



## NUTRITIONAL SCIENCES: HUMAN NUTRITION/PREMEDICAL SCIENCES, 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>NSCI 2011</b> Applied Principles
	<b>UNIV 1111</b> First Year Seminar
	<b>BIOL 1113</b> Introductory Biology (N) & <b>BIOL1111</b> Introductory Biology Laboratory (LN)
	<b>MATH 1513</b> College Algebra (see <a href="http://mathplacement.okstate.edu/">http://mathplacement.okstate.edu/</a> )
	<b>UNIV2511</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 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]
	<b>MATH 1813</b> Preparation for Calculus (Q) [Prerequisite: Score of 60 or higher on OSU math placement test OR a minimum grade of "C" in MATH 1513]
	<b>ENGL 1113</b> Freshman Composition I or <b>ENGL1313</b>
	<b>Social and Behavioral Science (S)</b> -3 hours (SOC1113 recommended)
	<b>Controlled Elective</b> -3 hours ( <b>BIOL1604</b> [Prerequisite: BIOL 1114] recommended)

### 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]
	<b>MICR 2123</b> Introduction to Microbiology [Prerequisites: "C" or better in BIOL 1113 & 1111 and CHEM1314 or concurrent enrollment]
	<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>ENGL 1213</b> Composition II [Prerequisite: ENGL 1113 or ENGL 1123 or ENGL 1313] or <b>ENGL1413</b> or <b>ENGL3323</b>

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

	<b>NSCI 3223</b> Nutrition Across the Lifespan [Prerequisite: NSCI 2013]
	<b>CHEM 3053</b> Organic Chemistry I [Prerequisite: "C" or better in CHEM 1515]
	<b>PHYS 1114</b> College Physics I [Prerequisites: "C" or better in MATH 1513 or acceptable math placement score]
	<b>BIOL 3203</b> Physiology & <b>BIOL 3201</b> Physiology Laboratory [Prerequisites: "C" or better in BIOL 1113 & 1111; CHEM 1314]
	<b>MICR 2132</b> Microbiology Laboratory [Prerequisite: MICR 2123 or concurrent]

## YEAR 3, FALL SEMESTER (16 hours)

<b>NSCI 3011</b> Nutrition and Evidence-base Practice I [Prerequisite: NSCI 2013 and STAT 2013]
<b>CHEM3153</b> Organic Chemistry II [Prerequisite: "C" or better in CHEM 3053]
<b>CHEM 3112</b> Organic Chemistry Laboratory [Prerequisite: CHEM 3153 or concurrent enrollment]
<b>PHY1214</b> College Physics II [Prerequisite: "C" or better in PHYS 1114 or 2014]
<b>MICR 3033</b> Cell and Molecular Biology [Prerequisites: MICR 2123 and 2132 or BIOL 1604 and CHEM 1515 or equivalent]
<b>PSYC 1113</b> Introductory Psychology

## YEAR 3, SPRING SEMESTER (15 hours)

<b>NSCI 3021</b> Nutrition and Evidence-based Practice II [Prerequisites: BIOL3203 & 3201 and "C" or better in NSCI 3011]
<b>NSCI 3543</b> Food and the Human Environment ( <b>G/S</b> )
<b>BIOC 3653</b> Survey of Biochemistry [Prerequisite: CHEM 3013 or 3053]
<b>BIOL 3214</b> Human Anatomy [Prerequisite: "C" or better in BIOL 1604 or BIOL3203 & 3201]
<b>BIOL3023</b> General Genetics [Prerequisite: "C" or better in MICR 2123 or MICR 3033 or CHEM 3053]
<b>UNIV 3511</b> Health Professional School Preparation ( <b>SPRING ONLY</b> )

## YEAR 4, FALL SEMESTER (15 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>SPCH 2713</b> Introduction to Speech Communications
<b>Human Heritage &amp; Cultures/Diversity (H/D)</b> -3 hours
<b>HIST 1103</b> Survey of American History or <b>HIST1483</b> American History to 1865 or <b>HIST1493</b> American History Since 1865

## YEAR 4, SPRING SEMESTER (13 hours)

<b>NSCI 4143</b> Human Nutrition and Metabolism II [Prerequisites: NSCI 4123 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>HDFS 2113</b> Lifespan Human Development
<b>POLS 1113</b> American Government

**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/>.