

Undergraduate Advising Center

Nutrition - Dietetics B.S. - 4 Year Degree Plan

2025-2026

Lamar University's **Bachelor of Science in Nutrition** with a concentration in **dietetics** is designed for those who are wanting to become either a Nutrition and Dietetics Technician, Registered (NDTR) and/or a Registered Dietitian Nutritionist (RDN). This program includes a variety of courses in the field of nutrition and dietetics such as community nutrition, nutrition assessment, nutrition education and counseling, medical nutrition therapy and food service management.

NOTE: Degree plans may change over a four-year period. This may not be the most current list of course requirements for your program. It is always advised that you check Degree Audit in Banner Self-Serv or your advisor for the most up-to-date degree requirements and to track your progress toward a degree.

FIRST YEAR	Fall		Hours	Grade	Spring	Hours	Grade	
	ENGL 1301	Composition I	3	____	Communication Core	3	____	
	HIST 1301	U.S. History I 1763-1877	3	____	HIST 1302	U.S. History II Since 1877	3	____
	NUTR 1322	Introductory Nutrition	3	____	HOSP 1315	Culinary Nutrition	3	____
	BIOL 2401	Anatomy and Physiology I	4	____	MATH 1332	Contemporary Mathematics I	3	____
	Creative Arts		3	____	BIOL 2402	Anatomy and Physiology II	4	____
		Hours	16	____	Hours	16	____	
SECOND YEAR	Fall		Hours	Grade	Spring	Hours	Grade	
	POLS 2301	Intro to American Government I	3	____	POLS 2302	Intro/American Government II	3	____
	MATH 1342 or PSYC 2317	Elementary Statistical Methods or Introduction to Statistical Methods	3	____	Social and Behavioral Sciences		3	____
	Language, Philosophy and Culture		3	____	NUTR 2316	Nutrition and Fitness	3	____
	CHEM 1306 and CHEM 1106	Chemistry for Allied Health Sciences and Chem for Allied Health Sciences Lab	4	____	CHEM 1311 and CHEM 1111	General Chemistry I and General Chemistry I Laboratory	4	____
	LIBR 1101	Introduction to Library Research	1	____	HOSP 2314	Hospitality Financial Basics	3	____
		Hours	14	____	Hours	16	____	
THIRD YEAR	Fall		Hours	Grade	Spring	Hours	Grade	
	BIOL 2421	Microbiology for Science Majors	4	____	NUTR 3329	Preventive Nutrition and Wellness	3	____
	NUTR 3301	Global Nutrition	3	____	NUTR 3330	Nutritional Biochemistry	3	____
	NUTR 3320	Advanced Nutrition	3	____	NUTR 3350	Nutrition Assessment	3	____
	NUTR 3328	Community Nutrition	3	____	Elective, Transfer or Minor Credit		6	____
	HOSP 3360	Quantity Foods Management	3	____				____
		Hours	16	____	Hours	15	____	
FOURTH YEAR	Fall		Hours	Grade	Spring	Hours	Grade	
	NUTR 4300 or NUTR 5311	Medical Nutrition Therapy I or Advanced MNT I	3	____	NHHS 4301	Professional Development	3	____
	NUTR 4307	Lifecycle Nutrition	3	____	NUTR 4315 OR NUTR 5313	Medical Nutrition Therapy II or Advanced MNT II	3	____
	NUTR 4347	Food Science	3	____	NUTR 4331 or NUTR 5325	Nutr Education and Counseling or Nutrition Education and Counseling	3	____
	Elective, Transfer or Minor credit		6	____	HOSP 4360	Organizational Management for Services	3	____
		Hours	15	____	Hours	12	____	