



ALL COURSES, SPECIFIED BY COURSE AND NUMBER,  
 MUST BE TAKEN FOR A GRADE

**ACE Requirements (35)**

COURSE	TITLE
<b>ACE 1. Written Skills</b>	

<b>ACE 2. Communications Skills</b>	

<b>ACE 3. Mathematical, Computational, Statistical or Formal Skills</b>	
*STAT 218 <b>or</b> EDPS 459	Introduction to Statistics <b>or</b> Statistical Methods

<b>ACE 4. Study of Scientific Methods and Knowledge of the Natural and Physical World</b>	
*CHEM 109	General Chemistry I

<b>ACE 5. Study of Humanities</b>	

<b>ACE 6. Study of Social Sciences</b>	
*PSYC 181	Introduction to Psychology

<b>ACE 7. Study of the Arts to Understand Their Contexts and Significance</b>	

<b>ACE 8. Ethical Principles, Civics and Stewardship and Their Importance to Society</b>	

<b>ACE 9. Global Awareness, Knowledge of Human Diversity through Analysis of an Issue</b>	
*NUTR 253 <b>or</b> COMM 211 <b>or</b> PSYC 330 <b>or</b> SOC 217	Cultural Aspects of Food & Nutr. <b>or</b> Intercultural Communication <b>or</b> Psychology of Diversity <b>or</b> Sociology of Race & Ethnicity

<b>ACE 10. Integration of Abilities and Capacities in a Creative or Scholarly Product</b>	
*NUTR 487	Community Health & Wellness Practicum

**Professional Requirements (43)**

COURSE	TITLE
<b>NUTR – Nutrition &amp; Health Sciences</b>	
<i>Only grades of C or above count towards graduation requirements for NUTR courses.</i>	
NUTR 100	Healthy Living
NUTR 145	Food Literacy
NUTR 150	Career Preparation in Nutrition and Health Sciences
NUTR 250	Human Nutrition & Metabolism
NUTR 252	Nutrient and Fitness Assessment
NUTR 256	Addressing Health Disparities through Health Literacy
NUTR 302	Health Information: Science, Media, and the Consumer
NUTR 344	Nutrition and Food for Optimal Health
NUTR 352	Social Marketing in Health Communication
NUTR 356	Nutrition Education in the Community
NUTR 400	Planning and Implementation of Health Promotion Programs
NUTR 404	Evaluation and Research Related to Health Promotion
NUTR 406	Management and Administration of Health Promotion Programs
NUTR 407	Principles of Epidemiology for Nutrition and Public Health
NUTR 408	Community Health Advocacy

**Supporting Courses (21-24)**

COURSE	TITLE
MATH 101 or higher	College Algebra or higher
SOCI 252 or SOCI 353	Health, Medicine, and Society or Sociology of Health Care and Health Professions
BIOS 213 & 213L	Human Physiology & Human Physiology laboratory
BIOS 111	The Biology of Microorganisms
CHEM 110	General Chemistry II
LIFE 120 & 120L	Fundamentals of Biology I & Fundamentals of Biology I laboratory

**Selectives**

Select any from the following (9)

COURSE	TITLE
COMM 271	Organizing Social Change
COMM 354	Health Communication
COMM 370	Family Communication
CYAF 446	Addictions and Families
PSYC 365	Addiction
PSYC 289	Developmental Psychology
PSYC 428	Health Psychology
PSYC 471	Human Sexuality and Society
SOCI 252	Health, Medicine, and Society
SOCI 325	Contemporary Family Issues
SOCI 353	Sociology of Health Care and Health Professions
SOCI 443	Sociology of Mental Health
GERO 200	Introduction to Gerontology

**Electives (9-12)**

COURSE	TITLE

**NOTES:**

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\*Signifies where a course will count toward both major and ACE requirements

**Community Health and Wellness (BS) – 2017-18 Program Requirements**

	COURSE NAME	HOURS
<b>FIRST Semester</b>	LIFE 120/120L Fund. of Biology I & Lab	4
	MATH 101 College Algebra or higher	2-5
	NUTR 100 Healthy Living	3
	NUTR 145 Food Literacy	1
	ACE 1	3
Total Hours		13-16

	COURSE NAME	HOURS
<b>SECOND Semester</b>	BIOS 111 The Biology of Microorganisms	4
	NUTR 150 Career Preparation in Nutrition and Health Sciences	2
	PSYC 181 Intro. to Psychology (ACE 6)	4
	ACE 2	3
	Elective	1-3
Total Hours		14-16

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	COURSE NAME	HOURS
<b>THIRD Semester</b>	CHEM 109 General Chemistry (ACE 4)	4
	NUTR 250 Human Nutrition and Metabolism	3
	SOCI 252 Health, Medicine, and Society or SOCI 353 Sociology of Health Care and Health Professions	3
	ACE 5	3
	Selective	3
Total Hours		16

	COURSE NAME	HOURS
<b>FOURTH Semester</b>	CHEM 110 General Chemistry II	4
	NUTR 252 Nutrient & Fitness Assessment	3
	NUTR 256 Addressing Health Disparities through Health Literacy	3
	ACE 7	3
	NUTR 253 Cultural Aspects of Food & Nutr. or COMM 211 or Intercultural Comm. or PSCY 330 Psychology of Diversity or SOCI 217 Sociology of Race & Ethnicity	3
Total Hours		16

	COURSE NAME	HOURS
<b>FIFTH Semester</b>	BIOS 213/213L Human Physiology & Lab	4
	NUTR 344 Nutrition and Food for Optimal Health	4
	NUTR 352 Social Marketing in Health Communication	3
	NUTR 400 Planning and Implementation of Health Promotion Programs	3
	STAT 218 Intro. to Statistics or EDPS 459 Statistics (ACE 3)	3
Total Hours		17

	COURSE NAME	HOURS
<b>SIXTH Semester</b>	NUTR 302 Health Information: Science, Media, and the Consumer	3
	NUTR 356 Nutrition Ed. in the Community	3
	NUTR 404 Evaluation & Research Related to Health Promotion	3
	ACE 8	3
	Electives	3-4
Total Hours		15-16

College of Education and Human Sciences  
Student Services Center  
105 Henzlik Hall  
Ben Bannon  
402-472-8630  
[bannon@unl.edu](mailto:bannon@unl.edu)

	COURSE NAME	HOURS
<b>SEVENTH Semester</b>	NUTR 406 Mgt. & Administration of Health Promotion Programs	3
	NUTR 407 Principles of Epidemiology for Nutrition & Public Health	3
	Selective	6
	Elective	3
Total Hours		15

	COURSE NAME	HOURS
<b>EIGHTH Semester</b>	NUTR 487 Community Health & Wellness Practicum	4
	Electives	10
Total Hours		14

DISCLAIMER: This document represents a sample 4-year plan for degree completion with a major of interest in the College of Education and Human Sciences. Actual course selection and sequence may vary and should be discussed individually with an Academic Adviser at the college level.

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