

**BENEDICTINE UNIVERSITY CHECKLIST FOR BACHELOR OF SCIENCE in NUTRITION**  
**(Didactic program in Dietetics)**  
**Freshman Rules**  
**(2008-2009 Academic Year)**

<b>NAME:</b>		<b>DATE:</b>
<b>BU ID #:</b>	<b>ADVISOR:</b>	<b>SEMESTER OF ENTRY:</b>

GRADUATION REQUIREMENT: Students must submit a total of 120 semester credit hours (with a minimum G.P.A. of 2.0 from Benedictine University courses)

<p><b><u>BASIC SKILLS</u></b> (12 HOURS) Grade of "C" or better required.</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>College</u></th> <th style="text-align: left;"><u>Course #</u></th> <th style="text-align: left;"><u>Cr.</u></th> <th style="text-align: left;"><u>Grade</u></th> <th></th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>Writing Colloquium (WRIT-S101)* (or HNRS 190: 1<sup>st</sup> Year Colloquium I)</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>Research Writing (WRIT-S102) (or HNRS 191: 1<sup>st</sup> Year Colloquium II)</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>Basic Speech (SPCH-S110) (or HNRS-191)</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>Finite Math (MATH-S105) or College Algebra (MATH-S110) or Quantitative Reasoning (MATH-S108)</td> </tr> </tbody> </table> <p><b>*Freshmen with AP credit for WRIT-S101 must take WRIT-S104, Person in Community: One-Hour seminar</b></p>	<u>College</u>	<u>Course #</u>	<u>Cr.</u>	<u>Grade</u>		_____	_____	_____	_____	Writing Colloquium (WRIT-S101)* (or HNRS 190: 1 <sup>st</sup> Year Colloquium I)	_____	_____	_____	_____	Research Writing (WRIT-S102) (or HNRS 191: 1 <sup>st</sup> Year Colloquium II)	_____	_____	_____	_____	Basic Speech (SPCH-S110) (or HNRS-191)	_____	_____	_____	_____	Finite Math (MATH-S105) or College Algebra (MATH-S110) or Quantitative Reasoning (MATH-S108)	<p><b><u>COMMON CORE</u></b> (12 HOURS)</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>College</u></th> <th style="text-align: left;"><u>Course #</u></th> <th style="text-align: left;"><u>Cr.</u></th> <th style="text-align: left;"><u>Grade</u></th> <th></th> </tr> </thead> <tbody> <tr> <td>BU _____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>HUMN-220 Mediterranean World (or HNRS-220 Mediterranean World)</td> </tr> <tr> <td>BU _____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>HUMN-230 Baptism of Europe (or HNRS-230 Baptism of Europe)</td> </tr> <tr> <td>BU _____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>HUMN-240 Converging Hemispheres (or HNRS-320 Converging Hemispheres)</td> </tr> <tr> <td>BU _____</td> <td>_____</td> <td>_____</td> <td>_____</td> <td>HUMN-250-WI - required for all except scholars</td> </tr> </tbody> </table> <p>HUMN-220, 230, 240, 250 <u>taken at Benedictine</u> comprise the Cultural Heritage Series.</p>	<u>College</u>	<u>Course #</u>	<u>Cr.</u>	<u>Grade</u>		BU _____	_____	_____	_____	HUMN-220 Mediterranean World (or HNRS-220 Mediterranean World)	BU _____	_____	_____	_____	HUMN-230 Baptism of Europe (or HNRS-230 Baptism of Europe)	BU _____	_____	_____	_____	HUMN-240 Converging Hemispheres (or HNRS-320 Converging Hemispheres)	BU _____	_____	_____	_____	HUMN-250-WI - required for all except scholars
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<p><b><u>CORE ELECTIVES</u></b></p> <p>Core Electives must be chosen from classes labeled with a "C" designation in the Catalog and Course Schedule. A list can also be found at: <a href="http://www.ben.edu/core/electives.asp">http://www.ben.edu/core/electives.asp</a>.</p>																	
<p><b><u>ARTS AND HUMANITIES</u></b> (12 HOURS)</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>_____</td> <td><u>Satisfied by Major</u></td> <td>_____</td> <td>PHIL** _____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>RELS _____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>FNAR/MUSI (HNRS-294 for Scholars)</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>LITR/FRLGLITR _____</td> </tr> </table> <p>**Scholars must pass a core approved ethics course.</p>	_____	<u>Satisfied by Major</u>	_____	PHIL** _____	_____	_____	_____	RELS _____	_____	_____	_____	FNAR/MUSI (HNRS-294 for Scholars)	_____	_____	_____	LITR/FRLGLITR _____	<p><b><u>NATURAL SCIENCES</u></b> (9 HOURS)</p> <p><u>Satisfied by major</u></p>
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<p><b><u>SOCIAL SCIENCES</u></b> (9 HOURS)</p>	
_____	_____ ANTH/PLSC _____ (HNRS-393 for Scholars)
_____	<u>Satisfied by Major</u> _____
_____	<u>Satisfied by Major</u> _____

**MAJORS AND COGNATES**❖

College	Course	Cr	Gr	College	Course	Cr	Gr	
		3				3		NUTR-244 Food Science
		1				1		NUTR-245 Food Science Lab
		3				1		NUTR-246 Exp Food Lab
		1				3		NUTR-250 Food Service Operations
		3				3		NUTR-271 Nutrition Education
		1				3		NUTR-280 Community Nutrition
		4				2		NUTR-298 Cultural Foods Lab
		3				3		NUTR-341 Nutrition in Health/Disease
		4				2		NUTR-350 Food/Nutr Service Mgmt
		3				4		NUTR-371 Therapeutic Nutrition
		3				2		NUTR-372 Clinical Nutr Assess Lab
		3				1		NUTR-373 Adv Menu Plan Lab
		3				1		NUTR-391 Nutr Achieve Portfolio
		3				2		NUTR-392-WI Nutrition Res & Prof Writ
		1				1		NUTR-395 Nutrition Counseling Lab
		3						

All majors must submit at least 36 hours in nutrition courses, with 33 at the 200 level or above, including 15 hours at the 300 level.

\*Major and cognate courses required for CADE of the ADA approval must be completed with a grade of "C" or better.

❖ One Writing Intensive course (indicated by a "WI" in the course schedule) must be completed within the major

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**EXERCISE PHYS/NUTRITION AFFILIATION**

Required courses:

Strongly suggested courses:

College	Course	Cr	Gr		College	Course	Cr	Gr	
		1		HLSC 321 Fitness Testing			3		MATH 111 Trigonometry
		1		HLSC 322 EKG Lab			1		BIOL 259 Physiology Lab
		3		HLSC 360 Adv Cardio & Resp Phys					
		3		HLSC 361 Cardiopulm Path & Prev					
		2		HLSC 380 Current Topics					
		2		HLSC 390 Internship					
		3		HLSC 392 Exercise Biochemistry					
		3		NUTR 342 Applied Nutr Physiology					
		4		BIOL 203 Human Anatomy					
		3		BIOL 229 Biostatistics					
		3		BIOL 268 Biomechanics					

If CHEM-113, 114, 123 and 124 are completed with a "C" or better [instead of CHEM-101, 102], plus the required Nutrition cognates of BIOL-108 (3), BIOL-109 (1) BIOL-208 (4), BIOL-258 (4), BIOL-358 (3), and BIOL-229 (3) is selected [instead of PSYC-150 (3)] and two additional credits in BIOL or BIOL/BCHM 261, the requirements for a Biology minor have been met.