



# UNIVERSITY OF SAINT JOSEPH

## Nutrition & Wellness

FALL	1 <sup>st</sup> Semester: _____	<b><u>15</u></b>	SPRING	2 <sup>nd</sup> Semester: _____	<b><u>14</u></b>
	NUTR 101 Survey of Careers in Nutrition	1		CHEM 170 Principles of Inorganic & Organic Chemistry	4
	NUTR 130 Foods	4		NUTR 220 Fundamentals of Nutrition	3
	BIOL 114 Introduction to Cellular Biology	4		PUBH 101 Intro to Public Health	3
	INTD 100 First Year Seminar I	3		MATH 110 Elementary Statistics	3
ENGL 104 or ENGL 110	3	INTD 116 First Year Seminar II	1		
FALL	3 <sup>rd</sup> Semester: _____	<b><u>14</u></b>	SPRING	4 <sup>th</sup> Semester: _____	<b><u>18</u></b>
	CHEM 172 Biochemistry ( <i>Pre-Req: BIOL 114</i> )	3		NUTR223 Human Biology	4
	NUTR 325 Nutrition Through the Life Cycle	2		BIOL 301 Microbiology	4
	PUBH 107 Introduction to Health Informatics	3		NUTR 315 Community Nutrition	3
	CORE/Elective	3		NUTR 330 Food Science	4
CORE/Elective	3	CORE/Elective	3		
FALL	5 <sup>th</sup> Semester: _____	<b><u>15</u></b>	SPRING	6 <sup>th</sup> Semester: _____	<b><u>16</u></b>
	NUTR 305 Health Coaching	3		NUTR 310 Nutrition Counseling & Education	3
	INTD 301 Mercy Integrative Seminar (FA or SP)	3		NUTR 335 Nutrition Assessment	3
	NUTR 245 Health Promotion Strategies	3		INTD 301 Mercy Integrative Seminar (FA or SP)	3
	CORE/Elective	3		CORE/Elective	3
CORE/ Elective	3	CORE/ Elective	3		
FALL	7 <sup>th</sup> Semester: _____	<b><u>15</u></b>	SPRING	8 <sup>th</sup> Semester: _____	<b><u>16</u></b>
	Nutrition Elective	3-4		NUTR 410 Health Care Issues	1
	NUTR 499 Coordination (Fall or Spring)	3		NUTR 499 Coordination (Fall or Spring)	3
	CORE/Elective/Minor	3		CORE/Elective/Minor	3
	CORE/Elective/Minor	3		CORE/Elective/Minor	3
CORE/Elective/Minor	3	CORE/Elective/Minor	3		

**NOTE:** This is an unofficial worksheet and is subject to change. The responsibility to register for the necessary courses in the proper sequence to meet the academic program requirements rests with the student. Please consult your advisor every semester, and the USJ catalog, for the most up-to-date degree program requirements.