



**BS in NUTRITIONAL SCIENCE (284325)**  
2016–2017

**Suggested Sequence of Courses:**

**FRESHMAN YEAR**

<u>1st Semester</u>	
Chem 105 (FWSpSu)	4.0
1 <sup>st</sup> Year Writing (FWSpSu)	3.0
or A Htg 100 (FWSpSu)	(3.0)
NDFS 100 (FWSp)	3.0
PDBio 120 (FW)	2.0
Quantitative Reasoning (if needed)	0–3.0
Religion Cornerstone course	2.0
<b>Total Hours</b>	<b>14–17.0</b>

2nd Semester

A Htg 100 (FWSpSu)	3.0
or 1 <sup>st</sup> Year Writing (FWSpSu)	(3.0)
Chem 106 & 107 (FWSpSu)	4.0
PDBio 305 (FWSp)	4.0
Stat 121 (FWSpSu) (Lang. of Learning)	3.0
Religion Cornerstone course	2.0
<b>Total Hours</b>	<b>16.0</b>

**SOPHOMORE YEAR**

<u>3rd Semester</u>	
Chem 351 (FWSp)	3.0
NDFS 200 (FSp)	3.0
NDFS 294 (F)	1.0
MMBio 240 (FWSp) (Biological Science)	3.0
Religion Cornerstone course	2.0
NDFS electives	2–4.0
<b>Total Hours</b>	<b>14–16.0</b>

4th Semester

Chem 352 (FWSpSu)	3.0
Chem 353 (FWSpSu)	1.0
NDFS electives	3–4.0
General elective	5–6.0
Religion Cornerstone course	2.0
<b>Total Hours</b>	<b>14–16.0</b>

**JUNIOR YEAR**

<u>5th Semester</u>	
Chem 481 (FWSp)	3.0
Civilization 1 elective	3.0
Nutritional Science elective	3.0
Phscs 105 (FWSp) (Physical Science)	3.0
Religion elective	2.0
<b>Total Hours</b>	<b>14.0</b>

6th Semester

Civilization 2 elective	3.0
Engl 316 (FWSpSu) (Advanced Writing)	3.0
NDFS 305 (W)	4.0
Arts or Letters elective	3.0
Religion elective (FWSpSu)	2.0
<b>Total Hours</b>	<b>15.0</b>

**SENIOR YEAR**

<u>7th Semester</u>	
NDFS 435 (SuF)	4.0
Nutritional Science electives	4.0
Arts or Letters elective	3.0
Religion elective	2.0
General electives	3.0
<b>Total Hours</b>	<b>16.0</b>

8th Semester

NDFS 424 (W)	2.0
Nutritional science electives	2–3.0
Social Science elective	3.0
Global & Cultural Awareness elective	3.0
General electives	4–5.0
<b>Total Hours</b>	<b>14–16.0</b>

**THE DISCIPLINE:**

Nutritional Science is the study of the effects of food components on the metabolism, health, performance and disease resistance of human and animals. It also includes the study of human behaviors related to food choices.

**COURSE WORK:**

Courses required for the undergraduate major in nutritional science are divided into three areas. The core courses provide a broad foundation in nutritional science. The supporting courses include chemistry, biochemistry, physics, statistics, physiology, biology, and molecular biology. The third area includes the nutritional science electives.

**FINANCING:**

Some assistantships and scholarships are offered through the Department of Nutrition, Dietetics, and Food Science. There are also college, university, private, and federal sources for financial help.

**CAREERS:**

Graduates with a B.S. in Nutritional Science find employment in major research centers; biotechnology, pharmaceutical, and nutraceutical industries; community nutrition programs; non-governmental organizations; and the fitness industry.

Other jobs are available with food security advocacy groups (e.g., food banks, anti-poverty organizations), health advocacy organizations (preventing osteoporosis, cancer, or heart disease), trade groups for commodities (citrus fruits, vegetable growers), and people working to increase food security (farmers' market organizers, Supplemental Nutrition Assistance Programs [formerly called food stamps] as educators or administrators). Specialized skills or training such as laboratory research experience, bilingual

proficiency, journalism courses and experience, or service learning with local, national, or international community organizations make students more competitive for these jobs.

Many graduates with a BS in Nutritional Science have gone on to obtain a graduate degree (e.g. MS, MPH, PhD) at institutions such as BYU, Stanford University, the University of Illinois, the University of Utah, Utah State University, and University of Rome Tor Vergata. In addition, Nutritional Science graduates have attended medical schools at Duke, Baylor, and the Mayo Clinic (among many others), dental schools at Ohio State, University of Pittsburgh, and University of the Pacific, as well as schools of osteopathy, pharmacy, podiatry, optometry, physical therapy, and accredited physician assistant programs.

Most nutrition counseling services are provided by Registered Dietitians. Students interested in a career as a nutrition counselor should consider majoring in Dietetics.

**PRACTICAL EXPERIENCE:**

Students may participate in research under a professor's direction. Interested students should familiarize themselves with the professor's research interests and ongoing projects. Students should approach the professor whose work most interests them to discuss how they can become involved. Students may participate as a volunteer to gain experience, as a paid research assistant, or for academic credit (NDFS 494R - Undergraduate Research). Some students who have taken advantage of this opportunity have presented the results of their research at regional, national, and international scientific meetings and have published their results in peer-reviewed scientific journals.

**Note:** Students are encouraged to complete an average of 15 credit hours each semester or 30 credit hours each year, which could include spring and/or summer terms. Taking fewer credits substantially increases the cost and the number of semesters to graduate.

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