

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 231 – Sports Nutrition (CCF Oral Communication)	3
NUTR 340 – Human Nutrition (CCF Written Communications II)	4	NUTR 341 – Advanced Human Nutrition	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 – Sustainable Food Systems	2
NUTR 351 – Principles of Quantity Food Production	4	NUTR 372 – Nutrition in Health Promotion	3
NUTR 370 – Developmental Nutrition	3	NUTR 374 – Lifespan Nutrition II	3
MGMT 341 – Principles of Management and Organizational Behavior or BUSL 306 – Managing and Leading	3	NUTR 481 – Nutrition Field Practicum (120 hours)	2
		PSYC 422 – Theories of Counseling	3
TOTAL CREDITS	16	TOTAL CREDITS	16
Fall Semester – Fourth Year		Spring Semester – Fourth Year	
VUSM TEL – The Ethical Life	3	NUTR 430 – Evidence Analysis Project	3
NUTR 368 – Health Assessment	3	NUTR 440 – Nutrition Education	3
NUTR 470 – Medical Nutrition Therapy I	3	NUTR 468 – Advanced Health Assessment II	3
NUTR 472 – Community Nutrition Research	3	NUTR 478 – Medical Nutrition Therapy II	3
NUTR 545 – Advanced Nutrition Counseling	3	NUTR 600 – Advanced Micronutrients or NUTR 601 – Advanced Macronutrients	3
TOTAL CREDITS	15	TOTAL CREDITS	15

Sample Plan for Master of Science in Community Medical Dietetics

Note: The one-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 and electives available to develop their master's emphasis. To become a registered dietitian nutritionist, the student must earn a master's degree and perform 1,000 hours of supervised practice from an accredited program. With a Master of Science in Community Medical Dietetics degree from Viterbo University, graduates will complete both requirements simultaneously and are eligible to take the Commission on Dietetics examination to become registered dietitian nutritionists.

Semester 1 (Summer)	
Electives*	9-12
TOTAL CREDITS	9-12

Semester 2 (Fall)		Semester 3 (Spring)	
NUTR 670 – Community Capstone (500 clinical hours)	5	NUTR 671 – MNT Capstone (500 clinical hours)	5
NUTR 640 – Research I	3	NUTR 641 – Research II	3
TOTAL CREDITS	8	TOTAL CREDITS	8

*Elective (Students can select from a wide variety of elective options including mental health counseling, business, leadership, and nutrition.)

Potential Nutrition Electives

- EDUC 507 – Leadership and Institutional Change
- HMG1 584 – Managerial Coaching in Health Care
- HMG1 650 – Legal and Ethical Issues in Health Care
- NUTR 520 – Systems Approach to Obesity
- NUTR 540 – Nutrition, Disease, and the Inflammatory state
- NUTR-543 – Sports Nutrition and the Mediterranean Diet
- NUTR 550 – Nutrigenomics
- NUTR 560 – Advanced Sports Nutrition
- NUTR 580 – Nutrition and Cancer
- NUTR 590 – Nutrition Entrepreneurs
- NUTR 630 – Medical Nutrition Therapy III
- NUTR 650 – Topics in Nutrition
- SVLD 504 – Ethical Decision Making for the Common Good
- SVLD 555 – Servant Leadership and Global Change

More elective options available at www.viterbo.edu/nutrition_electives



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