# Nutritional Sciences: Allied Health, BSHS

## Requirements for Students Matriculating in or before Academic Year 2020-2021

Learn more about University Academic Regulation 3.1 ([http://catalog.okstate.edu/university-academic-regulations/#matriculation](http://catalog.okstate.edu/university-academic-regulations/#matriculation)).

**Minimum Overall Grade Point Average:** 2.50

**Total Hours:** 120

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL</td>
<td>Composition I</td>
<td>3</td>
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<tr>
<td>or ENGL</td>
<td>Critical Analysis and Writing I</td>
<td>3</td>
</tr>
<tr>
<td>HIST</td>
<td>Survey of American History</td>
<td>3</td>
</tr>
<tr>
<td>HIST</td>
<td>American History to 1865 (H)</td>
<td>3</td>
</tr>
<tr>
<td>HIST</td>
<td>American History Since 1865 (DH)</td>
<td>3</td>
</tr>
<tr>
<td>POLS</td>
<td>American Government</td>
<td>3</td>
</tr>
<tr>
<td>MATH</td>
<td>College Algebra (A)</td>
<td>3</td>
</tr>
<tr>
<td>BIOL</td>
<td>Introductory Biology (LN)</td>
<td>4</td>
</tr>
<tr>
<td>SPCH</td>
<td>Introduction to Speech Communication (S)</td>
<td>3</td>
</tr>
<tr>
<td>STAT</td>
<td>Elementary Statistics (A)</td>
<td>3</td>
</tr>
<tr>
<td>BIOL</td>
<td>Physiology</td>
<td>4</td>
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<tr>
<td>BIOL</td>
<td>Human Anatomy</td>
<td>4</td>
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<tr>
<td>CHEM</td>
<td>Survey of Organic Chemistry 1</td>
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<tr>
<td>CHEM</td>
<td>Organic Chemistry I</td>
<td>1</td>
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<tr>
<td>MICR</td>
<td>Introduction to Microbiology</td>
<td>3</td>
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<td>MICR</td>
<td>Introduction to Microbiology Laboratory</td>
<td>2</td>
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<tr>
<td>UNIV</td>
<td>Introduction to Health Careers</td>
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<tr>
<td></td>
<td>19-22 hours of controlled electives to total 69 hours of major</td>
<td>22</td>
</tr>
<tr>
<td></td>
<td>requirements</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total Hours</td>
<td>120</td>
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</tbody>
</table>

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, he/she 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, he/she 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.

## Code - Title - Hours

### General Education Requirements

#### English Composition

See Academic Regulation 3.5 ([http://catalog.okstate.edu/university-academic-regulations/#english-composition](http://catalog.okstate.edu/university-academic-regulations/#english-composition))

- ENGL 1113 Composition I
- or ENGL 1313 Critical Analysis and Writing I

Select one of the following:

- ENGL 1213 Composition II
- ENGL 1413 Critical Analysis and Writing II
- ENGL 3323 Technical Writing

### American History & Government

Select one of the following:

- HIST 1103 Survey of American History
- HIST 1483 American History to 1865 (H)
- HIST 1493 American History Since 1865 (DH)
- POLS 1113 American Government

### Analytical & Quantitative Thought (A)

- MATH 1513 College Algebra (A)

### Humanities (H)

Courses designated (H)

**6**

**Natural Sciences (N)**

Must include one Laboratory Science (L) course

- CHEM 1215 Chemical Principles I (LN)
- CHEM 1225 Chemical Principles II (LN)
- CHEM 1515 Chemistry II (LN)

### Social & Behavioral Sciences (S)

Courses designated (S)

**3**

### Additional General Education

- BIOL 1114 Introductory Biology (LN)
- SPCH 2713 Introduction to Speech Communication (S)
- STAT 2013 Elementary Statistics (A)
- or STAT 2023 Elementary Statistics for Business and Economics (A)

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### Diversity (D) & International Dimension (I)

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

- HS 1112 Human Sciences First-Year Seminar
- or HS 3112 Human Sciences First-Year Seminar for Transfer Students
- HDFS 2113 Lifespan Human Development (S)
- NSCI 3011 Nutrition and Evidence-based Practice I
- NSCI 3021 Nutrition and Evidence-based Practice II
- NSCI 4021 Nutrition and Evidence-based Practice III

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### Major Requirements

2.50 GPA is required for Major Requirements

- NSCI 2114 Principles of Human Nutrition (N)
- NSCI 3223 Nutrition Across the Life Span
- NSCI 3440 Nutritional Sciences Pre-Professional Experience (1 hour)
- NSCI 3543 Food and the Human Environment (IS)
- NSCI 4023 Nutrition in the Pathophysiology of Chronic Disease
- NSCI 4123 Human Nutrition and Metabolism I
- NSCI 4143 Human Nutrition and Metabolism II
- NSCI 4373 Principles of Nutrition Education and Counseling
- BIOL 3204 Physiology
- MICR 2123 Medical Terminology for the Health Professions
- HLTH 2603 Total Wellness (S)
- UNIV 2511 Introduction to Health Careers

**69**

### Hours Subtotal

**120**

**Nutritional Sciences**

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<thead>
<tr>
<th>Code</th>
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<tbody>
<tr>
<td>HS</td>
<td>Human Sciences First-Year Seminar</td>
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<tr>
<td>or HS</td>
<td>Human Sciences First-Year Seminar for Transfer Students</td>
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<tr>
<td>HDFS</td>
<td>Lifespan Human Development (S)</td>
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<tr>
<td>NSCI</td>
<td>Nutrition and Evidence-based Practice I</td>
<td>1</td>
</tr>
<tr>
<td>NSCI</td>
<td>Nutrition and Evidence-based Practice II</td>
<td>1</td>
</tr>
<tr>
<td>NSCI</td>
<td>Nutrition and Evidence-based Practice III</td>
<td>1</td>
</tr>
</tbody>
</table>

Enjoy reading!
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 2026.