Name: _____

ID: _____

NUTRITION AND HEALTH

NHLTH

Bachelor of Science

College of Health and Human Sciences

Kansas State University

CURRICULUM GUIDE

K-STATE CORE (34 HOURS)

***K-State Core Course List:** https://www.k-state.edu/provost/kstate-core/*

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

Social Science (6 hours)

At least 2 courses in 2 subject areas

Arts and Humanities (6 hours)

At least 2 courses in 2 subject areas

Free Electives (6 hours)

Any 100 or 200 level courses may apply.

☐ **K-STATE CORE MET**

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

> PROGRAM REQUIREMENTS (51 HOURS)

>Grades of C or better required for Program Requirements. If any of the following courses are applied to K-State Core requirements, please consult your advisor on additional courses to meet the 120 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***

☐ Additional URE Available

>Grades of C or higher are required.

120 Hours Required for Graduation

Gr Chk ☐ Initial ☐

Fall 2024

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

REFERENCE ONLY