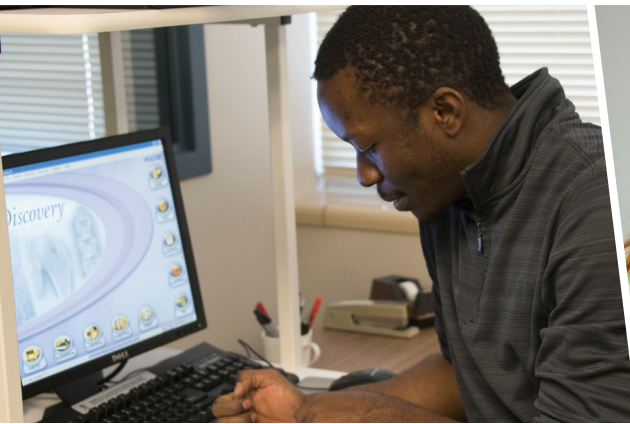




COLLEGE OF  
**EDUCATION AND  
HUMAN SCIENCES**

# NUTRITIONAL SCIENCES: **ALLIED HEALTH**



## OVERVIEW

Develop an in-depth knowledge of the relationship between human health and nutrition, while completing pre-professional and graduate school prerequisites for healthcare fields such as physical therapy, occupational therapy, physician assistance, chiropractic medicine, pharmacy, nursing and more. As highly valued Allied Health professionals and members of the healthcare community, our graduates are well prepared to assist in directing the delivery of health-related services, optimizing patient outcomes and ensuring that the most up-to-date science and treatments are used.

## PROGRAM HIGHLIGHTS

- Flexible curriculum includes prerequisite courses for most health professional paths.
- Pre-professional experience is prioritized in the course work, with emphasis on shadowing health professionals, analyzing case studies and applying concepts through service-learning.
- Strong preparation for pre-health fields with science courses, including biochemistry, physiology, biology and anatomy.
- Abundant community or laboratory-based undergraduate research opportunities under the direction of highly-qualified and nationally recognized faculty mentors.

## NOTABLE NUMBERS



At or above **85% acceptance rate** into all medical and allied health professional programs, which is higher than the national average.

## STUDENT PERSPECTIVE

“ Learning about a healthy, balanced lifestyle is something I care about and it will help me be a better advocate for my future clients and patients. It’s so enjoyable for me to be able to help people understand their body and how to meet their goals. ”

- Randall Krech, Allied Health student

# PEOPLE. PASSION. PURPOSE.

# BACHELOR OF SCIENCE IN NUTRITIONAL SCIENCES

## ALLIED HEALTH

(120 credit hours)

### SAMPLE FOUR-YEAR PLAN OF STUDY

# 1

#### FALL

First Year Seminar  
Introductory Biology  
College Algebra  
Composition I\*  
Introduction to Health Careers

13 hrs.

#### SPRING

Chemistry I  
Principles of Human Nutrition  
Composition II\*  
Survey of American History\*

15 hrs.

# 2

#### FALL

Chemistry II  
Total Wellness  
Elementary Statistics  
Controlled Elective (4 hours)

15 hrs.

#### SPRING

Food and the Human Environment  
Organic Chemistry I  
American Government\*  
Speech\*  
Controlled Elective (3 hours)

15 hrs.

# 3

#### FALL

Nutrition Across the Lifespan  
Organic Chemistry II  
Physiology  
Introduction to Microbiology  
Nutrition and Evidence-based Practice I

14 hrs.

#### SPRING

Human Anatomy  
Organic Chemistry Laboratory  
Microbiology Laboratory  
Nutrition and Evidence-based Practice II  
Medical Terminology for Health Professionals  
Lifespan and Human Development  
Controlled Elective (3 hours)

17 hrs.

**SUMMER** Pre-professional Experience 1 hr.

# 4

#### FALL

Nutrition in the Pathophysiology of Chronic Disease  
Human Nutrition and Metabolism I  
Nutrition and Evidence-based Practice III  
Humanities/Diversity Course  
Controlled Electives (6 hours, Upper Division)

16 hrs.

#### SPRING

Principles of Nutrition Education and Counseling  
Human Nutrition and Metabolism II  
Humanities Course\*  
Controlled Electives (3 to 6 hours)

14 hrs.

\*Suggested for students seeking concurrent, dual credit or Advanced Placement (AP) course options to apply directly to this degree plan. Refer to the OSU Transfer Credit Guide and Credit By Exam Guide for specific course information online at [okstate.edu](http://okstate.edu).

### RELATED MINORS AND CERTIFICATES

Biochemistry ○ Gerontology ○ Neuroscience ○ Public Health ○ Undergraduate Research

Minors are designed to enhance and complement a major field of study. They are not required, and additional courses may need to be added to the plan above.

#### PROSPECTIVE STUDENT SERVICES

Watson Family Center for Student Development  
106 Willard | Stillwater, OK 74078  
(405) 744-6350 | [educate@okstate.edu](mailto:educate@okstate.edu)

More about this major: [okla.st/NSClundergrad](http://okla.st/NSClundergrad)



COLLEGE OF  
**EDUCATION AND  
HUMAN SCIENCES**



@okstate\_EHS  
[education.okstate.edu](http://education.okstate.edu)