College of Health, Science, and Technology

Nutrition: Sports Nutrition

Bloomsburg LOCK HAVEN MANSFIELD
COMMONWEALTH UNIVERSITY

Bachelor of Science (BS)

This degree map is based on the current Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward degree completion. The time it takes to earn a degree will vary based on several factors including summer/winter enrollment, dual enrollment and number of courses successfully completed each semester. We recommend taking a minimum of 15 credits each fall and spring semester.

Sample 4-Year Plan

First Year

Fall Courses	Credits	Spring Courses	Credits
BIOL 180/HLSC 115 Human Anatomy & Physiology 1	4	BIOL 181/HLSC 120 Human Anatomy & Physiology 2	4
NUTR 200 Introduction to Nutrition	3	NUTR 205 Principles of Food Science	3
FYS 100 - First Year Study (Foundations FYS)	3	WRIT 1XX - Writing General Education (Foundations)	3
Oral Communication (Foundations)	3	STAT 141 Introduction to Statistics (Foundations/Quant.)	3
General Education	3	Elective	3
Semester Total	16	Semester Total	16

Second Year

Fall Courses	Credits	Spring Courses	Credits
CHEM 116 Physiological Chemistry I: General Chemistry or CHEM121 General Chemistry 1	4	CHEM 117 - Physiological Chemistry II: Organic and Biological Chemistry	4
NUTR 315 - Life Cycle Nutrition	3	NUTR 320 - Community Nutrition	3
ACCT221 Principles of Accounting I or ACCT 110 Accounting for Supervisors	3	NUTR 300 - Cultural Nutrition (Interconnections – Global Perspectives)	3
General Education	3	NUTR 360 Kinesiology or EXER255 Functional Anatomy	3
General Education	3	General Education	3
Semester Total	16	Semester Total	16

Third Year

Fall Courses	Credits	Spring Courses	Credits
CHEM 251 Nutritional Biochemistry	4	NUTR 325 Nutrition Counseling and Education	3
NUTR 310 Nutritional Assessment and Medical Terminology	3	NUTR 415 Advanced Nutrition	3
NUTR 330 Sports Nutrition	3	Elective	3
EXER 378 Exercise Physiology	3	General Education	3
Elective	3	General Education	3
Semester Total	16	Semester Total	15

Fourth Year

Fall Courses	Credits	Spring Courses	Credits
NUTR Elective	3	NUTR 420 Nutrition Research Seminar or EXER 380 Research in Health & Exercise Science	3
General Education	3	General Education	3
General Education	3	Elective	3
Elective	4	Elective	3
Semester Total	13	Semester Total	12

Winter/Summer College - Optional

While not required, Winter and Summer sessions are offered each year and may help you stay on track or get ahead. You may take up to seven (7) credits during Winter College and up to 14 credits during Summer College.

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Curriculum Checklist

Required Courses (44 credits)

___ BIOL 181/HLSC 120 Human Anatomy and Physiology 2 (4)
___ CHEM 251 Nutritional Biochemistry (4)*
___ NUTR 200 Introduction to Nutrition (3)
___ NUTR 205 Principles of Food Science (3)
___ NUTR 310 Nutritional Assessment and Medical Terminology (3)*
___ NUTR 315 Life Cycle Nutrition (3)*
___ NUTR 320 Community Nutrition (3)*
___ NUTR 325 Nutrition Counseling and Education (3)*
___ NUTR 330 Sports Nutrition (3)*
___ NUTR 360 Kinesiology or EXER 255 Functional Anatomy (3)*
___ NUTR 415 Advanced Nutrition (3)*
___ NUTR 420 Nutrition Research Seminar or EXER 380 Research in Health & Exercise Science (3)*
___ ACCT221 Principles of Accounting I or ACCT 110 Accounting for Supervisors (3)
___ EXER 378 Exercise Physiology (3)*

Electives (3 credits)

___ NUTR 220 Nutrition and Exercise (3)
___ NUTR 335 Nutrition Organization and Management (3)*
___ NUTR 350 Nutrition in Health Care (3)*
___ NUTR 400 Medical Nutrition Therapy 1 (3)*
___ NUTR 405 Medical Nutrition Therapy 2 (3)*
___ NUTR 410 Quantity Food Production (3)*

^ Enrollment in course is contingent on an ALEKS math placement score >61 or successful completion of MATH118 College Algebra with a grade of C or better.

Note: Progression through the sequence of all chemistry courses requires achievement of a minimum grade of C in pre-requisite.

General Education Requirements (45 credits)

Note: Some requirements may be fulfilled by coursework in your major program including directed Gen Ed courses noted below

- Foundations (15 credits)
  - FYS 100 - First Year Study
  - Oral Communication
  - WRIT 103 Foundations in Composition
  - History
  - STAT 141 Introduction to Statistics (Quantitative)
- Interconnections (9 credits)
  - NUTR 300 Cultural Nutrition (Global)*
- Citizenship & Responsibility (6 credits)
- Natural World & Technologies (9 credits)
  - BIOL 180/HLSC 115 Human Anatomy and Physiology 1
  - CHEM 116 Physiological Chemistry 1: General Chemistry or ^CHEM121 General Chemistry 1
  - CHEM 117 Physiological Chemistry 2: Organic and Biological Chemistry
- Creativity & Expression (6 credits)

Degree Requirements

All students must obtain a minimum of 120 credits (A minimum of 42 credits must be advanced course work), complete all General Education requirements, and all requirements for the selected major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

A minimum GPA of 2.7 in the major and overall are required.

*Denotes advanced coursework
Students must take a minimum of 42 credits of advanced coursework. Advanced coursework can be met in major courses, minor courses, free elective courses, and general education courses. Courses that meet this requirement are designated in Banner.

Campus Locations

Bloomsburg	☒ Online; ☐ In-person; ☒ Blended
Lock Haven	☒ Online; ☐ In-person; ☒ Blended
Mansfield	☒ Online; ☒ In-person; ☒ Blended
Clearfield	☒ Online; ☐ In-person; ☒ Blended

Revised February 2025