



**B.S. NUTRITION & HUMAN PERFORMANCE  
 2024 - PRESENT CATALOG CHECKLIST (NEW GE)**

**UA FOUNDATIONS & GENERAL EDUCATION**

**MATH**

MATH 112: College Algebra (3 units) \_\_\_\_\_

**COMPOSITION~ (select one (1) sequence)**

ENGL 101 & 102: First Year Composition (3 units) \_\_\_\_\_ & \_\_\_\_\_

or

ENGL 107 & 108: First Year Composition (3 units) \_\_\_\_\_ & \_\_\_\_\_

or

ENGL 109H: Advanced First-Year Composition (3 units) \_\_\_\_\_

**SECOND LANGUAGE\***

You must demonstrate second semester level proficiency in a foreign language (ex: SPAN 102 or higher) (0-8 units)

\_\_\_\_\_

**GENERAL EDUCATION**

UNIV 101: Intro to General Education (1 unit) > \_\_\_\_\_

**Exploring Perspectives (complete one (1) course in each category)**

Artist: \_\_\_\_\_ (3 units) \_\_\_\_\_

Humanist: \_\_\_\_\_ (3 units) \_\_\_\_\_

Natural Scientist: \_\_\_\_\_ (3 units) \_\_\_\_\_

Social Scientist: \_\_\_\_\_ (3 units) \_\_\_\_\_

**Building Connections (complete three (3) courses)**

\_\_\_\_\_ (3 units) \_\_\_\_\_

\_\_\_\_\_ (3 units) \_\_\_\_\_

\_\_\_\_\_ (3 units) \_\_\_\_\_

UNIV 301: General Education Capstone (1 unit) > \_\_\_\_\_

**SUPPORTING COURSEWORK**

CHEM 151: General Chemistry I (4 units) \_\_\_\_\_

CHEM 152: General Chemistry II (4 units) \_\_\_\_\_

MCB 181R: Introductory Biology (3 units) \_\_\_\_\_

MCB 181L: Introductory Biology Lab (1 unit) \_\_\_\_\_

PHYS 102: Introductory Physics I (3 units) \_\_\_\_\_

PHYS 181: Introductory Physics I Lab (1 unit) \_\_\_\_\_

PSIO 201: Human Anatomy & Physiology I (4 units) \_\_\_\_\_

PSIO 202: Human Anatomy & Physiology II (4 units) \_\_\_\_\_

**STATISTICS**

**STATISTICS^ (complete one (1) course) (3-4 units)**

AREC 239, BIOS 376, FCSC 201, **ISTA 116**

**MATH 163, MATH 263, PSY 230, SBS 200, SOC 375**

**NUTRITION & HUMAN PERFORMANCE CORE COURSEWORK**

NSC 170C1: Nutrition, Food, and You (3 units) \_\_\_\_\_

NSC 306: Introduction to Nutrition and Human Performance (3 units) \_\_\_\_\_

NSC 308: Nutrition and Metabolism (3 units) \_\_\_\_\_

NSC 315: Sports Nutrition (3 units) \_\_\_\_\_

NSC 320: Nutrition, Exercise, and Health Promotion (3 units) \_\_\_\_\_

NSC 396A: Survey of Nutrition Careers (1 unit) \_\_\_\_\_

NSC 396B: Preparation for Careers in Nutrition & Human Performance (1 unit) \_\_\_\_\_

