

# NUTRITIONAL SCIENCES: ALLIED HEALTH, BS

## Degree Requirements

**Requirements for Students Matriculating in or before Academic Year 2022-2023.** Learn more about University Academic Regulation 3.1 (<http://catalog.okstate.edu/university-academic-regulations/#matriculation>).

**Minimum Overall Grade Point Average: 2.50**

**Total Hours: 120**

Code	Title	Hours
<b>General Education Requirements</b>		
<i>English Composition</i>		
See Academic Regulation 3.5 ( <a href="http://catalog.okstate.edu/university-academic-regulations/#english-composition">http://catalog.okstate.edu/university-academic-regulations/#english-composition</a> )		
ENGL 1113	Composition I	3
or ENGL 1313	Critical Analysis and Writing I	
Select one of the following:		3
ENGL 1213	Composition II	
ENGL 1413	Critical Analysis and Writing II	
ENGL 3323	Technical Writing	
<i>American History &amp; Government</i>		
Select one of the following:		3
HIST 1103	Survey of American History	
HIST 1483	American History to 1865 (H)	
HIST 1493	American History Since 1865 (DH)	
POLS 1113	American Government	3
<i>Analytical &amp; Quantitative Thought (A)</i>		
MATH 1513	College Algebra (A)	3
or MATH 1483	Mathematical Functions and Their Uses (A)	
<i>Humanities (H)</i>		
Courses designated (H)		6
<i>Natural Sciences (N)</i>		
Must include one Laboratory Science (L) course		
CHEM 1215	Chemical Principles I (LN) <sup>1</sup>	4
or CHEM 1314	Chemistry I (LN)	
CHEM 1225	Chemical Principles II (LN)	5
or CHEM 1515	Chemistry II (LN)	
<i>Social &amp; Behavioral Sciences (S)</i>		
Courses designated (S)		3
<i>Additional General Education</i>		
BIOL 1113 & BIOL 1111	Introductory Biology (N) and Introductory Biology Laboratory (LN)	4
or BIOL 1114	Introductory Biology (LN)	
SPCH 2713	Introduction to Speech Communication (S)	3
or SPCH 3723	Business and Professional Communication	
STAT 2013	Elementary Statistics (A)	3
or STAT 2023	Elementary Statistics for Business and Economics (A)	
<b>Hours Subtotal</b>		<b>43</b>
<b>Diversity (D) &amp; International Dimension (I)</b>		

May be completed in any part of the degree plan

At least one Diversity (D) course

At least one International Dimension (I) course

### College/Departmental Requirements

#### Human Sciences

EDHS 1112	First Year Seminar	2
or EDHS 3112	Education and Human Sciences First-Year Seminar for Transfer Students	
HDFS 2113	Lifespan Human Development (S)	3

#### Nutritional Sciences

NSCI 3011	Nutrition and Evidence-based Practice I	1
NSCI 3021	Nutrition and Evidence-based Practice II	1
NSCI 4021	Nutrition and Evidence-based Practice III	1

**Hours Subtotal 8**

### Major Requirements

2.50 GPA is required for Major Requirements

NSCI 2114	Principles of Human Nutrition (N)	4
NSCI 3223	Nutrition Across the Life Span	3
NSCI 3440	Nutritional Sciences Pre-Professional Experience (1 hour)	1

NSCI 3543	Food and the Human Environment (IS)	3
NSCI 4023	Nutrition in the Pathophysiology of Chronic Disease	3

NSCI 4123	Human Nutrition and Metabolism I	3
NSCI 4143	Human Nutrition and Metabolism II	3
NSCI 4373	Principles of Nutrition Education and Behavior Change	3

BIOL 3204	Physiology	4
BIOL 3214	Human Anatomy	4

Select one of the following (see advisor): 5

CHEM 3013 & CHEM 3012	Survey of Organic Chemistry and Survey of Organic Chemistry Laboratory	
CHEM 3053 & CHEM 3112 & CHEM 3153	Organic Chemistry I and Organic Chemistry Laboratory and Organic Chemistry II (complete series) <sup>1</sup>	

HHP 2802	Medical Terminology for the Health Professions	2
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HLTH 2603	Total Wellness (S)	3
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MICR 2123	Introduction to Microbiology	3
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MICR 2132	Introduction to Microbiology Laboratory	2
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UNIV 2511	Introduction to Health Careers	1
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19-22 hours of controlled electives to total 69 hours of major requirements

**Hours Subtotal 69**

**Total Hours 120**

1

If a student takes CHEM 1215 Chemical Principles I (LN) one hour will count as a controlled elective. If student completes CHEM 3013 Survey of Organic Chemistry and CHEM 3012 Survey of Organic Chemistry Laboratory, student must take 22 hours of controlled electives. If student completes CHEM 3053 Organic Chemistry I, CHEM 3112 Organic Chemistry Laboratory and CHEM 3153 Organic Chemistry II, student must take 19 hours of controlled electives.

Consult admissions requirements for specific professional programs.

Ensure that enough upper-division controlled electives are taken to meet the 40 hour upper-division Regents requirement.

This degree program does not meet all the Didactic Program in Dietetics academic course requirements. See the NSCI Major/Dietetics Option sheet for courses to be added.

