

Bachelor of Science (BS)
Nutritional Sciences
Nutrition and Fitness

The 2026-2027 list of core courses can be found in the 2026-2027 Undergraduate Catalog: www.utrgv.edu/catalog > See 'Bachelors Degree Program Regulations'

Symbols Key										
Campus: B - Offered in Brownsville; E - Offered in Edinburg; O - Offered Online; T - Travel Required										
Bolted Course Number*: Program Admission Requirement										
Min Grade: A - Excellent; B - Good; C - Satisfactory; D - Below Average; CR - Credit; P - Passing; S - Satisfactory.										
Core: 010 - Communication; 020 - Mathematics; 030 - Life and Physical Sciences; 040 - Language, Philosophy & Culture; 050 - Creative Arts; 060 - American History; 070 - Government/Political Science; 080 - Social and Behavioral Sciences;										
Core: 090 - Applied Communication and Literacies; Humanities; Leadership; Science Labs; Interdisciplinary; Technologies; Language Diversity & Writing										
Year	Semester	Credit Hours	Campus	Course Number	Course Title	Minimum Grade	Core	Prerequisite	Additional Notes	
1	Fall	4	B/E	BIOL 1406	General Biology I				Satisfies Major-Specific Requirement.	
1	Fall	4	B/E/O	BIOL 2401	Anatomy and Physiology I	C	030		See General Education Core for more details. Lecture and Lab included	
1	Fall	3	B/E/O	MATH 1342 or MATH 1343	Elementary Statistical Methods or Intro to Biostatistics	C	020	College Ready TSI status in Mathematics.	See General Education Core for more details.	
1	Fall	4	E	NUTR 3452	Culinary Nutrition	C			Satisfies Major-Specific Requirement.	
1	Fall		B/E/O	UNIV	1301 Learning Framework 1101 Academic and Career Success 1001/1300 Living and Working by Design				As required, based on a number of factors such as credit hours earned, TSI status, high school rank, major declaration, etc.	
1	Fall	15		Semester Total Hours						
1	Spring	3	O	NUTR 2351	Introduction to Clinical Nutrition	C			Satisfies Major-Specific Requirement.	
1	Spring	3	B/E/O	CHEM 1311	General Chemistry I			MATH 1314, MATH 1414, MATH 1342, MATH 1343, MATH 1388, MATH 2412, MATH 2413, or MATH 2487 with a grade of C or higher.	Satisfies Major-Specific Requirement.	
1	Spring	1	B/E	CHEM 1111	General Chemistry I Lab		090	Credit/registration in CHEM 1311.	See General Education Core for more details.	
1	Spring	4	B/E	BIOL 1407	General Biology II			BIOL 1406 or BIOL 1487.	Satisfies Major-Specific Requirement.	
1	Spring	4	B/E	BIOL 2402	Anatomy and Physiology II	C	030	BIOL 2401.	See General Education Core for more details. Lecture and Lab included	
1	Spring	15		Semester Total Hours						
Year	Semester	Credit Hours	Campus	Course Number	Course Title	Minimum Grade	Core	Prerequisite	Additional Notes	
2	Fall	3	B/E	CHEM 1312	General Chemistry II	C		CHEM 1311.	Satisfies Major-Specific Requirement.	
2	Fall	1	B/E	CHEM 1112	General Chemistry II Lab	C		Credit/registration in CHEM 1312.	Satisfies Major-Specific Requirement.	
2	Fall	3	B/E/O	Choose 1	Communication	C	010	For all 010 courses: Satisfactory scores on English portion of ACT test and TSI examination or ENGL 0301. For ENGL 1302, a grade of "C" or better in ENGL 1301.	See General Education Core for more details. Options: ENGL 1301	
2	Fall	3	O	HRPT 2303	Medical Terminology	C			Satisfies Major-Specific Requirement.	
2	Fall	2	E	NUTR 3225	Nutritional Assessment	C		A grade of C or better in NUTR 2351.	Satisfies Major-Specific Requirement.	
2	Fall	3	B/E/O	Choose 1	American History		060		See General Education Core for more details. Options: HIST 1302 or HIST/MASC 2328	
2	Fall	15		Semester Total Hours						
2	Spring	4	B/E	BIOL 3401	General Microbiology			BIOL 1406, BIOL 1407, CHEM 1311, CHEM 1111, CHEM 1312, and CHEM 1112.		
2	Spring	3	B/E/O	Choose 1	Communication	C	010	For all 010 courses: Satisfactory scores on English portion of ACT test and TSI examination or ENGL 0301. For ENGL 1302, a grade of "C" or better in ENGL 1301.	See General Education Core for more details. Options: ENGL 1302 or ENGL 1305	
2	Spring	3	B/E	CHEM 2323	Organic Chemistry I	C		CHEM 1312.	Satisfies Major-Specific Requirement.	
2	Spring	1	B/E	CHEM 2123	Organic Chemistry Lab I	C		CHEM 1112.	Satisfies Major-Specific Requirement.	
2	Spring	3	B/E/O	PSYC 2301	General Psychology		080		See General Education Core for course options.	
2	Spring	14		Semester Total Hours						

