



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

ACE Requirements (32)

COURSE	TITLE
ACE 1. Written Skills	

ACE 2. Communications Skills	

ACE 3. Mathematical, Computational, Statistical or Formal Skills	
*STAT 218 or *EDPS 330 or *EDPS 459	Introduction to Statistics or Measurement and Evaluation in Nutr., Fitness and Health Promotion or Statistical Methods

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

ACE 5. Study of Humanities	

ACE 6. Study of Social Sciences	
*PSYC 181	Introduction to Psychology

ACE 7. Study of the Arts to Understand Their Contexts and Significance	

ACE 8. Ethical Principles, Civics and Stewardship and Their Importance to Society	

ACE 9. Global Awareness, Knowledge of Human Diversity through Analysis of an Issue	
*NUTR 253	Cultural Aspects of Food and Nutrition

ACE 10. Integration of Abilities and Capacities in a Creative or Scholarly Product	
*NUTR 488	Practicum in Exercise and Health Behavior Planning

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

Professional Requirements (40)

COURSE	TITLE
NUTR – Nutrition & Health Sciences	
<i>Only grades of C or above count towards graduation requirements for NUTR courses.</i>	
NUTR 100	Healthy Living
NUTR 150	Career Prep. for Nutrition & Health Sciences
NUTR 244	Scientific Principles of Food Preparation
NUTR 250	Human Nutrition & Metabolism
NUTR 302	Health Information: Science, Media, and the Consumer
NUTR 344	Nutrition & Food for Optimal Health
NUTR 384	Biomechanics of Human Movement
NUTR 400	Planning and Implementation of Health Promotion Programs
NUTR 453	Nutr. & Fitness Comm. Strategies
NUTR 455	Advanced Nutrition
NUTR 484	Physiology of Exercise
NUTR 486	Exercise Testing
FITN 180	Intro. to Personal & Group Exercise
FITN 222	Intro. to Personal Training

Supporting Courses (31-34)

COURSE	TITLE
MATH 102 or MATH 103 or MATH 106	Trigonometry or College Algebra and Trigonometry or Analytic Geometry and Calculus I
BIOC 321 & 321L	Elements of Biochemistry & Elements of Biochemistry laboratory
BIOS 213 & 213L	Human Physiology & Human Physiology laboratory
BIOS 214	Human Anatomy <i>(A grade of C or above is required)</i>
CHEM 110	General Chemistry II
CHEM 251 & CHEM 253	Organic Chemistry I Organic Chemistry I laboratory
LIFE 120 & 120L	Fundamentals of Biology I & Fundamentals of Biology I laboratory
LIFE 121 & 121L	Fundamentals of Biology II & Fundamentals of Biology II laboratory

Electives (14-17)

COURSE	TITLE

NOTES:

Nutrition, Exercise & Health Sciences (BS) – 2017-18 Program Requirements

	COURSE NAME	HOURS
FIRST Semester	LIFE 120/120L Fund. of Biology I & Lab	4
	MATH 102 Trigonometry or Math 103 College Algebra and Trigonometry or MATH 106 Analytic Geometry and Calculus I	2-5
	NUTR 100 Healthy Living	3
	NUTR 150 Career Prep. in Nutrition & Health Sciences	2
	FITN 180 Intro. to Personal & Group Exercise	1
	Total Hours	12-15

	COURSE NAME	HOURS
THIRD Semester	BIOS 213/213L Human Physiology & Lab	4
	CHEM 109 General Chemistry I (ACE 4)	4
	NUTR 244 Scientific Principles of Food Prep. ACE 5	3
		3
Total Hours	14	

	COURSE NAME	HOURS
FIFTH Semester	CHEM 251 & CHEM 253 Organic Chemistry I & Lab	4
	NUTR 344 Nutrition & Food for Optimal Health	4
	NUTR 384 Biomechanics of Human Movement	3
	STAT 218 Intro. to Statistics or EDPS 459 Statistics (ACE 3)	3
	Electives	3
	Total Hours	17

	COURSE NAME	HOURS
SEVENTH Semester	NUTR 453 Nutr. & Fitness Comm. Strategies	3
	NUTR 455 Advanced Nutrition	3
	NUTR 486 Exercise Testing	4
	Electives	6
Total Hours	16	

	COURSE NAME	HOURS
SECOND Semester	LIFE 121/121L Fund. of Biology II & Lab	4
	PSYC 181 (ACE 6)	4
	NUTR 250 Human Nutrition & Metabolism	3
	ACE 1	3
	ACE 2	3
Total Hours	17	

	COURSE NAME	HOURS
FOURTH Semester	BIOS 214 Human Anatomy (A grade of C or above is required)	5
	CHEM 110 General Chemistry II	4
	NUTR 253 Cultural Aspects of Food & Nutr. (ACE 9)	3
	ACE 7	3
Total Hours	15	

	COURSE NAME	HOURS
SIXTH Semester	BIOC 321/321L Elements of Biochem. & Lab	4
	FITN 222 Intro to Personal Training	2
	NUTR 302 Health Information: Science, Media, and the Consumer	3
	NUTR 400 Planning and Implementing Health Promotion Programs	3
	NUTR 484 Physiology of Exercise	3
	Total Hours	15

	COURSE NAME	HOURS
EIGHTH Semester	NUTR 488 Practicum in Exercise and Health Behavior Planning (ACE 10)	3
	ACE 8	3
	Electives	5-8
Total Hours	11-14	

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

NOTES:

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

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.

The University of Nebraska-Lincoln is an equal opportunity educator and employer. ©2013, The Board of Regents of the University of Nebraska.
JO6461.130201