

# Food, Nutrition and Health B.S.H.E.S.

## Food, Nutrition and Health B.S.H.E.S., Eight-Semester Degree Program

Students wishing to follow the degree plan in Food, Nutrition and Health major should go to the Eight-Semester Degree Policy (<http://catalog.uark.edu/undergraduatecatalog/academicregulations/eightsemesterdegreecompletionpolicy/>) in the Academic Regulations chapter for university requirements of the program.

First Year	Units	
	Fall	Spring
Satisfies General Education Outcome 3.4:		
CHEM 1103 University Chemistry I (ACTS Equivalency = CHEM 1414 Lecture) & CHEM 1101L University Chemistry I Laboratory (ACTS Equivalency = CHEM 1414 Lab)	4	
NUTR 1213 Fundamentals of Nutrition	3	
HOSP 2611 Foodservice Sanitation	1	
UNIV 1001 University Perspectives	1	
MATH 1203 College Algebra (ACTS Equivalency = MATH 1103) (or higher level math) (Satisfies General Education Outcome 2.1)	3	
ENGL 1013 Composition I (ACTS Equivalency = ENGL 1013) (unless exempt) (Satisfies General Education Outcome 1.1)	3	
ENGL 1023 Composition II (ACTS Equivalency = ENGL 1023) (unless exempt) (Satisfies General Education Outcome 1.1)		3
COMM 1313 Public Speaking (ACTS Equivalency = SPCH 1003) (Satisfies General Education Outcomes 1.2 and 5.1)		3
Fine Arts State Minimum Core Elective (Satisfies General Education Outcome 3.1) <sup>1</sup>		3
Humanities State Minimum Core Elective (Satisfies General Education Outcome 3.2) <sup>2</sup>		3
Science State Minimum Core Elective (Satisfies General Education Outcome 3.4)		4
Year Total:	15	16

Second Year	Units	
	Fall	Spring
NUTR 2113 Principles of Foods & NUTR 2111L Principles of Foods Laboratory	4	
General Elective	6	
PSYC 2003 General Psychology (ACTS Equivalency = PSYC 1103) (Satisfies General Education Outcome 3.3)	3	
STAT 2303 Principles of Statistics (ACTS Equivalency = MATH 2103)	3	
Satisfies General Education Outcomes 3.3, 4.1, and 4.2:		

HDFS 2413 Family Relations or HDFS 1403 Life Span Development		3
ENGL 3053 Technical and Professional Writing (ACTS Equivalency = ENGL 2023) or ACOM 3143 Communicating Agriculture to the Public		3
Electives		9
Year Total:	16	15

Third Year	Units	
	Fall	Spring
NUTR 3213 Nutrition Education and Counseling	3	
NUTR 3103 Culinary Nutrition & NUTR 3101L Culinary Nutrition Lab	4	
Social Science State Minimum Core Elective (Satisfies General Education Outcome 3.3)	3	
US History or Government State Minimum Core Elective	3	
Electives <sup>3</sup>	3	
NUTR 4243 Community Nutrition		3
Electives <sup>3</sup>		9
NUTR 4303 Cultural Perspectives on Foods or NUTR 4403/4401L Recipe Modification		3
Year Total:	16	15

Fourth Year	Units	
	Fall	Spring
Electives <sup>3</sup>	12	
NUTR 4223 Life Cycle Nutrition	3	
Electives <sup>3</sup>		4
NUTR 4303 Cultural Perspectives on Foods or NUTR 4403 Recipe Modification		3
NUTR 4001 Nutrition Seminar (Satisfies General Education Outcome 6.1)		1
NUTR 4103 Research Methods in Nutrition & NUTR 4101L		4
Year Total:	15	12

**Total Units in Sequence: 120**

<sup>1</sup> The Fine Arts Elective courses which satisfy General Education Outcome 3.1 include: ARCH 1003, ARHS 1003, COMM 1003, DANC 1003, LARC 1003, MLIT 1003, MLIT 1003H, MLIT 1013, MLIT 1013H, MLIT 1333, THTR 1003, THTR 1013, or THTR 1013H.

<sup>2</sup> The Humanities Elective courses which satisfy General Education Outcome 3.2 include: AAST 2023, ANTH 1033, ARCH 1013, CLST 1003, CLST 1003H, CLST 1013, COMM 1233, DANC 1003, ENGL 1213, GNST 2003, HIST 1113, HIST 1113H, HIST 1123, HIST 1123H, HIST 2003, HIST 2013, HUMN 1124H, HUMN 2213, LALS 2013, MRST 2013, MUSY 2003, MUSY 2003H, PHIL 2003, PHIL 2003C, PHIL 2003H, PHIL 2103, PHIL 2103C, PHIL 2303, THTR 1003, THTR 1013, THTR 1013H, WLIT 1113, WLIT 1123, or intermediate-level world language (usually 2003-level).

2 Food, Nutrition and Health B.S.H.E.S.

<sup>3</sup> Students must complete 40 hours of upper division courses (3000-4000 level). It is recommended that students consult with their academic adviser when making course selections.