Date:

Name:

BenU ID #: Semester of Entry:

Freshman Rules
2014-2015
Academic Year

Benedictine University®

Bachelor of Science in Nutrition

Concentration (if applicable)_____

Inquiry Curriculum Requirements | A Liberal Arts Curriculum

Basic Skills | Grade of "C" or better required. 12

COLLEGE	COURSE		CR	GR
		WRIT S101 Writing Colloquium	3	
		WRIT S102 Research Writing	3	
		SPCH S110 Basic Speech	3	
		MATH S108 Quantitative Reasoning or MATH S110 College Algebra	3 3	

Interdisciplinary Seminars | Must be completed at BenU. 6

COLLEGE	COURSE		CR	GR
BenU	IDS 201	Catholic and Benedictine Intellectual Traditions (WI)	3	
BenU	IDS 301	Human Dignity or The Common Good	3	

Modes of Inquiry (MI) | Scholars Program students please refer to specific checklist for requirements.

COLLEGE	COURSE		CR	GR
		Arts and Humanities		**15**
		Religions/Theological (QRT)		
		Philosophical (QPL)		
		Historical (QHT)		
		Literary/Rhetorical (QLR)		
		Artistic/Creative (QCA)		
		Natural Sciences		**9**
Satisfied by Major		Life-Scientific (QLS)	—	—
Satisfied by Major		Physical-Scientific (QPS)	—	—
Satisfied by Major		Computational, Math and Analytical (QCM)	—	—
		Social Sciences I and II		**6**
Satisfied by Major		Individuals/Organizations/Societies (QIO)	—	—
		Political/Global/Economic Systems (QPE)		

Cocurricular | Requirements may be met through MI or major courses.

Course or Experience			
		☐	Global Designation (G)
		☐	Sustainability (S)
BenU	IDS 201	☒	Writing Intensive (WI)
BenU	NUTR 392	☒	Writing Intensive (WI)
BenU	MGT 300	☒	Writing Intensive (WI)

Notes | All Undergraduate Degree Programs

GRADUATION REQUIREMENT: Students must submit a total of 120 semester credit hours (with a minimum GPA of 2.0 from Benedictine University courses) of which 45 semester credit hours, including 12 semester credit hours at the 200 level or above in the major field, must be from Benedictine University.

INQUIRY CURRICULUM REQUIREMENTS: Remaining MI courses must be chosen from classes labeled with appropriate designation in catalog or course schedule. Some MI requirements are satisfied by major requirements. Substitutions are not allowed after entry.

Graduation Requirement | Min. Semester Credit Hours 120

Major Requirements | Grade of "C" or better required. 80

COLLEGE	COURSE			CR	GR
		CHEM 101	Introduction to Chemistry	3	
		CHEM 102	Introduction to Chem Lab	1	
		CHEM 103	Intro to Organic/Biochem	3	
		CHEM 104	Intro to Organic/Biochem Lab	1	
		BIOL 197	Prin of Organismal Biology	3	
		BIOL 198	Principles of Biology	3	
		BIOL 199	Principles of Biology lab	1	
		BIOL 208	General Microbiology	4	
		BIOL 229 MATH 150 PSYC 250	Biostatistics or Introduction to Statistics I or Basic and Applied Statistics	3 3 3	
		BIOL 258	Human Physiology	4	
		MGT 300	Management (WI)	3	
		PSYC 100	Survey of Psychology	3	
		PHIL 245 THEO 252	General Ethics or Bus Ethics in the Context of Catholic Social Teaching	3 3	
Nutrition Foundation Courses (24 semester credit hours)					
		NUTR 150	Food Service Sanitation	1	
		NUTR 241	Nutrition Through Life Cycle	3	
		NUTR 244	Food Science	3	
		NUTR 245	Food Science Lab	1	
		NUTR 251	Nutritional Biochemistry	3	
		NUTR 271	Nutrition and Health Education	3	
		NUTR 280	Community Health and Nutrition	3	
		NUTR 298	Cultural Foods Lab	2	
		NUTR 345	Science of Nutrition and Fitness	3	
		NUTR 392	Health Res & Prof Writing (WI)	2	
Required courses for those not pursuing a concentration in the Nutrition major					
		NUTR 300	Nutritional Aspects of Disease	4	
Nutrition Major Electives (17 semester credit hours) ① ②					
		COMM, MGT, MKTG, NUTR HLSC, and/or BIOL		17	

