



## NUTRITIONAL SCIENCES: ALLIED HEALTH, BS

The following guide is for students matriculating in or before the academic year **2026-2027**. Official degree requirements can be found at <https://catalog.okstate.edu/degree-programs/>. This plan may be adjusted based on individual needs, please consult with your academic advisor. [Prerequisite coursework is listed below in brackets]

Minimum Overall GPA: 2.50

Total Hours: 120

### YEAR 1, FALL SEMESTER (13 hours)

<b>NSCI 2013</b> Principles of Human Nutrition (N) & <b>NSCI2011</b> Applied Principles of Human Nutrition
<b>UNIV 1111</b> First Year Seminar
<b>MATH 1513</b> College Algebra (Q) (see <a href="http://mathplacement.okstate.edu/">http://mathplacement.okstate.edu/</a> )
<b>BIOL 1113</b> Introductory Biology (N) & <b>BIOL 1111</b> Introductory Biology Laboratory (LN)
<b>UNIV 2511</b> Introduction to Health Careers (FALL ONLY)

Prior to enrolling in an OSU math class, you will need to complete the **Math Placement Exam** to ensure success in your first math course. The OSU Math Placement Exam is designed to find the strengths and weaknesses of your mathematical knowledge, report results to you, and then, if necessary, provide you with online learning modules for improving your knowledge to prepare for the appropriate course. **Math Placement Exam:** <https://go.okstate.edu/admissions/orientation-and-enrollment/math-placement>

### YEAR 1, SPRING SEMESTER (16-17 hours)

<b>CHEM 1314</b> Chemistry I (LN) [Prerequisite: "C" or better in MATH 1513 or higher level math or an acceptable math placement score] or <b>CHEM 1215</b> Chemical Principles I (LN) [Prerequisite: "C" or better in MATH1513 or in a higher level math course or an acceptable math placement score] (Pre-Health students should take CHEM 1314)
<b>STAT 2013</b> Elementary Statistics (Q) [Prerequisite: "C" or better in MATH 1513 or score of 50 or higher on OSU math placement test]
<b>Human Heritage &amp; Cultures (H)</b> -3 hours
<b>ENGL1113</b> Freshman Composition I or <b>ENGL 1313</b>
<b>POLS 1113</b> American Government

### YEAR 2, FALL SEMESTER (16 hours)

<b>NSCI 3440</b> Pre-professional Experience (1 credit hour)
<b>EDHS 3111</b> Preparing for Your Future Career (FALL ONLY)
<b>CHEM 1515</b> Chemistry II [Prerequisite: "C" or better in CHEM1314] or <b>CHEM 1225</b> Chemistry Principles II [Prerequisite: "C" or better in CHEM 1215 or 1314]
<b>ENGL 1213</b> Composition II [Prerequisite: ENGL 1113 or ENGL 1123 or ENGL 1313] or <b>ENGL1413</b> or <b>ENGL3323</b>
<b>HLTH 2603</b> Total Wellness (S)
<b>Controlled Elective</b> -3 hours (PSYC1113-recommended)

### YEAR 2, SPRING SEMESTER (15 hours)

<b>NSCI 3223</b> Nutrition Across the Lifespan [Prerequisite: NSCI 2013]
<b>CHEM 3013</b> Survey of Organic Chemistry [Prerequisites: "C" or better in CHEM 1225 or 1515] or <b>CHEM 3053</b> Organic Chemistry I [Prerequisite: "C" or better in CHEM 1515] *Series required for Professional Schools includes CHEM 3053, CHEM 3153, and CHEM 3112.
<b>HIST 1103</b> Survey of American History or <b>HIST1483</b> American History to 1865 or <b>HIST1493</b> American History Since 1865
<b>SPCH 2713</b> Introduction to Speech Communications
<b>Controlled Elective</b> -3 hours

*Course Attribute Guide:* (Q) Quantitative Thought & Logical Reasoning; (H) Understanding Humanities – Human Heritage & Cultures; (S) Exploring Society & Human Behavior; (N) Reasoning in the Natural Sciences; (L) Laboratory-Based Inquiry; (D) Diversity; (G) Global Cultural Competency; (F) Fine Arts & Languages

