

## Requirements for a Bachelor of Science Degree in Education and Human Sciences UNL Option Sheet

Department: Nutrition and Health Sciences

Option: **Nutrition, Exercise and Health Science**

Total Hours Required for Degree: 120

Bulletin Year 2012-2013

**I. ACHIEVEMENT CENTERED EDUCATION (ACE)**

**ACE #1** Written Tests (Any) (3 hrs) \_\_\_\_\_

**ACE #2** Communication Skills (Any) (3 hrs) \_\_\_\_\_

**ACE #3** Mathematical, Computational, Statistical, or Formal Reasoning Skills  
STAT 218 or EDPS 330 or EDPS 459 (3 hrs) ✓

**ACE #4** Study of Scientific Methods & Knowledge of Natural & Physical World  
CHEM 109 General Chemistry I (4 hrs) ✓

**ACE #5** Study of Humanities (Any) (3 hrs) \_\_\_\_\_

**ACE #6** Study of Social Sciences  
PSYC 181 (4 hrs) ✓

**ACE #7** Study of the Arts (Any) (3 hrs) \_\_\_\_\_

**ACE #8** Ethical Principles, Civics, Stewardship & Their Importance to Society (Any) (3 hrs) \_\_\_\_\_

**ACE #9** Global Awareness, Knowledge of Human Diversity through Analysis of an Issue  
NUTR 253 (3 hrs) ✓

**ACE #10** Integration of Abilities, Capacity in a Creative or Scholarly Product (3 hrs) \_\_\_\_\_

**II. Professional Requirements (82-85)****Nutrition & Health Sciences (44 hrs)** \_\_\_\_\_

*Only grades of C or above count towards graduation requirements for NUTR courses*

NUTR 100 Nutrition, Fitness & Health (3 hrs) \_\_\_\_\_

NUTR 150 Found. in Nutr. & Health Promotion (1 hr) \_\_\_\_\_

NUTR 244 Scientific Principles of Food Prep. (3 hrs) \_\_\_\_\_

NUTR 250 Human Nutrition & Metabolism (3 hrs) \_\_\_\_\_

NUTR 253 Cultural Aspects of Food & Nutrition (3 hrs) \_\_\_\_\_

NUTR 344 Food & Nutrition for Health Living (3 hrs) \_\_\_\_\_

NUTR 384 Biomechanics of Human Movement (3 hrs) \_\_\_\_\_

NUTR 401 Health Behavior (3 hrs) \_\_\_\_\_

NUTR 402 Facts & Fiction in Fitness & Food (3 hrs) \_\_\_\_\_

NUTR 453 Nutr. & Fitness Comm. Strategies (3 hrs) \_\_\_\_\_

NUTR 455 Advanced Nutrition (3 hrs) \_\_\_\_\_

NUTR 484 Physiology of Exercise (3 hrs) \_\_\_\_\_

NUTR 486 Exercise Testing (4 hrs) \_\_\_\_\_

NUTR 488 Practicum in Exercise & Health (3 hrs) \_\_\_\_\_

Fitness (3 hrs)

FITN 180 Intro. to Personal & Group Exercise (1 hr) \_\_\_\_\_

FITN 222 Intro. to Personal Training (2 hrs) \_\_\_\_\_

**III. Supporting Courses (9-12)**

EDPS 330 Measurement & Evaluation in Nutrition, Fitness & Health Promotion or (3 hrs) \_\_\_\_\_

EDPS 459 Stat. Methods or  
STAT 218 Intro. to Statistics

MATH 102 or higher (2-5 hrs) \_\_\_\_\_

PSYC 181 Intro. to Psychology (4 hrs) \_\_\_\_\_

**IV. Supporting Sciences (29)**

BIOC 321 & BIOC 321L Elements of Biochemistry & Lab (4 hrs) \_\_\_\_\_

BIOS 101 & BIOS 101L or BIOS 102 or (4 hrs) \_\_\_\_\_  
BIOS 103 & BIOS 103L

General Biology & Lab or

Cell Structure & Function or

Organismic Biology & Lab

BIOS 213 and BIOS 213L (4 hrs) \_\_\_\_\_

Human Physiology & Lab

BIOS 214 Human Anatomy (5 hrs) \_\_\_\_\_

*(grade of C or higher is required in BIOS 214)*

CHEM 109 General Chemistry I (4 hrs) \_\_\_\_\_

CHEM 110 General Chemistry II (4 hrs) \_\_\_\_\_

CHEM 251 & CHEM 253 (4 hrs) \_\_\_\_\_

Organic Chemistry & Lab

**VI. Electives (17-20)**

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