



WESTERN CATS

Nutritional Science– Nutrition Option

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
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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
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** 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 I	3	
NSC 301	Nutrition & Life Cycle	3	
NSC 225 (Y)	Foundational Skills	2	
NSC 351R (Y)	Fundamentals of Food Science	3	
NSC	Elective Course	3	
ASM 195	Colloquium	1	
Total		15	

Spring - Semester Six			
Course	Title	Units	Complete
NSC 260 (Y odd)	Nutrition Communication	3	
NSC 308	Nutrition & Metabolism	3	
NSC 396A	Survey of Careers	1	
NSC	Elective Course	3	
NSC 497F	Community/ School Gardening	3	
NSC 491/AGTM 391	Preceptorship	3	
Total		16	

Fall - Semester Seven			
Course	Title	Units	Complete
MIC 205A&L	Microbiology	4	
BIOC 384	Foundations in Biochemistry	3	
NSC 408	Nutritional Biology	3	
NSC 395A	Experiential Learning	2	
NSC 395B	Culinary Medicine	3	
NSC 497B	MNT Workshop	1	
Total		16	

Spring - Semester Eight			
Course	Title	Units	Complete
BIOC 385	Metabolic Biochemistry	3	
NSC 410	Applied Nutrition and Disease	3	
NSC	Elective Course	3	
NSC	Elective Course	3	
NSC 492	Directed Research	3	
Total		15	

Total Year 3 Credits	31	
Total Year 4 Credits	31	

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

(Y) section meets in-person in Yuma

Elective options for major (will vary based on major theme; some transfer coursework also accepted)

Experiential Learning Courses included in SOPA