**NUTRITION AND HEALTH**  
**NHTH**  
Bachelor of Science

**UNIVERSITY DEGREE REQUIREMENTS**

Please refer to the University Handbook (Section F121) for Kansas Board of Regents (KBOR) and university requirements that all undergraduate students must meet: https://www.k-state.edu/provost/universityhb/fhsecf.html#undergraduatedegreerequirements

**K-STATE CORE (34 HOURS)**

- **English (6 hours)**
  - ENGL 100 (3) Expos Writing I
  - ENGL 200 (3) Expos Writing II

- **Communications (3 hours)** one of the following courses:
  - COMM 106 (3) Public Speaking 1
  - COMM 322 (3) Intrprsnl Comm

- **Math and Statistics (3 hours)** Math Pathways TBD

- **Natural and Physical Sciences (4-5 hours)**
  - One Subject area only, must include a lab
  - BIOL 198 (4) Prin of Biology
  - BIOL 441 (4) Human Body I
  - AND
  - BIOL 442 (4) Human Body 2
  - OR
  - CHM 110 (3) Gen Chemistry
  - CHM 111 (1) Gen Chemistry Lab
  - OR
  - KIN 360 (8) Anatomy & Physiology

- **Social Science (6 hours)**
  - At least 2 courses in 2 subject areas
  - HHS 100 (1) WB 1: You & Community
  - HHS 200 (1) WB 2: Mind & Body
  - HHS 300 (1) WB 3: Money & Meaning

- **Arts and Humanities (6 hours)**
  - At least 2 courses in 2 subject areas
  - FNDH 115 (3) Intro Hlth & Nutr Professns
  - FNDH 132 (3) Basic Nutrition

- **Free Electives (6 hours)**
  - Any 100 or 200 level courses may apply.

- **K-STATE CORE MET**

**PROGRAM REQUIREMENTS (51 HOURS)**

- **HHS Courses (3 hours)**
  - HHS 100 (1) WB 1: You & Community
  - HHS 200 (1) WB 2: Mind & Body
  - HHS 300 (1) WB 3: Money & Meaning

- **Major Support Courses (16 hours)**
  - BIOL 198 (4) Prin of Biology
  - BIOL 441 (4) Human Body I
  - AND
  - BIOL 442 (4) Human Body 2
  - OR
  - KIN 360 (8) Anatomy & Physiology
  - CHM 110 (3) Gen Chemistry
  - CHM 111 (1) Gen Chemistry Lab
  - OR
  - CHM 210 (4) Chemistry I

- **Professional Courses: Nutrition and Health (32 Hours)**
  - FNDH 115 (3) Intro Hlth & Nutr Professns
  - FNDH 132 (3) Basic Nutrition
  - FNDH 313 (4) Science of Food
  - FNDH 400 (3) Human Nutrition
  - FNDH 450 (2) Nutr Assessment
  - FNDH 510 (2) Life Span Nutrition
  - FNDH 540 (2) Nutr Education & Prog Plng
  - FNDH 575 (1) Res in Health Sciences
  - FNDH 600 (3) Public Health Nutr

- **Additional FNDH Courses (9 hours)**

**UNRESTRICTED ELECTIVES (35 HOURS)**

Only 100-799 level undergraduate courses may be applied. At least 16 hours of Unrestricted Electives must be upper-level courses (300-level or above) to reach the required 45 hours of upper-level coursework, or as many as needed to meet the upper-level coursework threshold.

**Gr Chk Initial**

*Please refer to the DARS audit for official application of credits.*