NSC 406: Nutrition and Exercise Physiology (3 units) \_\_\_\_\_

NSC 415R: Advanced Sports Nutrition (3 units) \_\_\_\_\_

NSC 415L: Advanced Sports Nutrition Lab (1 unit) \_\_\_\_\_

NSC 445: Assessment of Regulation of Human Body Composition (3 units) \_\_\_\_\_

PSY 150A1: Introduction to Psychology (4 units) \_\_\_\_\_

**NUTRITION & HUMAN PERFORMANCE CAPSTONE**

NSC 498: Senior Capstone (3 units) \_\_\_\_\_

**NUTRITION & HUMAN PERFORMANCE ELECTIVES^^**

**HEALTH SCIENCES (complete 8 units)**

\_\_\_\_\_

\_\_\_\_\_

**BUSINESS, MANAGEMENT, and LEADERSHIP (complete 3 units)**

\_\_\_\_\_

**BEHAVIORAL (complete 6 units)**

\_\_\_\_\_

\_\_\_\_\_

**TEACHING/COACHING (complete 3 units)**

\_\_\_\_\_

**DIVERSITY, INCLUSIVITY and ETHICS (complete 3 units)**

\_\_\_\_\_

**NUTRITION & HUMAN PERFORMANCE INTERNSHIP**

NSC 393 or NSC 493: Internship (3 units) \_\_\_\_\_

**COMMENTS**

**GRADUATION REQUIREMENTS:**

A minimum of 120 units is required. 56 units must be university level. 42 must be upper division (300, 400 level). A minimum major & cumulative GPA of 2.0 is required.

Total Units: \_\_\_\_\_ /120

Upper Division Units: \_\_\_\_\_ /42

University Level Units: \_\_\_\_\_ /56

**IMPORTANT NOTES:**

The foundational coursework must be completed before application to "Advanced Standing".

**KEY:**

~ Requires a "B" or better in second semester English Composition to satisfy Mid-Career Writing Assessment

\* Requires a "C" or better in second semester language course

> UNIV 101 & UNIV 301 do not need to be taken by Transfer students

^ Bolded statistic courses can also satisfy foundation math requirement

^^ Choose course from approved electives guide

\*This is provided as a guide only. Please meet regularly with your Nutrition & Human Performance academic advisor to monitor your progress in the major.\*

## B.S. NUTRITION & HUMAN PERFORMANCE (NHP) ELECTIVES GUIDE

### HEALTH SCIENCES ELECTIVE (Complete eight (8) units)

Course Prefix	Course Name	Unit(s)
BIOC 384	Foundations in Biochemistry	3
BIOC 385	Metabolic Biochemistry	3
CHEM 241A	Lectures in Organic Chemistry	3
CHEM 243A	Organic Chemistry Laboratory I	1
CHEM 241B	Lectures in Organic Chemistry	3
CHEM 243B	Organic Chemistry Laboratory II	1
ECOL 182R	Introduction to Biology II	3
ECOL 182L	Introduction to Biology II Lab	1
MIC 205A	General Microbiology	3
MIC 205L	Biology of Microorganisms Lab	1
NSC 408	Nutritional Biology	3
PHCL 442	Human Performance Pharmacology	3
PHYS 103	Introductory Physics II	3
PHYS 182	Introductory Laboratory II	3
SBS 301A	Foundations of Mindfulness	1
SOC 303	Health and Society	3

### BUSINESS, MANAGEMENT, AND LEADERSHIP ELECTIVE (Complete three (3) units)

Course Prefix	Course Name	Unit(s)
ALC 309	Leadership Principles and Practices	3
ALC 409	Team and Organizational Leadership	3
PFFP 310	Fundamentals of Personal and Family Financial Planning	3
PHIL 322	Business Ethics	3
PHP 438	Health Profession Finance	3

### BEHAVIORAL ELECTIVE (Complete six (6) units)

Course Prefix	Course Name	Unit(s)
EDP 200, HDFS 200, PSY 200	Evolution and Human Development	3
EDP 430	Educational Psychology in Sport	3
NSC 212	Intuitive Eating Approach to Health & Wellbeing	3
NSC 432	Exploring Eating Disorders & Body Image	3
PSY 273	Psychology of Excellence	3
PSY 319	How We Change Behavior	3
PSY 381	Abnormal psychology	3
PSY 383	Health Psychology	3

**TEACHING/COACHING ELECTIVE (Complete three (3) units)**

Course Prefix	Course Name	Unit(s)
HDFS 401	Basic Skills and Counseling	3
NSC 332	Health Coaching	3
NSC 422	Weight Inclusive Approach to Counseling	3
SRL 355	Planning Community Events and Rec Programs	3
SRL 358	Theory and Practice of Coaching	3

**DIVERSITY, INCLUSIVITY, AND ETHICS ELECTIVE (Complete three (3) units)**

Course Prefix	Course Name	Unit(s)
ECON 205	The Ethics and Economics of Wealth Creation	3
NSC 312	Weight Stigma, Nutrition & Health	3
NSC 412	The Body Positive Concept & You	3
SRL 373	Inclusive Physical Activity Programming for Diverse and Special Populations	3
SOC 302	Sports and Society	3
SOC 304	Race, Class, Gender, and Sports	3