

Nutrition - Preventive Wellness B.S. - 4 Year Degree Plan

2025-2026

Lamar University's **Bachelor of Science in Nutrition** with a concentration in **preventive wellness** may suit you if you want to focus on nutrition but are not interested in becoming a registered dietitian. Upon graduation, you might work as a public health nutritionist in government agencies dedicated to improving the nutritional health of various groups, such as pregnant women, infants, young children or the elderly.

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 | _____ | Language, Philosophy and Culture | | 3 | _____ |
| | HIST 1301 | U.S. History I 1763-1877 | 3 | _____ | HIST 1302 | U.S. History II Since 1877 | 3 | _____ |
| | MATH 1332 | Contemporary Mathematics I | 3 | _____ | BIOL 2401 | Anatomy and Physiology I | 4 | _____ |
| | Communication Core | | 3 | _____ | Elective, Transfer Credit or Minor | | 5 | _____ |
| | NUTR 1322 | Introductory Nutrition | 3 | _____ | LIBR 1101 | Intro to Library Research | 1 | _____ |
| | Hours | | 15 | _____ | 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 | _____ |
| | PSYC 2317 or MATH 1342 | Introduction to Statistical Methods or Elementary Statistical Methods | 3 | _____ | Social and Behavioral Sciences | | 3 | _____ |
| | Creative Arts Core | | 3 | _____ | BIOL 2421 | Microbiology for Science Majors | 4 | _____ |
| | BIOL 2402 | Anatomy and Physiology II | 4 | _____ | NUTR 2316 | Nutrition and Fitness | 3 | _____ |
| | Elective, Transfer Credit or Minor | | 3 | _____ | Elective, Transfer Credit or Minor | | 3 | _____ |
| | Hours | | 16 | _____ | Hours | | 16 | _____ |
| THIRD YEAR | Fall | | Hours | Grade | Spring | | Hours | Grade |
| | NUTR 3320 | Advanced Nutrition | 3 | _____ | NUTR 3329 | Preventive Nutrition and Wellness | 3 | _____ |
| | NUTR 3301 | Global Nutrition | 3 | _____ | NUTR 3350 | Nutrition Assessment | 3 | _____ |
| | NUTR 3328 | Community Nutrition | 3 | _____ | Elective, Transfer Credit or Minor | | 6 | _____ |
| | Elective, Transfer Credit or Minor | | 6 | _____ | Upper-Level Elective | | 3 | _____ |
| | Hours | | 15 | _____ | Hours | | 15 | _____ |
| | Fall | | Hours | Grade | Spring | | Hours | Grade |
| FOURTH YEAR | NUTR 4307 | Lifecycle Nutrition | 3 | _____ | NHHS 4301 | Professional Development | 3 | _____ |
| | NUTR 4331 or NUTR 5325 | Nutr Education and Counseling or Nutrition Education and Counseling | 3 | _____ | Elective, Transfer Credit or Minor | | 6 | _____ |
| | Elective, Transfer Credit or Minor | | 3 | _____ | Upper-Level Electives or NUTR Graduate courses | | 6 | _____ |
| | Upper-Level Elective | | 3 | _____ | | | | |
| | Hours | | 12 | _____ | Hours | | 15 | _____ |