## Other Requirements

- 40 upper-division hours required.
- A 2.50 Major GPA is required. This includes all courses in College/Departmental and Major Requirements.
- A grade of "C" or better is required in all NSCI 3000- and 4000-level courses.
- Transfer Admission Requirement: 2.50 GPA.

## Additional State/OSU Requirements

- At least: 60 hours at a four-year institution; 30 hours completed at OSU; 15 of the final 30 or 50% of the upper-division hours in the major field completed at OSU.
- Limit of: one-half of major course requirements as transfer work; one-fourth of hours earned by correspondence; 8 transfer correspondence hours.
- Students will be held responsible for degree requirements in effect at the time of matriculation and any changes that are made, so long as these changes do not result in semester credit hours being added or do not delay graduation.
- Degrees that follow this plan must be completed by the end of Summer 2028.

## Example Plan of Study

### Finish in Four Plan of Study

The plan below is an **example** of how students can successfully complete degree requirements in four years. This suggested class schedule plan may be used as a guide and can be adjusted based on individual needs. Students are required to meet with an academic advisor prior to enrollment each semester to plan their class schedule, and students are ultimately responsible for completing all degree requirements.

Course	Title	Hours
<b>Freshman</b>		
<b>Fall</b>		
EDHS 1112 or EDHS 3112	First Year Seminar or Education and Human Sciences First-Year Seminar for Transfer Students	2
BIOL 1113 & BIOL 1111 or BIOL 1114	Introductory Biology (N) or Introductory Biology (LN)	4
MATH 1513 or MATH 1483	College Algebra (A) or Mathematical Functions and Their Uses (A)	3

ENGL 1113	Composition I	3
3 hours of (S) - Suggested: PSYC 1113 or SOC 1113		3
UNIV 2511	Introduction to Health Careers	1
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
NSCI 2114	Principles of Human Nutrition (N)	4
CHEM 1314 or CHEM 1215	Chemistry I (LN) <sup>1</sup> or Chemical Principles I (LN)	4
ENGL 1213	Composition II	3
POLS 1113	American Government	3
<b>Hours</b>		<b>14</b>
<b>Sophomore</b>		
<b>Fall</b>		
NSCI 3440	Nutritional Sciences Pre-Professional Experience	1
CHEM 1515 or CHEM 1225	Chemistry II (LN) or Chemical Principles II (LN)	5
STAT 2013 or STAT 2023	Elementary Statistics (A) or Elementary Statistics for Business and Economics (A)	3
HLTH 2603	Total Wellness (S)	3
3 hours of controlled electives		3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
NSCI 3223	Nutrition Across the Life Span	3
CHEM 3013 or CHEM 3053	Survey of Organic Chemistry <sup>1</sup> or Organic Chemistry I	3
HIST 1103 or HIST 1483 or HIST 1493	Survey of American History or American History to 1865 (H) or American History Since 1865 (DH)	3
SPCH 2713	Introduction to Speech Communication (S)	3
4 hours of controlled electives		4
<b>Hours</b>		<b>16</b>
<b>Junior</b>		
<b>Fall</b>		
NSCI 3543	Food and the Human Environment (IS)	3
NSCI 3011	Nutrition and Evidence-based Practice I	1
CHEM 3153 or CHEM 3012	Organic Chemistry II <sup>1</sup> or Survey of Organic Chemistry Laboratory	2
BIOL 3204	Physiology	4
MICR 2123	Introduction to Microbiology	3
<b>Hours</b>		<b>13</b>
<b>Spring</b>		
NSCI 3021	Nutrition and Evidence-based Practice II	1
CHEM 3112	Organic Chemistry Laboratory <sup>1</sup>	1
MICR 2132	Introduction to Microbiology Laboratory	2
BIOL 3214	Human Anatomy	4
HHP 2802	Medical Terminology for the Health Professions	2
HDFS 2113	Lifespan Human Development (S)	3
3 hours of controlled electives		3
<b>Hours</b>		<b>15</b>
<b>Senior</b>		
<b>Fall</b>		
NSCI 4023	Nutrition in the Pathophysiology of Chronic Disease	3
NSCI 4123	Human Nutrition and Metabolism I	3
NSCI 4021	Nutrition and Evidence-based Practice III	1
3 hours of Humanities/Diversity		3
6 hours of upper-division controlled electives		6
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
NSCI 4373	Principles of Nutrition Education and Behavior Change	3
NSCI 4143	Human Nutrition and Metabolism II	3
3 hours of Humanities		3

3-6 hours of controlled electives <sup>1,2</sup>	6
<b>Hours</b>	<b>15</b>
<b>Total Hours</b>	<b>120</b>

1

If a student takes CHEM 1215 Chemical Principles I (LN) one hour will count as a controlled elective. If student completes CHEM 3013 Survey of Organic Chemistry and CHEM 3012 Survey of Organic Chemistry Laboratory, student must take 22 hours of controlled electives. If student completes CHEM 3053 Organic Chemistry I, CHEM 3112 Organic Chemistry Laboratory and CHEM 3153 Organic Chemistry II, student must take 19 hours of controlled electives.

2

Hours variation dependent on Organic Chemistry series taken.