

## Sample Plan for Nutrition Sciences (Odd Year Start)

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	BIOL 114 & BIOL 114L – Anatomy and Physiology II <sup>1</sup>	4
CCWOT (Recommend Theological Inquiry)	3	CHEM 106 & CHEM 106L – Chemistry for Health Sciences <sup>1</sup> (CCWOT Natural Science)	4
BIOL 104 & BIOL 104L – Anatomy and Physiology I <sup>1</sup>	4	NUTR 231 – Sports Nutrition <sup>2*</sup> (CCF Oral Communication)	3
NUTR 140 – Introduction to the Nutrition Profession <sup>2</sup>	1	PSYC 171 – General Psychology (CCWOT Social Sciences)	3
NUTR 173 – Culinary Foundations <sup>2</sup>	2		
TOTAL CREDITS	16-17	TOTAL CREDITS	17-18
Fall Semester – Second Year		Spring Semester – Second Year	
BIOL 296 & BIOL 296L – Microbiology for Health Professions <sup>1</sup>	4	VUSM LDW – Living in a Diverse World	3
CHEM 140 – Organic Chemistry for Health Sciences <sup>1</sup>	4	CHEM 305 – Survey of Biochemistry <sup>3</sup>	3
NUTR 351 – Quantity Food Production and Safety <sup>2</sup>	4	MATH 130 – Introductory Statistics (CCF Quantitative Literacy)	3
NUTR 340 – Nutrition and Wellness <sup>2</sup> (CCF Written Communication II)	4	NUTR 352 – Sustainable Food Systems <sup>2</sup>	2
		NUTR 341 – Nutrition and Metabolism <sup>2</sup>	3
		PSYC 270 – Interpersonal Communication Skills	3
TOTAL CREDITS	16	TOTAL CREDITS	17
Fall Semester – Third Year		Spring Semester – Third Year	
CCWOT (Recommend Artistic Engagement)	3	VUSM SJE – Social Justice and Equity	3
CCWOT (Recommend Integrating Faith and Practice)	3	CCWOT (Recommend Philosophical Inquiry)	3
MGMT 341 – Principles of Management and Organizational Behavior or BUSL 306 - Managing and Leading	3	NUTR 372 – Nutrition in Chronic Disease Prevention <sup>2</sup>	3
NUTR 273 – Food Science <sup>2</sup>	2	NUTR 374 – Nutrition Through the Adult Life Cycle <sup>2</sup>	3
NUTR 370 – Lifecycle Nutrition: Preconception to Adolescence <sup>2</sup>	3	NUTR 440 – Nutrition Education and Communication <sup>2</sup>	3
NUTR 472 – Public Health Nutrition <sup>2</sup>	3	NUTR 481 – Professional Practice in Food Service Management <sup>2</sup>	2
TOTAL CREDITS	17	TOTAL CREDITS	17
Fall Semester – Fourth Year		Spring Semester – Fourth Year	
VUSM TEL – The Ethical Life	3	CCWOT (Recommend Historical Analysis)	3
CCWOT (Recommend Literary Analysis)	3	NUTR 430 – Evidence Based Nutrition Practice <sup>2</sup>	3
NUTR 368 – Health Assessment Techniques <sup>2</sup>	3	NUTR 468 – Advanced Health Assessment Analysis <sup>2</sup>	3
NUTR 470 – Medical Nutrition Therapy <sup>2</sup>	3	NUTR 478 – Medical Nutrition Therapy II <sup>2</sup>	3
NUTR 545 – Advanced Nutrition Counseling	3	NUTR 600 - Advanced Micronutrients	3
TOTAL CREDITS	15	TOTAL CREDITS	15

<sup>1</sup>A grade of C or higher is required for all science courses.

<sup>2</sup>A grade of B or higher is required for all NUTR courses.

\*Or NUTR 443 – Nutrition and Athletic Performance in Sevilla, Spain: The Mediterranean Approach (in a later semester)

## 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 1,200 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.

Summer Session			
Electives*			9-12
TOTAL CREDITS			12
Fall Semester – Fifth Year		Spring Semester – Fifth Year	
NUTR 640 – Research Project I	3	NUTR 641 – Research II	3
NUTR 670 – Professional Practice in Nutrition I (500 hours)	5	NUTR 671 – Professional Practice in Nutrition II (500 hours)	5
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
- HMGT 584 – Managerial Coaching in Health Care
- HMGT 650 – Legal and Ethical Issues in Health Care
- NUTR 520 – Systems Approach to Weight Management
- NUTR 540 – Nutrition and Inflammation
- 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 – Emerging Trends 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](http://www.viterbo.edu/nutrition_electives)