



Springfield College Sequencing Guide Nutritional Sciences Major ▼ 2018-2019

If you entered Springfield College in 2018-2019, use this guide for sequencing your courses. Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress, and always confirm your plans with your advisor.

GenEd Requirements, Electives, and College Requirements

In addition to the major requirements listed below, you will need to fill the following General Education (GenEd) categories:

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|----------------------------|------------------------------|-------------------------------|---|
| • Wellness - HLTH 100 | • Visual and Performing Arts | • Behavioral/Social Sciences | • Physical Activity |
| • Computing and Technology | • Spiritual and Ethical | • International/Multicultural | • 6 cr of Writing Across Curriculum courses |
| • Literary Studies | • Historical/Cultural | • Social Justice | |

This major typically requires 65 credits to complete. In addition to the GenEd and major requirements listed, you must complete:

- **17 elective credits or more** (depending on GenEds selected) to total at least 120 credits
- The **residency requirement**—60 credits taken at Springfield College (including 15 of your last 30)

NUSC Major – Typical First-Year Schedule

Fall:

ENGL 113, College Writing I (GenEd requirement – 3 cr)
 BIOL 121, Bioscience I (3 cr – also fills Natural Sciences GenEd)
 BIOL 123, Bioscience I Laboratory (1 cr – also fills Natural Sciences GenEd)
 NUSC 101, Introduction to Nutritional Sciences (1 cr)
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total approximately 15 credits

Spring:

ENGL 114, College Writing II (GenEd requirement – 3 cr)
 BIOL 122, Bioscience II (3 cr)
 BIOL 124, Bioscience II Laboratory (1 cr)
 MOSK 101, Outdoor Pursuits (1 cr – also partially fills Physical Activities GenEd)
 NUSC 261, Introduction to Nutrition (3 cr)
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 30 credits for the year

Fall or Spring:

MATH 115, College Algebra (3 cr – also fills Quantitative Reasoning GenEd; or
 MATH 125, 131, or 140)

NUSC Major – Typical Second-Year Schedule

Fall:

CHEM 121, General Chemistry I (3 cr)
 CHEM 123, General Chemistry I Laboratory (1 cr)
 Plus GenEds, major requirements with flexible timing, or electives (as applicable) to total approximately 15 credits

Spring:

CHEM 122, General Chemistry II (3 cr)
 CHEM 124, General Chemistry II Laboratory (1 cr)
 Plus GenEds, major requirements with flexible timing, or electives (as applicable) to total 30 credits for the year

NUSC Major – Typical Third-Year Schedule

Fall:

BIOL 250, Human Anatomy and Physiology I (3 cr)
 BIOL 252, Human Anatomy and Physiology I Laboratory (1 cr)
 NUSC 250, Nutritional Assessment (3 cr)
 NUSC 300, Advanced Nutrition and Metabolism (3 cr)
 Plus GenEds, major requirements with flexible timing, or electives (as applicable) to total approximately 15 credits

Spring:

BIOL 251, Human Anatomy and Physiology II (3 cr)
 BIOL 253, Human Anatomy and Physiology II Laboratory (1 cr)
 CHEM 211, Organic Survey (3 cr)
 NUSC 310, Principles of Food Science (3 cr)
 or
 NUSC 320, Community Nutrition (3 cr)
 Plus GenEds, major requirements with flexible timing, or electives (as applicable) to total 30 credits for the year

NUSC Major – Typical Fourth-Year Schedule

Fall:

CHEM 331, Biological Chemistry (3 cr)
Plus GenEds, major requirements with flexible timing, or
electives (as applicable) to total approximately 15 credits

Spring:

GenEds, major requirements with flexible timing, or
electives (as applicable) to total a minimum of 120 credits
for your career

Fall or Spring as offered:

NUSC 410, Nutrition and Human Development (3 cr)
NUSC 450, Nutrition Fieldwork (6 cr)
NUSC 490, Senior Thesis in Nutrition (3 cr)

Additional NUSC Requirements – Flexible Timing

NUSC 330, Food Service Management (3 cr)
NUSC 340, Nutrition and Culture (3 cr)

NUSC Program Standards

Program standards for the NUSC major include, but are not limited to:

- A minimum cumulative GPA of 2.500
- A grade of C- or better in all courses with an NUSC prefix

For more information about these and other program standards, contact your advisor or the NUSC program coordinator.