

NUTRITION AND HEALTH SCIENCES OPTION

This option is offered within the following major(s):

- Nutrition - College of Public Health and Human Sciences (<http://catalog.oregonstate.edu/college-departments/public-health-human-sciences/school-biological-population-health-sciences/nutrition-bs-hbs/>)

The Nutrition and Health Sciences option is designed for students who want to focus on the scientific basis of nutrition for careers in medicine and the health sciences or in nutrition science research. Tracks within the option allow students to specifically focus and prepare for careers in medicine and the allied health sciences or for academia and/or health-related research. Professionals trained in nutrition science have many career options due to the growth and aging of our population, the focus on prevention of obesity and other chronic diseases, and a growing emphasis on health, nutrition, and wellness.

Option Code: 467

Total credits must be sufficient (together with baccalaureate and NUTR cores) to ensure 180 total credits (60 credits must be upper division).

Code	Title	Credits
Science/Social Science Core (All Tracks)		
BB 314	CELL AND MOLECULAR BIOLOGY	4
BB 450 & BB 451	GENERAL BIOCHEMISTRY and GENERAL BIOCHEMISTRY	7
BI 221 & BI 222 & BI 223	*PRINCIPLES OF BIOLOGY: CELLS and *PRINCIPLES OF BIOLOGY: ORGANISMS and *PRINCIPLES OF BIOLOGY: POPULATIONS	12
BI 231 & BI 232 & BI 233	INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY and INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY and INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY	9
BI 241 & BI 242 & BI 243	INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY LABORATORY and INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY LABORATORY and INTRODUCTION TO HUMAN ANATOMY AND PHYSIOLOGY LABORATORY	6
CH 121	GENERAL CHEMISTRY	5
Select one of the following series:		10-15
Series A		
CH 122 & CH 123	*GENERAL CHEMISTRY and *GENERAL CHEMISTRY	
Series B		
CH 231 & CH 232 & CH 233	GENERAL CHEMISTRY and GENERAL CHEMISTRY and GENERAL CHEMISTRY	
CH 261 & CH 262 & CH 263	*LABORATORY FOR CHEMISTRY 231 and *LABORATORY FOR CHEMISTRY 232 and *LABORATORY FOR CHEMISTRY 233	
CH 331 & CH 332	ORGANIC CHEMISTRY and ORGANIC CHEMISTRY	8-9
or CH 334 & CH 335 & CH 336	ORGANIC CHEMISTRY and ORGANIC CHEMISTRY and ORGANIC CHEMISTRY	
CH 337	ORGANIC CHEMISTRY LABORATORY	4
COMM 111	*PUBLIC SPEAKING	3
or COMM 114 or COMM 218	*ARGUMENT AND CRITICAL DISCOURSE *INTERPERSONAL COMMUNICATION	

H 100	INTRODUCTION TO PUBLIC HEALTH	4
KIN 324	EXERCISE PHYSIOLOGY	4
MB 302 & MB 303	GENERAL MICROBIOLOGY and GENERAL MICROBIOLOGY LABORATORY	5
MTH 112	*ELEMENTARY FUNCTIONS	4
PH 201 & PH 202	*GENERAL PHYSICS and *GENERAL PHYSICS	10
PSY 201 & PSY 202	*GENERAL PSYCHOLOGY and *GENERAL PSYCHOLOGY	8
ST 351	INTRODUCTION TO STATISTICAL METHODS	4
WR 121	*ENGLISH COMPOSITION	3

Nutrition Core (All Tracks)

NUTR 240	HUMAN NUTRITION	3
NUTR 241	APPLICATIONS IN HUMAN NUTRITION	1
NUTR 307	SEMINAR	1
NUTR 325	NUTRITION THROUGH THE LIFE CYCLE	3
NUTR 417 & NUTR 418	HUMAN NUTRITION SCIENCE and HUMAN NUTRITION SCIENCE	8
NUTR 430	MEDICAL NUTRITION THERAPY I	4
NUTR 439	*COMMUNICATIONS IN DIETETICS	3
Select two courses from the following:		6-8
NUTR 312	*ISSUES IN NUTRITION AND HEALTH	
NUTR 423	COMMUNITY NUTRITION	
NUTR 431	MEDICAL NUTRITION THERAPY 2	
NUTR 432	MEDICAL NUTRITION THERAPY 3	

Tracks

Select one of the following tracks:		7-12
Nutrition Science Track		
Physician Assistant and Pre-Med Track		
Total Credits		146-159

Nutrition Science Track

Code	Title	Credits
CH 324	QUANTITATIVE ANALYSIS	4
NUTR 104	ORIENTATION TO THE NUTRITION MAJOR	1
NUTR 401	RESEARCH	2
Total Credits		7

Physician Assistant and Pre-Med Track

Code	Title	Credits
KIN 132 or BI 109	INTRODUCTION TO THE ALLIED HEALTH PROFESSIONS HEALTH PROFESSIONS: MEDICAL	1
KIN 325	FITNESS ASSESSMENT AND EXERCISE PRESCRIPTION	3
KIN 343 or GS 410	PRE-THERAPY/ALLIED HEALTH SEMINAR ¹ SCIENCE INTERNSHIP	1
PH 203	*GENERAL PHYSICS	5
PHAR 210	TERMINOLOGY OF THE HEALTH SCIENCES	2
Total Credits		12

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Baccalaureate Core Course (BCC)

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Writing Intensive Course (WIC)

1

GS 410 requirement for Pre-Med or MCAT preparation

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