Major Specific Notes | Nutrition

All major and cognate courses required for the major must be completed with a grade of "C" or better, including WRIT and SPCH.

① Of the 17 semester credit hours of major electives, at least 12 semester credit hours must be at the 200 level, including at least three semester credit hours at the 300 level. Students cannot receive credit for more than one of the following equivalents to Benedictine University general nutrition courses toward graduation or Nutrition major requirements: NUTR 100, NUTR 110, NUTR 200 or NUTR 201. Students should select electives in consultation with an academic advisor.

② Students pursuing a Nutrition Concentration are not required to complete 17 semester credit hours of Nutrition Major Electives.

Three optional Nutrition concentrations are available, see Page 2 for requirements.

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Concentration (if applicable)_____

Graduation Requirement | Min. Semester Credit Hours **120**

Nutrition Concentrations | Requirements

Dietetics | Grade of "C" or better required. 21-22

COLLEGE	COURSE			CR	GR
		BIOL 203 BIOL 359	Human Anatomy or Pathophys	4 3	
		NUTR 246	Exp Food Lab	1	
		NUTR 250	Food Service Operations	3	
		NUTR 341	Medical Nutrition II	3	
		NUTR 350	Food/Nutr Service Mgmt	2	
		NUTR 371	Medical Nutrition I	4	
		NUTR 372	Clinical Nutr Case Studies Lab	2	
		NUTR 373	Adv Menu Plan Lab	1	
		NUTR 391	Health Assessment Lab	1	
		NUTR 395	Nutrition Counseling Lab	1	

Notes | Dietetics Concentration

Enrollment in this concentration is limited; students must apply for acceptance. It is expected that those seeking this concentration have a GPA of 3.0 or better for acceptance. Students accepted into the Dietetics concentration must maintain a cumulative GPA of 3.0/4.0. Students must receive permission numbers (PIN) for select NUTR courses specific to this concentration; priority PIN go to those students accepted into this concentration. All of the medical nutrition and counseling courses unique to this concentration are available only on the Lisle Campus.

Exercise Biology | Grade of "C" or better required. 23

COLLEGE	COURSE			CR	GR
		BIOL 368	Biomechanics	3	
		HLSC/BIOL 358	Exercise Physiology	3	
		HLSC 321	Fitness Testing	1	
		HLSC 322	EKG Lab	1	
		HLSC 360	Adv Cardiovascular and Respiratory Physiology	3	
		HLSC 361	Cardiopulmonary Pathophysiology and Prevention	3	
		HLSC 381	Professional Experiences in Clinical Exercise Physiology	1	
		HLSC 382	Adv Exercise Physiology I	1	
		HLSC 392	Exercise Biochemistry and Metabolism	3	
		NUTR 300	Nutritional Aspects of Disease	4	

Notes | Exercise Biology Concentration

Enrollment in this concentration is limited; students must apply for acceptance. It is expected that those seeking this concentration have a GPA of 3.0 or better for acceptance. This is a "4+1" between the B.S. in Nutrition and M.S. in Exercise Physiology programs. A student who is interested in this concentration should apply for acceptance into the M.S. Exercise Physiology program in his/her junior year. Students must receive permission numbers (PIN) to enter select HLSC courses; priority for these PIN go to those students who are seeking this concentration and are accepted into the M.S. Exercise Physiology program.

