400 Teaching and Counseling SPE (1)
- NEP 3590 Community Nutrition SPE (1)
- NEP 3690 Human Nutrition II (3)
- NEP 3690 Nutrition Assessment (3)
- NEP 3790 Nutrition Therapy I (3)
- NEP 5490 Community Nutrition III (3)
- NEP 4950 Capstone: Research in Nut Sci (2)
- NEP 4951 Nutrition Research Communication (1)
- PTH AS 2201 Human Anatomy Lecture (3)

#### Supporting Area Courses (Choose 6 hours from list)
(Some courses have pre-requisites. Check before enrolling. If you are interested in a course not listed you must provide a syllabus for approval. The course must be 3000-level or higher and be relevant to your field. Approval is subject to faculty evaluation.)
- AFNR 3215 Community Food Systems (3)
- BIO 2200 Genetics (4)
- BIO 3750 General Microbiology (3-4)
- FS 4370 Food Microbiology (3)
- FS 4980 Food Quality Assurance (3)
- HDFS 3430 Adolescence and Young Adulthood (3)
- HLTH SCI 3300 Public Health Prin., Prac. and Educ. (3)
- HLTH SCI 4300 Health Care in the US (3)
- HLTH SCI 4400 Culture and Health Lit. for Prof (3)
- HLTH SCI 4420 Health Literacy and Behavioral Compl. (3)
- MICROB 3200 Med. Microbiology and Immuniz. (3)
- MGMT 4201 Mgmnt of International Bus in Research (3)
- MRKTNG 3000 Principles of Marketing (3)
- NEP 2460 Eating Disorders (2)
- NEP 3131 International NEP (Study Abroad) (3)
- NEP 4970 N&F Capstone: Sports Nutrition (3)
- PSYCH 3830 Health Psychology (3)
- RU SOC 3310 Society, Agriculture, Natural Resources (3)
- RU SOC 3325 Social Food and Nutrition (3)
- SOC 3430 Sociology of Sport (3)
- SOC 3440 Sociology of Health (3)
- STAT 3000-4000 level course (3)
- SOC WK 4390 Helping Strategies w/Child. & Adol. (3)
- SOC WK 4395 Death, Grief and Loss (3)
- SOC WK 4480 Helping Strategies w/Older Persons (3)

Minimum of 120 credit hours are required for Nutrition and Foods undergraduate degree.

#### Graduate Requirements (31 hours)
All graduate level courses require a minimum grade of B.
- ESC PS 7200 Intro to Positive Psychology (3)
- HMI 7430 Intro to Health Informatics (3)
- NEP 7380 Nutrition Therapy II (3)
- NEP 7381 Nutrition Therapy II SPE (4)
- NEP 7385 Professional Development I (1)
- NEP 7390 Professional Development II (1)
- NEP 8340 Nutrition in Human Health (3)
- NEP 8380 Nutrition Therapy III (3)
- NEP 8975 Practice of Diet SPE (10) (course pending approval)

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1These courses also may meet General Education Requirements.
2These courses require a minimum grade of B-
3These courses require a grade of C or higher.

SPE = Supervised Practice Experience

Changes to requirement may be necessary as accreditation requirements change. Check with your adviser regularly to stay informed.
# Nutrition and Foods and the Dietetic Professional Program
## Sample Course Guide

### FIRST YEAR - FALL SEMESTER
- 'BIO SC 1010/1020 or 1500 Biology w/Lab: 5
- GN HES 1100 Intro to HES: 1
- HES Foundation (recommend HDFS 1600 or 1610): 3
- MATH 1100 College Algebra: 3
- PSYCH 1000 General Psychology: 3

**Total**: 15

### FIRST YEAR - SPRING SEMESTER
- CHEM 1320 College Chem I with Lab: 4
- ENGLSH 1000 Exposition and Argumentation: 3
- AM. Hitory or Government: 3
- HLTH SCI 1000 Intro to the Health Professions: 3
- HUMANITIES (recommend Phil 1150 or 2440): 3

**Total**: 16

### SECOND YEAR - FALL SEMESTER
- CHEM 2030 Survey of Organic Chemistry (f): 3
- CHEM 2130 Organic Chem Lab: 2
- HES Foundation (recommend FINPLN 2183): 3
- MPP 3202 Human Physiology with Lab: 5
- NEP 2380 Diet Therapy for the Health Professionals: 3

**Total**: 16

### SECOND YEAR - SPRING SEMESTER
- BIOCHM 3630 Gen Biochemistry (sp): 3
- COMM 1200 Public Speaking: 3
- CDS 2190 Medical Terminology: 3
- NEP 1995 Nutritional Food Science (su, sp): 3
- NEP 2340 Human Nutrition I (sp): 3

**Total**: 15

### THIRD YEAR - FALL SEMESTER
- MANGMT 3000 Principles of Management: 3
- NEP 3360 Nutritional Assessment SPE (f): 2
- NEP 4340 Human Nutrition II (f): 3
- NEP 4360 Nutritional Assessment (f): 3
- NEP 4590 Community Nutrition (su, f): 3

**Total**: 14 8

### THIRD YEAR - SPRING SEMESTER
- Humanities WI: 3
- NEP 2450W Nutr. Through. the Lifespan (su, sp): 3
- NEP 3290 Food Service I SPE (sp): 1
- NEP 3390 Teaching and Counseling (sp): 2
- NEP 4280 Food Service Lecture (sp): 3

**Total**: 15 4

### THIRD YEAR - SUMMER SEMESTER
- NEP 3400 Teaching and Counseling SPE: 1
- NEP 3590 Community Nutrition SPE: 1
- ESC PS 4170 Intro to Applied Statistics: 3

**Total**: 15 4

### FOURTH YEAR - FALL SEMESTER
- FS 4310 Food Chemistry with Lab: 4
- NEP 4290 Food Service II SPE (f): 2
- NEP 4950 Capstone: Research in Nut Sci (f): 2
- PTH AS 2201 Human Anatomy Lecture: 3
- Supporting Elective: 3

**Total**: 14 8

### FOURTH - SPRING SEMESTER
- MPP 4204 Medical Pharmacology: 5
- NEP 3370 Medical Nutrition Therapy I SPE: 3
- NEP 4370 Nutrition Therapy I: 3
- NEP 4951 Nutrition Research Communication: 1
- NEP 8340 Nutrition in Human Health: 3

**Total**: 15 12

### FIFTH YEAR - FALL SEMESTER
- ESC PS 7200 Intro to Positive Psychology: 3
- HMI 7430 Intro to Health Informatics: 3
- NEP 7380 Nutrition Therapy II: 3
- NEP 7381 Nutrition Therapy II SPE: 4
- NEP 7385 Professional Devel. I course pending: 1

**Total**: 14 16

### FIFTH - SPRING SEMESTER
- NEP 7390 Professional Devel. II course pending: 1
- NEP 8380 Nutrition Therapy III course pending: 2
- NEP 8975 Practice of Dietetics course pending: 10

**Total**: 13 40

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**Coordinated Program in Dietetics**

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