Year	Semester	Credit Hours	Campus	Course Number	Course Title	Minimum Grade	Core	Prerequisite	Additional Notes	
3	Fall	3	B/E/O	Choose 1	American History		060		See General Education Core for more details. Options: HIST 1301 or HIST/MASC 2327	
3	Fall	3	B/E	KINE 3353	Physiology of Exercise I	C		Grade of "C" or better in BIOL 2401 and BIOL 2402.	Satisfies Major-Specific Requirement.	
3	Fall	3	B/E	KINE 3370	Biomechanics	C		Grade of "C" or better in BIOL 2401 and BIOL 2402.	Satisfies Major-Specific Requirement.	
3	Fall	3	O	HPRS 3320	Patient Education in Health Sciences	C			Satisfies Major-Specific Requirement.	
3	Fall	3	O	NUTR 3310	Advanced Nutrition and Exercise Metabolism	C		Grade of C or better in CHEM 2323 and CHEM 2123.	Satisfies Major-Specific Requirement.	
3	Fall	15	Semester Total Hours							
3	Spring	3	E	NUTR 3355	Multicultural Foods	C			Satisfies Major-Specific Requirement.	
3	Spring	3	E	NUTR 3350	Integrative Nutrition and Nutrigenomics	C		Grade of C or better in NUTR 2351.	Satisfies Major-Specific Requirement.	
3	Spring	3	E/O	NUTR 3330	Nutrition for Sports and Exercise	C		Grade of C or better in NUTR 2351.	Satisfies Major-Specific Requirement.	
3	Spring	3	B/E	KINE 3360	Exercise Testing and Prescription	C		Grade of 'C' or better in KINE 3153 and KINE 3353.	Satisfies Major-Specific Requirement.	
3	Spring	3	E	NUTR 4310	Nutritional Education and Counseling	C		Grade of C or better in NUTR 2351.	Satisfies Major-Specific Requirement.	
3	Spring	15	Semester Total Hours							
Year	Semester	Credit Hours	Campus	Course Number	Course Title	Minimum Grade	Core	Prerequisite	Additional Notes	
4	Fall	3	B/E/O	POLS 2305	U.S. Federal Government & Politics		070		See General Education Core for course options.	
4	Fall	3	B/E	KINE 3365	Physiology and Techniques of Strength/Power Fitness	C		Grade of "C" KINE 3353, KINE 3370.	Satisfies Major-Specific Requirement.	
4	Fall	3	B/E/O	Choose 1	Creative Arts		050		See General Education Core for course options.	
4	Fall	3	E	NUTR 4359	Community Nutrition	C		Grade of C or better in NUTR 2351.	Satisfies Major-Specific Requirement.	
4	Fall	3	B/E/O	Choose 1	Language, Philosophy & Culture		040		See General Education Core for course options.	
4	Fall	15	Semester Total Hours							
4	Spring	3	B/E/O	POLS 2306	Texas Government & Politics		070		See General Education Core for course options.	
4	Spring	4	E	NUTR 3456	Experimental Foods	C		Grade of C or better in NUTR 3452.		
4	Spring	3	B/E/O	Choose 1	Integrative and Experiential Learning		090		See General Education Core for course options. Options: COMM 1311; CSCI 1380	
4	Spring	3	B/E	KINE 4360	Clinical Exercise Physiology	C		Grade of "C" in KINE 3360 and KINE 3160.	Satisfies Major-Specific Requirement.	
4	Spring	3	E	NUTR 4357	Research Methods in Nutrition	C		Grade of C or better in NUTR 2351 and (MATH 1342 or MATH 1343).	Satisfies Major-Specific Requirement.	
4	Spring	16	Semester Total Hours							

120
(42)
TOTAL HOURS
Advanced minimum credit hours