



**Bachelor of Science (BS)**  
**Nutritional Sciences**  
*Nutrition and Fitness*

**2025-2026**

		H	Course #	Course Title	Min. Grade	GEC	Prerequisite	Additional Notes
FIRST YEAR	FALL	4	BIOL 1406	General Biology I				Satisfies Major-Specific Requirement.
		4	BIOL 2401	Anatomy and Physiology I	B	030		See General Education Core for more details. Lecture and Lab included
		3	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.
		4	NUTR 3452	Culinary Nutrition	C			Satisfies Major-Specific Requirement.
			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.
	<b>15 Semester Total Hours</b>							
	SPRING	3	NUTR 2351	Introduction to Clinical Nutrition	C			Satisfies Major-Specific Requirement.
		3	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	CHEM 1111	General Chemistry I Lab		090	Credit/registration in CHEM 1311.	See General Education Core for more details.
		4	BIOL 1407	General Biology II			BIOL 1406 or BIOL 1487.	Satisfies Major-Specific Requirement.
		4	BIOL 2402	Anatomy and Physiology II	B	030	BIOL 2401.	See General Education Core for more details. Lecture and Lab included
	<b>15 Semester Total Hours</b>							
		H	Course #	Course Title	Min. Grade	GEC	Prerequisite	Additional Notes
SECOND YEAR	FALL	3	CHEM 1312	General Chemistry II	C		CHEM 1311.	Satisfies Major-Specific Requirement.
		1	CHEM 1112	General Chemistry II Lab	C		Credit/registration in CHEM 1312.	Satisfies Major-Specific Requirement.
		3	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
		3	HRPT 2303	Medical Terminology	C			Satisfies Major-Specific Requirement.
		2	NUTR 3225	Nutritional Assessment	C		A grade of C or better in NUTR 2351.	Satisfies Major-Specific Requirement.
	SPRING	3	Choose 1	American History		060		See General Education Core for more details. Options: HIST 1302 or HIST/MASC 2328
		<b>15 Semester Total Hours</b>						
		4	BIOL 3401	General Microbiology			BIOL 1406, BIOL 1407, CHEM 1311, CHEM 1111, CHEM 1312, and CHEM 1112.	
		3	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
		3	CHEM 2323	Organic Chemistry I	C		CHEM 1312.	Satisfies Major-Specific Requirement.
		1	CHEM 2123	Organic Chemistry Lab I	C		CHEM 1112.	Satisfies Major-Specific Requirement.
		3	PSYC 2301	General Psychology		080		See General Education Core for course options.
	<b>14 Semester Total Hours</b>							

The 2024-2026 list of core courses can be found in the 2024-2026 Undergraduate Catalog: [www.utrgv.edu/catalog](http://www.utrgv.edu/catalog) > See 'Bachelors Degree Program Regulations'

**Symbols Key**

**Minimum Grade:** A - Excellent; B - Good; C - Satisfactory; D - Below Average; CR - Credit; P - Passing; S - Satisfactory.  
**Bolded Course #:** Program Admission Requirement

**General Education Core (GEC) Sections:** 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; 090 - Applied Communication and Literacies; 090 - Humanities; 090 - Leadership; 090 - Science Labs; 090 - Interdisciplinary; 090 - Technologies; 090 - Language Diversity & Writing.

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

120 TOTAL HOURS

(42) Advanced minimum credit hours

Revised: Tuesday, February 18th, 2025