

**BENEDICTINE UNIVERSITY CHECKLIST FOR BACHELOR OF SCIENCE in NUTRITION**  
**(Didactic program in Dietetics)**  
**Freshman Rules**  
**(2011-2012 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)

<b>BASIC SKILLS (12 HOURS) Grade of "C" or better required.</b> <table border="1"> <thead> <tr> <th>College</th> <th>Course #</th> <th>Cr.</th> <th>Grade</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </tbody> </table> <p>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)                      College Algebra (MATH-S110) or                      Quantitative Reasoning (MATH-S108)</p> <p><b>*Freshmen with AP credit for WRIT-S101 must take WRIT-S104, Person in Community: One-Hour seminar</b></p>				College	Course #	Cr.	Grade	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	<b>COMMON CORE (12 HOURS)</b> <table border="1"> <thead> <tr> <th>College</th> <th>Course #</th> <th>Cr.</th> <th>Grade</th> </tr> </thead> <tbody> <tr> <td>BU</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>BU</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>BU</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>BU</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </tbody> </table> <p>HUMN-220 Mediterranean World                      (or HNRS-220 Mediterranean World)                      HUMN-230 Baptism of Europe                      (or HNRS-230 Baptism of Europe)                      HUMN-240 Converging Hemispheres                      (or HNRS-320 Converging Hemispheres)                      HUMN-250-WI (or HNRS-393                      Global Interdependence)                      HUMN-220, 230, 240, 250 <u>taken at Benedictine</u> comprise the Cultural Heritage Series.</p>				College	Course #	Cr.	Grade	BU	_____	_____	_____	BU	_____	_____	_____	BU	_____	_____	_____	BU	_____	_____	_____
College	Course #	Cr.	Grade																																												
_____	_____	_____	_____																																												
_____	_____	_____	_____																																												
_____	_____	_____	_____																																												
_____	_____	_____	_____																																												
College	Course #	Cr.	Grade																																												
BU	_____	_____	_____																																												
BU	_____	_____	_____																																												
BU	_____	_____	_____																																												
BU	_____	_____	_____																																												

**CORE ELECTIVES**

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:  
<http://www.ben.edu/core/electives.asp>.

★ Students accepted to the scholars program must take specific courses to satisfy these categories

<b>ARTS AND HUMANITIES (12 HOURS)</b> <table border="1"> <thead> <tr> <th>College</th> <th>Course #</th> <th>Cr.</th> <th>Grade</th> </tr> </thead> <tbody> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>_____</td> <td>_____</td> <td>_____</td> <td>_____</td> </tr> </tbody> </table> <p>Satisfied by Major PHIL ★ _____                      RELS/THEO _____                      FNAR/MUSI ★ _____                      LITR/FRLGLITR _____</p>				College	Course #	Cr.	Grade	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	<b>NATURAL SCIENCES (9 HOURS)</b> <p>Satisfied by major _____</p>			
College	Course #	Cr.	Grade																								
_____	_____	_____	_____																								
_____	_____	_____	_____																								
_____	_____	_____	_____																								
_____	_____	_____	_____																								

**SOCIAL SCIENCES (9 HOURS)**

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Satisfied by Major ANTH/PLSC★ \_\_\_\_\_  
 Satisfied by Major \_\_\_\_\_

**MAJOR AND COGNATE COURSES**❖

College	Course	Cr	Gr	College	Course	Cr	Gr
		3				3	
	CHEM-101 Intro to Chemistry				NUTR-244 Food Science		
	CHEM-102 Intro to Chem Lab	1			NUTR-245 Food Science Lab	1	
	CHEM-103 Intro to Org/Biochem	3			NUTR-246 Exp Food Lab	1	
	CHEM-104 Intro to Org/Biochem Lab	1			NUTR-250 Food Service Operations	3	
	BIOL-197 Prin of Organismal Biology	3			NUTR-271 Nutrition Education	3	
	BIOL-198 Principles of Biology	3			NUTR-280 Community Nutrition	3	
	BIOL-199 Principles of Biology lab	1			NUTR-298 Cultural Foods Lab	2	
	BIOL-208 Gen Microbiology	4			NUTR-341 Medical Nutrition II	3	
	BIOL-229 Biometry or PSYC-150 Stat	3			NUTR-345 Science of Sports Nutrition	3	
	BIOL-203 Human Anatomy	4			NUTR-350 Food/Nutr Service Mgmt	2	
	BIOL-258 Human Physiology	4			NUTR-371 Medical Nutrition I	4	
	BCHM-251 Intro to Biochemistry	3			NUTR-372 Clinical Nutr Case Studies Lab	2	
	MGT-320 Organizational Behavior	3			NUTR-373 Adv Menu Plan Lab	1	
	PSYC-100 Survey of Psychology	3			NUTR-391 Nutrition Assessment lab	1	
	Core approved Ethics course	3			NUTR-392-WI Nutrition Res & Prof Writ	2	
	NUTR-150 Food Service Sanitation	1			NUTR-395 Nutrition Counseling Lab	1	
	NUTR-241 Nutrition Through Life Cyc	3					

All majors must submit at least 39 hours in nutrition courses, with 38 at the 200 level or above, including 19 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

BENEDICTINE UNIVERSITY CHECKLIST FOR BACHELOR OF SCIENCE in NUTRITION  
 (Didactic program in Dietetics)  
**Freshman Rules**  
 (2011-2012 Academic Year)

**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		BIOL 229 Biostatistics					
		3		BIOL 268 Biomechanics					
		3		BIOL 358 Exercise Physiology					

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-197 (3), 198 (3), BIOL-199 (1), BIOL-203 (4), BIOL-208 (4), BIOL-258 (4), and BIOL-229 (3) is selected [instead of PSYC-150 (3)] , only three additional credit hours in BIOL at the 300-level are required to earn a minor in Biology.