

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

2026-2027

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. - Contact UAC at advising@lamar.edu, 409-880-8822, lamar.edu/findadvisor

[Print Degree Plan](#)

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.

	Fall		Hours	Grade	Spring		Hours	Grade	
	FIRST YEAR	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				
NUTR 1322		Introductory Nutrition	3	___	LIBR 1101	Intro to Library Research	1	___	
Hours			15	___	Hours				
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			
Hours			16	___	Hours				
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			
Hours			15	___	Hours				
FOURTH YEAR	Fall		Hours	Grade	Spring		Hours	Grade	
	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			
	Upper-Level Elective			3	___				
Hours			12	___	Hours				