



This four year guide is a recommended semester-by semester plan of study for this major. All four year guides are meant as examples of how a degree can be completed in four years. Individual plans will be developed for each student in consultation with the academic advisor. Prior credit, course availability, and student needs must be considered in developing the individual plan.

Shaded areas of guide require special attention.

| Course Subject and Title | Credit Hours | Min. Grade | Major GPA | Important Notes |
|--------------------------|--------------|------------|-----------|-----------------|
|--------------------------|--------------|------------|-----------|-----------------|

**Semester One: [14 Credit Hours]**

|               |   |   |     |                                                        |
|---------------|---|---|-----|--------------------------------------------------------|
| ENG 1000      | 3 |   |     |                                                        |
| UCO 1200      | 3 |   |     |                                                        |
| CHE 1101/1110 | 4 | C | Yes | Begins Gen Ed Science Inquiry Perspective              |
| BIO 1801      | 4 | C | Yes | Student may take BIO 1101 and 1102 instead of BIO 1801 |

**Semester Two: [14 Credit Hours]**

|                              |   |   |     |                                              |
|------------------------------|---|---|-----|----------------------------------------------|
| Gen Ed Quantitative Literacy | 4 |   |     |                                              |
| CHE 1102/1120                | 4 | C | Yes | Completes Gen Ed Science Inquiry Perspective |
| NUT 2202                     | 3 | C | Yes | Completes 2 s.h. Gen Ed Wellness Literacy    |
| NUT 1202                     | 3 | C | Yes |                                              |

**Semester Three : [16 Credit Hours]**

|                    |   |  |     |                                                        |
|--------------------|---|--|-----|--------------------------------------------------------|
| CHE 2101/2102      | 4 |  | Yes |                                                        |
| ENG 2001           | 3 |  |     |                                                        |
| H P 3200           | 3 |  | Yes |                                                        |
| Gen Ed Perspective | 3 |  |     | Hist/Soc Perspective                                   |
| PSY 1200           | 3 |  | Yes | Course found in two themes in the Hist/Soc Perspective |

**Semester Four: [15 Credit Hours]**

|                    |   |   |     |                       |
|--------------------|---|---|-----|-----------------------|
| ACC 1050           | 3 |   | Yes |                       |
| NUT 2203           | 3 | C | Yes |                       |
| NUT 3100           | 3 | C | Yes |                       |
| H P 4100           | 3 |   | Yes |                       |
| Gen Ed Perspective | 3 |   |     | Aesthetic Perspective |

**Semester Five: [15 Credit Hours]**

|                    |   |   |     |                                                     |
|--------------------|---|---|-----|-----------------------------------------------------|
| E S 2030           | 4 |   | Yes | Complete Planning Form for Internship this Semester |
| NUT 3202           | 3 | C | Yes |                                                     |
| NUT 3205           | 3 | C | Yes |                                                     |
| NUT 3150           | 3 | C | Yes |                                                     |
| Gen Ed Perspective | 3 |   |     | Aesthetic Perspective                               |

**Semester Six: [14 Credit Hours]**

|                    |   |   |     |                           |
|--------------------|---|---|-----|---------------------------|
| NUT 4552           | 1 | C | Yes |                           |
| NUT 4560           | 3 | C | Yes |                           |
| BIO 2200           | 4 |   | Yes |                           |
| NUT 4200           | 3 | C | Yes | Writing in the Discipline |
| Gen Ed Perspective | 3 |   |     | Loc/Glob Perspective      |



This four year guide is a recommended semester-by semester plan of study for this major. All four year guides are meant as examples of how a degree can be completed in four years. Individual plans will be developed for each student in consultation with the academic advisor. Prior credit, course availability, and student needs must be considered in developing the individual plan.

Shaded areas of guide require special attention.

| Course Subject and Title | Credit Hours | Min. Grade | Major GPA | Important Notes |
|--------------------------|--------------|------------|-----------|-----------------|
|--------------------------|--------------|------------|-----------|-----------------|

**Semester Seven: [13 Credit Hours]**

|          |   |   |     |                                                     |
|----------|---|---|-----|-----------------------------------------------------|
| NUT 4240 | 3 | C | Yes | Complete Approval of Internship Form this Semester. |
| NUT 4206 | 3 | C | Yes |                                                     |
| NUT 4509 | 3 | C | Yes |                                                     |
| NUT 4600 | 1 | C | Yes |                                                     |
| NUT 4000 | 3 | C | Yes |                                                     |

**Semester Eight: [15 Credit Hours]**

|                    |   |   |     |                                       |
|--------------------|---|---|-----|---------------------------------------|
| NUT 4250           | 3 | C | Yes |                                       |
| NUT 4504           | 3 | C | Yes |                                       |
| Gen Ed Perspective | 3 |   |     | Loc/Glob Perspective                  |
| Gen Ed Perspective | 3 |   |     | Third Course to Complete 9 s.h. Theme |
| Free Elective      | 3 |   |     |                                       |

**Summer**

|          |   |   |     |          |
|----------|---|---|-----|----------|
| NUT 4900 | 8 | S | Yes | CAPSTONE |
|----------|---|---|-----|----------|

**General Requirements Summary**

| Minimum Total Hours | Gen Ed. Hours | Writing               | Minimum   |             |
|---------------------|---------------|-----------------------|-----------|-------------|
|                     |               |                       | Major GPA | Overall GPA |
| 124                 | 44            | ENG 1000 and ENG 2001 | 2.00      | 2.00        |

**General Education Program Model - 44 Semester Hours Total**

| Program Categories    | Hours  | Important Notes – <i>Be sure to check for Gen Ed courses required in your major</i> |
|-----------------------|--------|-------------------------------------------------------------------------------------|
| First Year Seminar    | 3      | Can be taken first or second semester of freshman year                              |
| Wellness Literacy     | 2      |                                                                                     |
| Quantitative Literacy | 4      |                                                                                     |
| First Year Writing    | 3      | Can be taken first or second semester of freshman year                              |
| Sophomore Writing     | 3      |                                                                                     |
| Perspectives:         | 29     |                                                                                     |
| Aesthetic             | 6 or 9 |                                                                                     |



This four year guide is a recommended semester-by semester plan of study for this major. All four year guides are meant as examples of how a degree can be completed in four years. Individual plans will be developed for each student in consultation with the academic advisor. Prior credit, course availability, and student needs must be considered in developing the individual plan.

Shaded areas of guide require special attention.

| Course Subject and Title | Credit Hours | Min. Grade    | Major GPA | Important Notes |
|--------------------------|--------------|---------------|-----------|-----------------|
| Historical & Social      |              | 6 or 9        |           |                 |
| Local to Global          |              | 6 or 9        |           |                 |
| Science Inquiry          |              | 8             |           |                 |
| FA Designator            |              | LA Designator |           | HS Designator   |

**Additional Notes:**

- 18 s.h. in major and 9 s.h. in minor must be at ASU.
- 50 s.h. must be earned from a Senior Institution and 25% of the degree hours must be in residency at ASU, with the final 30 s.h. in residence.
- As stated in the catalog, the final responsibility for meeting graduation requirements remains with the student.



Department of Nutrition and Health Care Management  
 Dept Chair: Dr. Sarah Jordan, [jordansr@appstate.edu](mailto:jordansr@appstate.edu)  
 Nutrition & Foods, Dietetics Director: Dr. Melissa Gutschall  
 828.262.8619  
 nhm.appstate.edu