



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: [12-14 Credit Hours]

ENG 1000	3			
UCO 1200	3			
CHE 1101/1110 or BIO 1201 & BIO 1203* (*BIO 1203 is taken only once for a total of 2 credit hours)	3-5		Yes	Begins Gen Ed Science Inquiry Perspective
PSY 1200	3		Yes	Course found in two themes in the Hist/Soc Perspective*

Semester Two: [16-18 Credit Hours]

Gen Ed Quantitative Literacy	4			
CHE 1102/1120 or BIO 1202 & BIO 1203* (*BIO 1203 is taken only once for a total of 2 credit hours)	3-5		Yes	Completes Gen Ed Science Inquiry Perspective
Gen Ed Perspective	3			Aesthetic Perspective
Gen Ed Perspective	3			Hist/Soc Perspective
Gen Ed Perspective	3			Aesthetic Perspective

Semester Three : [15 Credit Hours]

ECO 2030	3		Yes	Course found two themes in Hist/Soc Perspective* Required Minor Course - Overall 2.00 required for Minor
ENG 2001	3			
COM 2101	3		Yes	
Related Area Elective	3		Yes	Choose 3 s.h. from HOS 4050, LAW 2150 or MGT 3060
Free Elective	3			

Semester Four: [15 Credit Hours]

NUT 1202	3	C-	Yes	
NUT 2202	3	C-	Yes	Completes 2 s.h. Gen Ed Wellness Literacy
ACC 2100 or 1050	3			Required Minor Course - Overall 2.00 required for minor
NUT 2203	3	C-	Yes	
CHE ____	3		Yes	Appreciating/Understanding Wine Course, Number TBA

Semester Five: [15 Credit Hours]

Gen Ed Perspective	3			Loc/Glob Perspective
MGT 3010	3			Required Minor Course - Overall 2.00 required for minor
NUT 3202	3	C-	Yes	Complete Planning Form for Internship this Semester
Gen Ed Perspective	3			Loc/Glob Perspective
ENG 3100 or 3700 (???3700 was not on plan but is on POS)	3		Yes	Writing in the Discipline



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 Six: [12 Credit Hours]

H P 3130	3		Yes	
HP/HED 3100	3		Yes	
Related Area Elective	3		Yes	Choose 3 s.h. from HOS 4050, LAW 2150 or MGT 3060
Gen Ed Perspective	3			Third course to complete 9 s.h. Theme

Semester Seven: [13 Credit Hours]

MKT 3050	3			Required Minor Course - Overall 2.00 required for minor
FIN 3010	3			Required Minor Course - Overall 2.00 required for minor
NUT 3210	3	C-	Yes	Complete Approval of Internship Form this Semester.
NUT 4600	1	C-	Yes	
Free Elective	3			

Semester Eight: [14 Credit Hours]

CIS 2050	3			Required Minor Course- Overall 2.00 required in minor
NUT 4504	3	C-	Yes	
NUT 4550	3	C-	Yes	
NUT 4509	3	C-	Yes	
Free Elective	2			

Summer

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

General Requirements Summary

Minimum Total Hours	Gen Ed. Hours	Writing	Minimum	
			Major GPA	Overall GPA
122	44	ENG 1000 and ENG 2001	2.00	2.00

General Education Program Model - 44 Semester Hours Total

Program Categories	Hours	Important Notes – Be sure to check for Gen Ed courses required in your major
First Year Seminar	3	Can be taken first or second semester of freshman year



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
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			
Historical & Social	6 or 9			
Local to Global	6 or 9			
Science Inquiry	8			
FA Designator	LA Designator			HS Designator

Additional Notes:

- **ECO 2030 or PSY 1200 can count toward General Education, but not both, due to placement in themes.*
- *General Business minor is required for this major.*
- *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

828.262.8619

nhm.appstate.edu