

# Nutrition and Health, BS

## Freshman Year

Fall Semester		
Course		Credits
FSHN 101	The Science of Food	3
RHET 105	Writing and Research	4
CHEM 101	Introductory Chemistry	3
FSHN 123	FSHN Orientation to Illinois	1
	Quantitative Reasoning <b>OR ▼</b>	3-4
	General Education course <b>OR ▼</b>	
	Language other than English	
<b>Total</b>		<b>14-15</b>

Spring Semester		
Course		Credits
CHEM 102	General Chemistry I	3
CHEM 103	General Chemistry I lab	1
CMN 101	Public Speaking	3
MATH 234	Calculus for Business <b>OR ▼</b>	4-5
MATH 220	Calculus	
FSHN 125	Intro to Human Nutrition	1
	Language other than English <b>OR ▼</b>	3-4
	General Education course	
<b>Total</b>		<b>15-17</b>

## Sophomore Year

Fall Semester		
Course		Credits
FSHN 220	Principles of Nutrition	4
CHEM 104	General Chemistry II	3
CHEM 105	General Chemistry II lab	1
	General Education course	3
	General Education course <b>OR ▼</b>	3-5
	Quantitative Reasoning	
<b>Total</b>		<b>14-16</b>

Spring Semester		
Course		Credits
FSHN 322	Nutrition and the Life Cycle	3
CHEM 232	Elementary Organic Chemistry	4
CHEM 233	Elementary Organic Chemistry Lab	2
	General Education course	3
	Open Elective	3
<b>Total</b>		<b>15</b>

## Junior Year

Fall Semester		
Course		Credits
FSHN 422	Personalized Nutrition	3
MCB 244	Human Anatomy and Physiology	3
MCB 100	Microbiology	3
MCB 101	Microbiology Lab	2
	General Education course	3
	Open Elective	3
<b>Total</b>		<b>17</b>

Spring Semester		
Course		Credits
FSHN 426	Biochemical Nutrition I	3
MCB 246	Human Anatomy and Physiology II	3
	General Education courses	3-6
	Open Advanced Hour Elective	3
	Open Elective	3
<b>Total</b>		<b>15-18</b>

## Senior Year

Fall Semester		
Course		Credits
FSHN 420	Nutritional Aspects of Disease	3
FSHN 417	Neuroscience of Eating and Drinking	3
MCB 450	Biochemistry	3
	General Education course	3
	Open Advanced Hour Elective	3
<b>Total</b>		<b>16-17</b>

Spring Semester		
Course		Credits
FSHN 427	Biochemical Nutrition II	3
FSHN 424	Biopsychology of Ingestive Behavior	3
	General Education course	3
	Open Advance Hour Elective	3
	Open Electives (as needed)	1-5
<b>Total</b>		<b>13-17</b>

This sample sequence is intended to be used only as a guide for degree completion. All students should work individually with their academic advisors to decide the actual course selection and sequence that works best for them based on their academic preparation and goals.