## YEAR 3, FALL SEMESTER (14-15 hours)

<b>NSCI 3543</b> Food and the Human Environment ( <b>GS</b> )
<b>NSCI 3011</b> Nutrition and Evidence-base Practice I [Prerequisite: NSCI 2013 and STAT 2013]
<b>CHEM 3012</b> Survey of Organic Chemistry Laboratory [Prerequisite: CHEM3013 or concurrent enrollment] or <b>CHEM3153</b> Organic Chemistry II [Prerequisite: "C" or better in CHEM 3053]
<b>MICR 2123</b> Introduction to Microbiology [Prerequisites: "C" or better in BIOL 1113 & 1111 and CHEM 1215/1314 or concurrent enrollment]
<b>BIOL 3203</b> Physiology & <b>BIOL 3201</b> Physiology Laboratory [Prerequisites: "C" or better in BIOL 1113 & 1111; CHEM 1215 /1314]
<b>Course designated (Q), (H), (N), (S), (D), (G), or (F)</b> -1 hour

## YEAR 3, SPRING SEMESTER (15-17 hours)

<b>NSCI 3021</b> Nutrition and Evidence-based Practice II [Prerequisites: BIOL3203 & 3201 and "C" or better in NSCI 3011]
<b>CHEM 3112</b> Organic Chemistry Laboratory [Prerequisite: CHEM 3153 or concurrent enrollment] **(Disregard course if student took CHEM 3013/3012)**
<b>MICR 2132</b> Microbiology Laboratory [Prerequisite: MICR 2123 or concurrent]
<b>BIOL 3214</b> Human Anatomy [Prerequisite: "C" or better in BIOL 1604 or 3203 & 3201]
<b>HHP 2802</b> Medical Terminology for Health Professions
<b>HDFS 2113</b> Lifespan Human Development
<b>Controlled Elective</b> -3 hours

## YEAR 4, FALL SEMESTER (16 hours)

<b>NSCI 4023</b> Nutrition in the Pathophysiology of Chronic Disease [Prerequisites: NSCI 2013, BIOL 3203 & 3201, and "C" or better in NSCI 3011 and NSCI 3223]
<b>NSCI 4123</b> Human Nutrition and Metabolism I [Prerequisites: NSCI 2013; CHEM 3013 or 3053 and BIOL 3203 & 3201; or consent of instructor]
<b>NSCI 4021</b> Nutrition and Evidence-base Practice III [Prerequisites: "C" or better in NSCI 3021]
<b>Human Heritage &amp; Cultures (H)</b> -3 hours
<b>Controlled Elective</b> -6 hours (upper division)

## YEAR 4, SPRING SEMESTER (12-15 hours)

<b>NSCI 4373</b> Principles of Nutrition Education and Behavior Change ( <b>SPRING ONLY</b> ) [Prerequisites: NSCI 2013, "C" or better in NSCI 3223 or consent of instructor]
<b>NSCI 4143</b> Human Nutrition and Metabolism II [Prerequisites: NSCI 4123 or consent of instructor]
<b>Diversity (D)</b> -3 hours
<b>Controlled Elective</b> -3-6 hours (hours variation dependent on Organic Chemistry series taken)

**IMPORTANT:** File diploma application with enrollment.

### Other Requirements:

- 1) 40 hours of upper-division course work
- 2) A 2.50 Major GPA is required. This includes all courses in College/Departmental and Major Requirements.
- 3) A grade of "C" or better is required in all NSCI 3000- and 4000-level courses.
- 4) Transfer Admission Requirement: 2.50 GPA.

### Additional State/OSU Requirements:

- At least: 60 hours at a four-year institution; 30 hours completed at OSU; 15 of the final 30 or 50% of the upper-division hours in the major field completed at OSU.
- Limit of: one-half of major course requirements as transfer work; one fourth of hours earned by correspondence; 8 transfer correspondence hours.
- Students will be held responsible for degree requirements in effect at the time of matriculation and any changes that are made, so long as these changes do not result in semester credit hours being added or do not delay graduation.
- Degrees that follow this plan must be completed by the end of Summer 2032.

This plan is provided as a courtesy. The official degree requirements for this major can be found <https://catalog.okstate.edu/education-human-sciences/>.

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