Pennsylvania State University  
DEPARTMENT OF NUTRITIONAL SCIENCES  

NUTRITION: BASIC SCIENCES OPTION  
All degrees require a minimum of 120 total credit hours. Degree requirements include University General Education Requirements and Departmental specific course requirements for each degree option. For course descriptions and prerequisites, see the University’s Schedule of Courses.

### UNIVERSITY GENERAL EDUCATION REQUIREMENTS

**SKILLS - 15 Credits**  
GWS (Writing/Speaking – 9 credits)  
___ (ENGL 15 or equivalent fulfills this)  
___ (ENGL 202C or equivalent fulfills this)  
___ (CAS 100 or equivalent fulfills this)  

GQ (Quantification – 6 credits)  
___ (MATH 140 fulfills this)  
___ (STAT 200 fulfills this)

**KNOWLEDGE DOMAINS – 30 Credits**  
GHA (Health and Physical Activity – 3 credits)  
___ (NUTR 251 fulfills this)  

GN (Natural Sciences – 9 credits)  
___ (BIOL 141 fulfills this)  
___ (CHEM 110/111 fulfill this)  
___ (MICRB 201 fulfills this)  

GA (Arts – 6 credits)  
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___  

GH (Humanities – 6 credits)  
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___  

GS (Social and Behavioral Sciences – 6 credits)  
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**OTHER GENERAL EDUCATION REQUIREMENTS**  
All three areas must be filled. These requirements are usually met from the Knowledge Domain course selections or Degree requirement course selection. Check the General Education in the Curriculum book for further information.  
First-Year Seminar (S,T,X, or PSU designation)  
Writing Across the Curriculum (W, M, X, Y)  
(NUTR 490W would fulfill this.)  
US cultures (US) (3 credits)  
International cultures (IL) (3 credits)

### DEPARTMENT – MAJOR/OPTIONS REQUIREMENTS

**MAJOR REQUIREMENTS = 20 Credit Hours**  
___ (3) NUTR 251 Introductory Principles of Nutrition  
___ (2)*NUTR 358 Assessment of Nutritional Status  
___ (3)*NUTR 445 Nutrient Metabolism I  
___ (3)*NUTR 446 Nutrient Metabolism II  
___ (3)*NUTR 451 Nutrition throughout the Life Cycle  
___ (3)*NUTR 452 Nutritional Aspects of Disease  
___ (3)*NUTR 490W Nutrition Seminar

**RELATED PRESCRIBED COURSES = 51 Credit Hours**  
___ (4) BIOL 110 Basic Concepts & Biodiversity  
___ (4) BIOL 141/142 Physiology/Lab  
___ (4) BIOL 230W Biology: Molecules And Cells  
___ (4)*CHEM 110/111 Chem. Prin/Lab  
___ (4)*CHEM 112/113 Chem. Prin/Lab  
___ (3)*CHEM 202 or 210 Organic Chemistry  
___ (3)*CHEM 203 or 212 Organic Chemistry  
___ (4)*PHYS 250 Introductory Physics I  
___ (4)*PHYS 251 Introductory Physics II  
___ (4)*B M B 211/212 Elementary Biochemistry/Lab  
___ (5) MICRB 201/202 Introductory Microbiology/Lab  
___ (4-3)*STAT 200 or 250 Elementary Stat or Biostatistics  
___ (4) MATH 140 Calculus With Analytic Geometry I

**SUPPORTING COURSES  16 credits (at least 9 credits must be 400 level and up to 6 of those can be 496)**  
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___  
___  
___  
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___  

**ELECTIVES: 6-7 credits**  
___  
___

**OPTIONAL: Additional courses required for Didactic Program in Dietetics and eligibility to apply for a Dietetic Internship**  
These courses can count as supporting courses or electives.  
___(3)*NUTR 320 Science & Methods of Food Preparation  
___(3)*NUTR 360 Disseminating Nutr Information  
___(1)*NUTR 370 Prof Issues in Nutr & Health Careers  
___(1)*NUTR 371 Dietetic Internship Application Dev  
___(3)*NUTR 386 Managing Quality in Food and Nutr Services  
___(1)*NUTR 400 Introduction to Nutrition Counseling  
___(3)*NUTR 455 Diet and Disease  
___(2)*NUTR 456 Community Nutrition  
___(1)*NUTR 391 Intro to Professional Experience  
___(3)*NUTR 495 Adv Field Experience in Nutrition  
___(1)*HM 228 Hospitality Food Safety  
___(3)*HM 329 Intro Food Production & Service  
___(2)*HM 330 Food Production & Service Mgmt  
___(3) PSYCH 100 Psychology or HDFS 129 (GS)

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**NOTES:**  
- A grade of C or better is required for most upper division Department courses. Check the Undergraduate Degree Program Bulletin for specific information.  
- An “*” indicates that the course has a prerequisite. Consult the University Schedule of Course for this and other information.