Nutrition Sciences (BS): Applied Nutrition Concentration

To see more about what you will learn in this program, visit the Learning Outcomes website (https://apps.orip.ncsu.edu/pgas/)

The Nutrition Science Bachelor of Science degree has two sub-plans to choose from: the Science track or the Applied track. The Science curriculum is designed for those students with an interest in graduate school or post-graduate training in a human health profession for which physics and 4 semesters of chemistry are required. The Applied curriculum is designed for those interested in health-related jobs immediately after graduation, obtaining further training to become a Registered Dietitian after graduation, or going on for post-graduate training in a human health profession for which no physics courses and only 3 semesters of chemistry are required.

Plan Requirements

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Mathematics & Sciences

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Required Courses

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<td>NTR 490</td>
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Restricted Electives

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GEP Social Sciences (http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-social-sciences/) 3

GEP Health and Exercise Studies (http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-health-exercise-studies/) 2

GEP Additional Breadth (http://catalog.ncsu.edu/undergraduate/gep-category-requirements/) (Humanities/Social Sciences/Visual and Performing Arts) 3

GEP Interdisciplinary Perspectives (http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-interdisciplinary-perspectives/) 3

GEP U.S. Diversity (http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-us-diversity/) (verify requirement)

GEP Global Knowledge (http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-global-knowledge/) (verify requirement)

Foreign Language Proficiency (http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-global-knowledge/) (verify requirement)

Free Electives
Free Electives (12 Hr S/U Lmt) 2 12

Total Hours 120

1 A grade of C- or higher is required.
2 Students should consult their academic advisors to determine which courses fill this requirement.

### Restricted Nutrition Elective

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### Application Electives

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Nutrition Sciences (BS): Applied Nutrition Concentration

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Application Electives II (Max: 3 Units)

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Nutrition Electives

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NTR 557  | Nutraceuticals and Functional Foods   | 3     |                 |

Semester Sequence

This is a sample.

First Year

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<td>Critical and Creative Thinking in the Life Sciences</td>
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<tr>
<td>LSC 103</td>
<td>Exploring Opportunities in the Life Sciences</td>
</tr>
<tr>
<td>BIO 181</td>
<td>Introductory Biology: Ecology, Evolution, and Biodiversity</td>
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<td>CH 101</td>
<td>Chemistry - A Molecular Science</td>
</tr>
<tr>
<td>CH 102</td>
<td>General Chemistry Laboratory</td>
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<tr>
<td>MA 121 or MA 131</td>
<td>Elements of Calculus or Calculus for Life and Management Sciences A</td>
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<tr>
<td>GEP Health and Exercise Studies (<a href="http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-health-exercise-studies/">http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-health-exercise-studies/</a>)</td>
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Spring Semester

<table>
<thead>
<tr>
<th>Hours</th>
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Second Year

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<tr>
<th>Semester</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Fall</td>
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</tr>
<tr>
<td>CH 220 &amp; CH 222</td>
<td>Introductory Organic Chemistry and Organic Chemistry I Lab</td>
</tr>
<tr>
<td>ST 311</td>
<td>Introduction to Statistics</td>
</tr>
<tr>
<td>NTR 302</td>
<td>Introduction to Nutrition Research, Communication, and Careers</td>
</tr>
<tr>
<td>GEP Humanities (<a href="http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-humanities/">http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-humanities/</a>)</td>
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<tr>
<td>Free/Minor Elective</td>
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Spring Semester

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Third Year

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<tr>
<td>Fall</td>
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<tr>
<td>NTR 401</td>
<td>Advanced Nutrition and Metabolism</td>
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<table>
<thead>
<tr>
<th>Hours</th>
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<tbody>
<tr>
<td>16</td>
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</table>
Physiology Elective (p. 1) 4
Nutrition Elective (p. 4) 3
Writing/Speaking Elective (p. 1) 3
Free/Minor Electives 3

