



This four year guide is a recommended semester-by semester plan of study for this major. All four year guides are meant as examples of how a degree can be completed in four years. Individual plans will be developed for each student in consultation with the academic advisor. Prior credit, course availability, and student needs must be considered in developing the individual plan.

Shaded areas of guide require special attention.

Course Subject and Title	Credit Hours	Min. Grade	Major GPA	Important Notes
--------------------------	--------------	------------	-----------	-----------------

Semester One: [14 Credit Hours]

RC 1000	3			
UCO 1200	3			
CHE 1101/1110	4	C	Yes	Begins Gen Ed Science Inquiry Perspective
BIO 1801	4	C	Yes	

Semester Two: [14 Credit Hours]

Gen Ed Quantitative Literacy	4			
CHE 1102/1120	4	C	Yes	Completes Gen Ed Science Inquiry Perspective
NUT 2202	3	C	Yes	Completes 2 s.h. Gen Ed Wellness Literacy
NUT 1202	3	C	Yes	

Semester Three : [15 Credit Hours]

CHE 2101/2102	4	C	Yes	
RC 2001	3			
NUT 3150	2	C	Yes	
Gen Ed Experience	3			Integrative Learning
PSY 1200	3	C	Yes	General Education Liberal Studies Experience

Semester Four: [15 Credit Hours]

ACC 1050	3	C	Yes	
NUT 2203	3	C	Yes	
Gen Ed Experience	3			Liberal Studies
STT 2810	3	C	Yes	
Gen Ed Experience	3			Integrative Learning

Semester Five: [16 Credit Hours]

E S 2030	4	C	Yes	
NUT 3202 or BIO 2200	3	C	Yes	NUT 3202 Offered in Fall Only; May be delayed
NUT 3205	3	C	Yes	
Elective	3			
Gen Ed Experience	3			Integrative Learning

Semester Six: [16 Credit Hours]

NUT 4552	1	C	Yes	
NUT 4560	3	C	Yes	
NUT 3100	3	C	Yes	
NUT 4200	3	C	Yes	Writing in the Discipline
Gen Ed Experience	3			Liberal Studies



This four year guide is a recommended semester-by semester plan of study for this major. All four year guides are meant as examples of how a degree can be completed in four years. Individual plans will be developed for each student in consultation with the academic advisor. Prior credit, course availability, and student needs must be considered in developing the individual plan.

Shaded areas of guide require special attention.

Course Subject and Title	Credit Hours	Min. Grade	Major GPA	Important Notes
--------------------------	--------------	------------	-----------	-----------------

Free Elective	3			
Semester Seven: [15 Credit Hours]				
NUT 4240	3	C	Yes	
NUT 4206	3	C	Yes	
NUT 4509	3	C	Yes	May be delayed until Spring, senior year
NUT 4600	1	C	Yes	
NUT 4000	3	C	Yes	
Free Elective or NUT 3202	2			
Semester Eight: [13 Credit Hours]				
NUT 4250	3	C	Yes	
NUT 4504	3	C	Yes	
BIO 2200 or Free Elective	4	C	Yes	May be taken sooner
Gen Ed Experience	3			Liberal Studies
Summer				
NUT 4900	6	S	Yes	CAPSTONE

General Requirements Summary				
Minimum Total Hours	Gen Ed. Hours	Writing	Minimum	
			Major GPA	Overall GPA
124	44	RC 1000 and RC 2001	2.00	2.00

General Education Program Model - 44 Semester Hours Total		
Program Categories	Hours	Important Notes – <i>Be sure to check for Gen Ed courses required in your major</i>
First Year Seminar	3	Can be taken first or second semester of freshman year
Wellness Literacy	2	
Quantitative Literacy	4	
First Year Writing	3	Can be taken first or second semester of freshman year
Sophomore Writing	3	
Integrative Learning Experience	9	Must choose a minimum of two disciplines



This four year guide is a recommended semester-by semester plan of study for this major. All four year guides are meant as examples of how a degree can be completed in four years. Individual plans will be developed for each student in consultation with the academic advisor. Prior credit, course availability, and student needs must be considered in developing the individual plan.

Shaded areas of guide require special attention.

Course Subject and Title	Credit Hours	Min. Grade	Major GPA	Important Notes
--------------------------	--------------	------------	-----------	-----------------

Liberal Studies Experience	12	Must choose a minimum of three disciplines		
Science Inquiry	8			

You must also meet the Fine Arts, Literary Studies, Historical Studies, and the Social Science Designations. Those may be met within the Integrative Learning Experience and the Liberal Studies Experience.

Additional Notes:

- 18 s.h. in major and 9 s.h. in minor must be at ASU.
- 50 s.h. must be earned from a Senior Institution and 25% of the degree hours must be in residency at ASU, with the final 30 s.h. in residence.
- Students can register for up to 8 hours of NUT 4900 if they need additional hours to meet the graduation requirement of 124hrs.
- As stated in the catalog, the final responsibility for meeting graduation requirements remains with the student.



Department of Nutrition and Health Care Management

Dept. Chair: Dr. Meg Barth barthmm@appstate.edu

828.262.8619

nhm.appstate.edu