Health and Fitness | Grade of "C" or better required. 22-23

COLLEGE	COURSE			CR	GR
		BIOL 203	Anatomy	4	
		PHED 103	Physical Fitness Activities	1	
		PHED 107	Weight Training	1	
		PHED 198	Health and Fitness Professional Seminar	1	
		PHED 201	Assessment and Teaching for Lifetime Physical Fitness	2	
		PHED 302	Kinesiology	3	
		HLSC 200	Applied Exercise Science	4	
		NUTR 300	Nutritional Aspects of Disease	4	
One of the following courses (2-3 semester credit hours)					
		PHED 200	Philosophy and Foundation of Physical Education	3	
		PHED 240	Teaching Team Sports and Activities	2	
		PHED 241	Teaching Individual Sports and Activities	2	
		PHED 261	Prevention and Care of Athletic Injuries	3	
		PHED 270	Growth and Development of Children and Adolescents	3	
		PHED 303	Sport Administration	3	

Notes | Health and Fitness Concentration

Enrollment in this concentration is limited; students must apply for acceptance. It is expected that those seeking this concentration have a GPA of 3.0 or better for acceptance. Only those accepted into the concentration may receive permission numbers (PIN) to enter these PHED and HLSC courses. Students completing this concentration have the option to seek certification as a Certified Strength and Conditioning Specialist (CSCS) after graduation.

Notes

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Graduation Requirement | Min. Semester Credit Hours **120**

Summary of Evaluation

* Please consult with your department advisor regarding further evaluation of major credits and remaining major requirements.

	Hours Completed	Hours Remaining
Basic Skills		
Interdisciplinary Seminars		
Arts and Humanities Modes of Inquiry		
Natural Sciences Modes of Inquiry		
Social Sciences Modes of Inquiry		
Major	*	*
Electives	*	*
TOTAL		*

Summary of Transferable Credit

The following semester credit hours will be posted to your transcript.

Notes

Highest level of math completed (if applicable).

Minor

Minors are optional, but recommended. Please see the Benedictine University Undergraduate Catalog and the department for specific requirements. List courses taken toward earning a minor.

General Electives

General Elective courses may be necessary to meet graduation requirement of 120 semester credit hours. Students may list completed courses below.

Residency Requirements

Please note the checked boxes that apply to you:

- ☒ A minimum total of 120 semester credit hours are required for graduation (with a minimum cumulative GPA of 2.0 from Benedictine University).
- ☒ 55 semester credit hours at the baccalaureate level must be completed at a four-year regionally accredited college/university.
- ☒ At least 12 semester credit hours at the 200 level or above in the major field must be from Benedictine University.
- ☐ 45 semester credit hours must be completed at Benedictine University.
- ☐ At least 30 of your final 45 semester credit hours must be completed at Benedictine University.
- ☐ At least the last 30 semester credit hours of your undergraduate degree must be completed without interruption at Benedictine University as a degree-seeking student.

Special Notes

1. This checklist is applicable for the major indicated. If a different major is chosen, the requirements for the major, modes and semester credit hours remaining will vary.
2. This checklist is for advising purposes. Students must follow the requirements for graduation as outlined in the University Undergraduate Catalog at their term of entry.
3. Semester credit hours in progress are not included in the totals of this evaluation. Additional semester credit hours will be credited upon receipt of credentials.
4. Courses must have a grade of “C” or better to be accepted in the Basic Skills and the major or minor area. A grade of “D” or better is required in all other areas, except where program requirements specify otherwise.
5. Duplicate semester credit hours will not be given for repeated courses.
6. Courses taken at Benedictine University may be repeated only at Benedictine University. Please see the catalog for the Course Repeat Policy.
7. Only courses taken at Benedictine University will be included in your GPA.
8. An Approval of Transfer Courses form must be completed for current Benedictine students to transfer courses from other schools. Please see your advisor.

Date: Signature: