

Human Nutrition & Foods – Nutritional Sciences, B.S. General Studies, A.A.

2025-2026 Catalog

YEAR 1	Semester 1 – COM		Semester 2 – COM	
	Core ENGL 1301 Composition I	3	Core ENGL 1302 Composition II	3
	Core American History	3	Core American History	3
	Core MATH 1314 College Algebra	3	MATH 2412 Precalculus	4
	Core PSYC/EDUC 1300 Psychology for Success	3	BIOL 1322 Nutrition & Diet Therapy	3
	Core BIOL 2401 Anatomy & Physiology I	4	Core BIOL 2402 Anatomy & Physiology II	4
YEAR 2	Semester 3 – COM		Semester 4 – COM	
	Core GOVT 2305 Federal Government	3	Core GOVT 2306 Texas Government	3
	Core Language, Philosophy, & Culture	3	Core Creative Arts	3
	BIOL 2420 Microbiology	4	SPCH 1315 or SPCH 1318	3
	CHEM 1411 General Chemistry I	4	CHEM 1412 General Chemistry II	4
			Core PHED 1164 Into to Physical Fitness	1
YEAR 3	Semester 5 – UH		Semester 6 – UH	
	KIN 1304 Public Health Issues in Phys. Activity	3	MATH 1342 or PSYC 2317	3
	KIN 3306 Exercise Physiology	3	NUTR 4312 Nutrition Assessment	3
	NUTR 3336 Nutritional Pathophysiology	3	NUTR 4345 The Obesity Epidemic	3
	CHEM 2323 + CHEM 2123 Organic Chemistry I	4	Approved Advanced NUTR Course (see advisor)	3
	General Elective	1	CHEM 2325 + CHEM 2125 Organic Chemistry II	4
YEAR 4	Semester 7 – UH		Semester 8 – UH	
	KIN 4310 Measurement Techniques	3	NUTR 4334 Community Nutrition	3
	NUTR 3334 Advanced Nutrition	3	Approved Advanced NUTR Course (see advisor)	3
	Approved Advanced NUTR Course (see advisor)	3	Approved Advanced NUTR Course (see advisor)	3
	PHYS 1301 + PHYS 1101 College Physics I	4	PHYS 1302 + PHYS 1102 College Physics II	4
	BCHS 3304 General Biochemistry I	3		

See reverse for additional information

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UH Transfer Rules

- Courses taken at COM must be completed with a C- or better.
- A maximum of 66 lower-level transfer credits can be used towards a UH bachelor's degree.
- A maximum of 2 credit hours in physical activity courses can transfer.

Major Requirements

- **B.S. Math & Science:** complete 12 hours of approved mathematics courses and 8 hours of science courses. Students majoring in Human Nutrition & Foods – Nutritional Sciences will fulfill this requirement through the major coursework.
- Students will not be core complete or earn their associate degree before transferring to UH. Students should **opt into the reverse transfer process when applying for admission to UH** to earn their associate degree from COM after transferring to UH.
- To qualify for the Nutritional Sciences major, students must reach junior standing (complete at least 60 credit hours) and have a minimum 3.00 cumulative UH GPA.

From CLASS to Careers

Students who graduate with a degree in Nutrition can pursue a large variety of careers and graduate programs. Recent graduates are employed in the following careers:

- Dietitian and Nutritionist
- Registered Nurse
- Pharmacist
- Physician Assistant
- Clinical Research Coordinator
- Social and Human Service Assistant
- Food Service Manager
- Health Education Specialist
- Optometrist

The transferable skills students develop during their undergraduate career are important for future career and graduate school opportunities. Some of the skills recent graduates have emphasized include:

- Customer Service
- Microsoft Office (Word, Excel, PowerPoint)
- Research
- Management and Leadership
- Sales
- Public Speaking
- Event Planning

The estimated wage of Nutrition graduates is \$63,500.