**Spring Semester**

<table>
<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>GN 311 Principles of Genetics</td>
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<tr>
<td>Restricted Nutrition Elective (p. 2)</td>
<td>3</td>
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<tr>
<td>Application Elective (p. 2)</td>
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<tr>
<td>GEP Health and Exercise Studies (<a href="http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-health-exercise-studies/">http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-health-exercise-studies/</a>)</td>
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<td>GEP Additional Breadth (<a href="http://catalog.ncsu.edu/undergraduate/gep-category-requirements/">http://catalog.ncsu.edu/undergraduate/gep-category-requirements/</a>)</td>
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**Fourth Year**

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<thead>
<tr>
<th>Fall Semester</th>
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<tbody>
<tr>
<td>MB 351</td>
<td>General Microbiology</td>
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<tr>
<td>MB 352</td>
<td>General Microbiology Laboratory</td>
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<td>Nutrition Elective (p. 4)</td>
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<td>Application Elective (p. 2)</td>
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<tr>
<td>GEP Social Sciences (<a href="http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-social-sciences/">http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-social-sciences/</a>)</td>
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<tr>
<td>Free/Minor Elective 2</td>
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<tr>
<th>Spring Semester</th>
<th>Course</th>
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<tbody>
<tr>
<td>NTR 490</td>
<td>Senior Capstone Experience in Nutrition 1</td>
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<tr>
<td>Application Elective (p. 2)</td>
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<tr>
<td>GEP Humanities (<a href="http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-humanities/">http://catalog.ncsu.edu/undergraduate/gep-category-requirements/gep-humanities/</a>)</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Free/Minor Elective 2</td>
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<td></td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
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<td></td>
</tr>
<tr>
<td><strong>Total Hours</strong></td>
<td>120</td>
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</tbody>
</table>

1 A grade of C- or higher is required.
2 These electives cannot be remedial nor can they be taken at an elementary level after you have taken comparable coursework at a more advanced level. They can be taken S/U unless they are being used to fulfill the requirements for a minor.

**Nutrition Sciences**

Nutrition professionals provide evidence-based guidance on what we should eat, study relationships between diet and health, assess eating behavior, design and evaluate community nutrition programs, teach nutrition and healthy eating skills, and advocate for policies that support good nutrition.

Nutrition students gain a strong foundation by studying chemistry, statistics, genetics, physiology and psychology. They develop skills for applying that knowledge through research, internships and service-learning programs.

Graduates are prepared to tackle health challenges head-on, with a sound understanding of nutrient functions, nutrition in disease processes, life cycle and exercise nutrition, research methods, principles of nutrition education and public health.

Our students have the flexibility to choose between two options when pursuing their B.S. in Nutrition Science. The **Nutrition Science** option is designed to fulfill the prerequisites for medical school and other health professional programs, such as dentistry, physical therapy and pharmacy.

The **Applied Nutrition** option helps students become qualified to consult or develop programming for public health initiatives on healthy eating and other health-related activities to improve quality of life and lower health care costs. It is also designed for students planning to pursue post-graduate programs to become a nurse, physician assistant or registered dietitian.

Graduates in nutrition are competitive job and professional school applicants because of their deep understanding of the physical, social and life sciences as they relate to human health. They stand out due to the many opportunities to apply their knowledge to the major health challenges facing our country and the world today.

1. Note: Only entering freshmen studying Biochemistry, Nutrition Sciences, or Plant Biology participate in the Life Sciences First Year Program (http://catalog.ncsu.edu/undergraduate/collegeofals/).

**Scholarships**

The department provides both merit and financial need scholarships to encourage and assist students preparing for careers in Food, Bioprocessing, or Nutrition Science.

**Career Opportunities**

Consumer demand for safe, high quality, nutritious foods and biopharmaceutical products, as well as for educational programs designed to promote healthy eating, creates a variety of career opportunities in the food, pharmaceutical and the allied health industries. Industrial opportunities include management, research and development, process supervision, quality control and assurance, procurement, distribution, and sales. Public health opportunities include educational program development, delivery, and assessment. In addition, graduates hold positions with government agencies and many with advanced degrees have teaching and/or research positions in colleges and universities.