

COLLEGE OF LIBERAL ARTS AND SOCIAL SCIENCES
Bachelor of Science
Human Nutrition and Foods – Nutrition and Fitness Track
Four-Year Academic Map 2025-2026

YEAR 1	Semester 1 Fall			Semester 2 Spring			Total	
	ENGL 1301	First Year Writing I*	3	ENGL 1302	First Year Writing II*	3		
	HIST 1301	The United States to 1877*	3	HIST 1302	The United States since 1877*	3		
	GOVT 2306	U.S. and Texas Constitution & Politics*	3	GOVT 2305	U.S. Government*	3		
	MATH 1314	College Algebra*	3	MATH 2312	Precalculus*	3		
	BIOL 2301	Anatomy & Physiology I ^	3	BIOL 2302	Human Anatomy & Physiology II ^	3		
	BIOL 2101	Anatomy & Physiology I Lab ^	1	BIOL 2102	Human Anatomy & Physio II Lab ^	1		
	Semester Hours			16	Semester Hours			16

YEAR 2	Semester 1 Fall			Semester 2 Spring			Total	
	CORE	Creative Arts*	3	CORE	Language, Philosophy & Culture*	3		
	CORE	Writing in the Disciplines*	3	MATH 1342	Elementary Statistical Methods			
				OR	OR			
	KIN 1304	Public Health Issues in Physical Activity & Obesity*	3	PSYC 2317	Intro to Psychological Statistics	3		
	KIN 1352	Foundations of Kinesiology, Health, & Fitness	3	Elective	1000-4000 level course	3		
	BIOL 2320	Microbiology for Non-Science Majors		NUTR 2332	Introduction to Human Nutrition*	3		
	OR	OR						
	BIOL 2321	Microbiology for Science Majors	3	CHEM 1305	Foundations of Chemistry			
			OR	OR				
BIOL 2120	Microbiology for Non-Science Majors Lab		CHEM 1311	Fundamentals of Chemistry I				
OR	OR		OR	OR				
BIOL 2121	Microbiology for Science Majors Lab	1	CHEM 1312	Fundamentals of Chemistry II*				
					3			
Semester Hours			16	Semester Hours			15	31

YEAR 3	Semester 1 Fall			Semester 2 Spring			Total	
	KIN 3306	Exercise Physiology	3	BS Formal Science	Mathematics/Reasoning	3		
	NUTR 3334	Advanced Nutrition	3	Elective	1000-4000 level course	3		
	NUTR 3336	Nutritional Pathophysiology	3	NUTR 4334	Community Nutrition	3		
	NUTR	Approved NUTR Advanced Elective	3	NUTR	Approved NUTR Advanced Elective	3		
	KIN	Approved KIN Advanced Elective	3	KIN	Approved KIN Advanced Elective	3		
Semester Hours			15	Semester Hours			15	30

YEAR 4	Semester 1 Fall			Semester 2 Spring			Total	
	NUTR 4345	The Obesity Epidemic		KIN 4310	Measurement Techniques in Human Performance			
	OR	OR						
	KIN 4303	The Obesity Epidemic	3	NUTR 4349	Public Policy in Nutrition	3		
	NUTR	Approved NUTR Advanced Elective	3	KIN	Approved KIN Advanced Elective	3		
	NUTR	Approved NUTR Advanced Elective	3	KIN	Approved KIN Advanced Elective	3		
	KIN	Approved KIN Advanced Elective	3					
KIN	Approved KIN Advanced Elective	3						
Semester Hours			15	Semester Hours			12	27
							120	

*State of Texas Core Curriculum. Students should meet with their academic advisor to formulate their own plan.

^ Students may take BIOL 3324/3224 in place of either BIOL 2301/2101 or BIOL 2302/2102