



WESTERN CATS

Nutritional Science– Dietetics

To schedule an appointment with an advisor (928) 782-1914

(This plan including footnotes meets AWC Exercise, Wellness and Nutrition AA degree)

Recommended Four-Year Course Plan

2022-2023

Year One

Fall - Semester One

Course	Title	Units	Complete
ENG 101	Freshman Composition I	3	
MAT 151~	College Algebra	4	
EXW 212	Exercise Science	3	
NTR 201~	Nutrition (B or better)	3	
EXW 100	Health & Wellness	3	
Total		16	

Spring - Semester Two

Course	Title	Units	Complete
ENG 102	Freshman Composition II	3	
MAT 270~	Applied Statistics	4	
BIO 181*	General Biology I	4	
PEM/EXW	Emphasis Dept. Req.	3	
Total		14	

Summer After

Course	Title	Units	Complete
PHI 105	Intro to Ethics	3	
PSY 101	Intro to Psychology	3	
Total		6	

Total Year 1 Credits 36

Year Two

Fall - Semester Three

Course	Title	Units	Complete
CHM 151~*	General Chemistry I	4	
BIO 201~	Anatomy & Physiology I	4	
EXW 101	Concepts of Kinesiology	2	
SPC 215	Public Speaking	3	
FAS 238	Human Development	3	
Total		16	

Spring - Semester Four

Course	Title	Units	Complete
CHM 152~*	General Chemistry II	4	
EXW 265	Exercise for Special Populations (satisfies UA science elective requirement)	3	
BIO 202~	Anatomy & Physiology II	4	
PEM/EXW	Emphasis Dept. Req.	3	
AGEC-A	Arts	3	
Total		17	

Total Year 2 Credits 33

** Second language proficiency is required for UA NSC major. Can be satisfied with CLEP or SPA/FRE/GER 102 etc.

*Course serves as UA major requirement, completion not required for AA degree

~ Prerequisite courses for entry into UA program – MUST have 3.0 GPA

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Year Three

Year Four

Fall - Semester Five			
Course	Title	Units	Complete
CHEM 241A	Organic Chemistry	3	
NSC 308	Nutrition & Metabolism	3	
NSC 225 (Y)	Foundational Skills (7w1)	2	
NSC 396A	Survey of Careers	1	
NSC 395A	Experiential Learning	2	
NSC 351R (Y)	Fundamentals of Food Science	3	
ASM 195	Colloquium	1	
Total		15	

Spring - Semester Six			
Course	Title	Units	Complete
NSC 260 (Y odd)	Nutrition Communication	3	
NSC 358R (Y)	Institutional Food Mgt	2	
NSC 358L	Institutional Food Mgt Lab	1	
NSC 325 (Y)	Medical Nutritional Therapy I	4	
NSC 325L (Y)	MNT Lab	1	
NSC 497F	Comm./School Gardening	3	
AGTM 391	Preceptorship	1	
Total		15	

Summer After			
Course	Title	Units	Complete
BIOC 384	Foundations in Biochemistry	3	
BIOC 385	Metabolic Biochemistry	3	
Total		6	

Fall - Semester Seven			
Course	Title	Units	Complete
NSC 301	Nutrition and the Life Cycle	3	
NSC 458 (Y)	Food Service Org. & Mgt.	3	
NSC 425 (Y)	MNT I	4	
NSC 495A	Dietetic Internship Prep Workshop	1	
NSC 351L (Y)	Food Science Lab	1	
NSC 395B	Culinary Medicine	3	
NSC 497B	MNT Workshop	1	
Total		16	

Spring - Semester Eight			
Course	Title	Units	Complete
MIC 205A&L	Microbiology	4	
NSC 435 (Y)	MNT II	4	
NSC 444 (Y)	Community Nutrition	3	
NSC 420	Counseling & Education	2	
NSC 408	Nutritional Biology	3	
NSC 492	Directed Research	1	
Total		17	

Total Year 3 Credits	36
Total Year 4 Credits	33

AA in Exercise Wellness (min)	60
BS Degree (min)	120

(Y) section meets in-person in Yuma

Experiential Learning Courses included in SOPA– talk to your advisor about earning a minor