

Sample Four-year Plan for Nutrition Sciences

Note: The four-year plan is for example purposes only. Students should refer to the catalog in effect upon their entry to Viterbo for more specifics on requirements of the core curriculum, major, and degree. Some courses have certain semester rotations that may or may not be reflected below. Your advisor will assist you with actual registration planning to accommodate these rotations. For complete information, see the current undergraduate catalog.

Fall Semester – First Year		Spring Semester – First Year	
ENGL 103/104/105 – CCF Written Communication	3–4	ENGL 104/105/195 – CCF Written Communication	3–4
VUSM FVT – Franciscan Values and Traditions	3	CCWOT (Recommend Historical Analysis)	3
CCWOT (Recommend Theological Inquiry)	3	BIOL 114 – Anatomy and Physiology II	4
BIOL 104 – Anatomy and Physiology I	4	BIOL 114L – Anatomy and Physiology II Lab	0
BIOL 104L – Anatomy and Physiology I Lab	0	CHEM 106 – Chemistry for Health Sciences (CCWOT Natural Science)	4
NUTR 140 – Introduction to the Profession	1	PSYC 171 – General Psychology (CCWOT Social Sciences)	3
NUTR 173 – Basic Foods	2		
TOTAL CREDITS	16–17	TOTAL CREDITS	17–18
Fall Semester – Second Year		Spring Semester – Second Year	
VUSM LDW – Living in a Diverse World	3	CCWOT (Recommend Artistic Engagement)	3
BIOL 296 – Microbiology for Health Professions	4	CCWOT (Recommend Philosophical Inquiry)	3
BIOL 296L – Microbiology for Health Professions Lab	0	CHEM 305 – Survey of Biochemistry	3
CHEM 140 – Organic Chemistry for Health Sciences	4	MATH 130 – Introductory Statistics (CCF Quantitative Literacy)	3
NUTR 273 – Food Science	2	NUTR 341 – Advanced Human Nutrition	3
NUTR 340 – Human Nutrition	4	PSYC 270 – Interviewing and the Helping Relationship (CCF Oral Communication)	3
TOTAL CREDITS	17	TOTAL CREDITS	18
Fall Semester – Third Year		Spring Semester – Third Year	
VUSM SJE – Social Justice and Equity	3	CCWOT (Recommend Literary Analysis)	3
CCWOT (Recommend Integrating Faith and Practice)	3	NUTR 352 – Foodservice Management	2
NUTR 351 – Principles of Quantity Food Production	4	NUTR 372 – Nutrition in Health Promotion	3
NUTR 370 – Lifespan Nutrition I	3	NUTR 374 – Lifespan Nutrition II	3
MGMT 341 – Principles of Management and Organizational Behavior	3	NUTR 481 – Nutrition Field Practicum (120 or 128 hours)	2
		PSYC 424 – Motivational Interviewing	3
TOTAL CREDITS	16	TOTAL CREDITS	16
Fall Semester – Fourth Year		Spring Semester – Fourth Year	
VUSM TEL – The Ethical Life	3	NUTR 440 – Nutrition Education	3
NUTR 368 – Health Assessment	3	NUTR 478 – Medical Nutrition Therapy II	3
NUTR 472 – Community Nutrition Research	3	NUTR 530 – Evidence Analysis Project or NUTR 568 – Health Assessment II	3
NUTR 470 – Medical Nutrition Therapy I	3	NUTR 600 – Advanced Micronutrients or NUTR 601 – Advanced Macronutrients	3
NUTR 545 – Advanced Nutrition Counseling (optional)*	3		
TOTAL CREDITS	12–15	TOTAL CREDITS	12