

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 Wellnes	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	_____