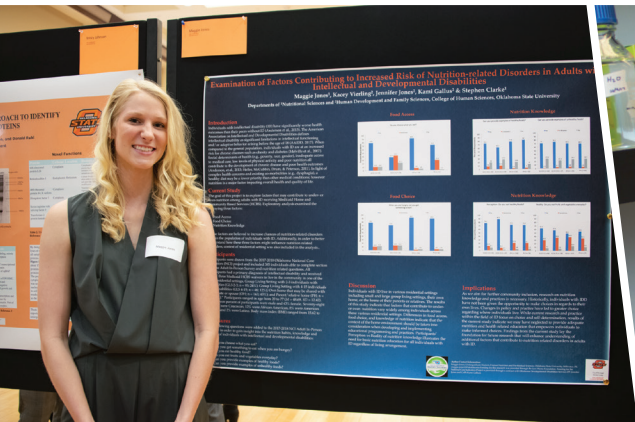




COLLEGE OF
EDUCATION AND
HUMAN SCIENCES

NUTRITIONAL SCIENCES: HUMAN NUTRITION/ PRE-MEDICAL SCIENCES



OVERVIEW

Develop a strong foundation in health and disease prevention and fulfill the prerequisites for medical or dental school through the Human Nutrition/Pre-Medical Sciences degree option. Nutrition plays a critical role in the prevention and treatment of many chronic diseases, and diet is one of the most significant risk factors for disability and premature death in the United States. With an academic experience in Human Nutrition/Pre-Medical Sciences, you will begin medical school with the knowledge and skills to help individuals make lifestyle changes that support sustainable, long-term health. If dentistry is the path you pursue, the Human Nutrition/Pre-Medical Sciences curriculum will help you better understand the role nutrition plays in dental hygiene, bone development and overall dental health. Prepare to become a health professional who is better equipped to educate patients about preventative wellness, disease development and holistic treatment because of your nutrition background.

PROGRAM HIGHLIGHTS

- Rigorous science courses include biochemistry, physiology, biology, anatomy and other prerequisites for most pre-medical and pre-dental school requirements.
- Well-rounded curriculum integrates human-based coursework in assessment and patient nutrition counseling.
- Pre-professional experience is prioritized in the coursework, with emphasis on shadowing health professionals, analyzing case studies and applying concepts through service-learning.
- 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

“Nutritional Sciences focuses on understanding the relationship between health, nutrition and medicine. This major was a perfect fit given my passion to become a physician and advocate for healthier lifestyles. I have been well-prepared to use nutrition within a preventative care model and as a primary tool to restore, prevent and enhance health issues in future patients.”

- Christian Hemmerich,
Human Nutrition/Pre-medical Sciences student

PEOPLE. PASSION. PURPOSE.

HUMAN NUTRITION/PRE-MEDICAL SCIENCES

(120 credit hours)

SAMPLE FOUR-YEAR PLAN OF STUDY

1

FALL

First Year Seminar
Principles of Human Nutrition
Introductory Biology
College Algebra
Introduction to Health Careers

14 hrs.

SPRING

Composition I*
Chemistry I
Preparation for Calculus
Introduction to Sociology*
Controlled Elective (3 hours)

16 hrs.

SUMMER Chemistry II 5 hrs.

2

FALL

Organic Chemistry I
College Physics I
Composition II*
Lifespan Human Development

13 hrs.

SPRING

Organic Chemistry II
Organic Chemistry Laboratory
Human Anatomy
Introductory Psychology*
Introduction to Microbiology

15 hrs.

SUMMER College Physics II 4 hrs.

3

FALL

Survey of Biochemistry
Physiology
Microbiology Laboratory
Elementary Statistics

12 hrs.

SPRING

Nutrition Across the Lifespan
Nutrition and Evidence-based Practice I
Health Professional School Preparation
General Genetics
Food and the Human Environment
American Government*

14 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 II
Cell and Molecular Biology
Humanities/Diversity Course (3 hours)

13 hrs.

SPRING

Human Nutrition and Metabolism II
Nutrition and Evidence-based Practice III
Survey of American History*
Humanities Course*
Speech*

13 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.

RELATED MINORS AND CERTIFICATES

Biochemistry ○ Gerontology ○ Neuroscience ○ Public Health

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

More about this major: okla.st/NSClundergrad



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