

NUTRITION AND HEALTH, BS

for the degree of Bachelor of Science Major in Nutrition and Health

This major provides the background for students who plan to pursue careers in nutrition and related health sciences. This major focuses on the field of human nutrition and reflects the growing need to prepare individuals for careers in health and nutrition. For students who expect to pursue advanced degrees in nutritional sciences or professional degrees in medicine, dentistry or law, the Nutrition and Health major may be chosen. This major emphasizes a strong science background and allows students to obtain a strong human nutrition preparation that is not available elsewhere on campus. For those interested in practicing nutrition or nutrition counseling, please see the Dietetics and Nutrition, BS.

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Graduation Requirements

Minimum hours required for graduation: 126 hours.

University Requirements

Minimum of 40 hours of upper-division coursework, generally at the 300 and 400 level. These hours can be drawn from all elements of the degree. Students should consult their academic advisor for additional guidance in fulfilling this requirement.

The university and residency requirements can be found in the Student Code (<https://studentcode.illinois.edu/article3/part8/3-801/>) (§ 3-801) and in the Academic Catalog (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>).

General Education Requirements

Follows the campus General Education (Gen Ed) requirements (<https://courses.illinois.edu/gened/DEFAULT/DEFAULT/>). Some Gen Ed requirements may be met by courses required and/or electives in the program.

Code	Title	Hours
	Composition I	4-6
	Advanced Composition	3
	Humanities & the Arts (6 hours)	6
	Natural Sciences & Technology (6 hours)	6
	fulfilled by CHEM 102 & CHEM 104; MCB 100; and FSHN 101	
	Social & Behavioral Sciences (6 hours)	6
	Cultural Studies: Non-Western Cultures (1 course)	3
	Cultural Studies: US Minority Cultures (1 course)	3
	Cultural Studies: Western/Comparative Cultures (1 course)	3
	Quantitative Reasoning (2 courses, at least one course must be Quantitative Reasoning I)	6-8
	fulfilled by MATH 220, MATH 221, or MATH 234; and ACE 262, CPSC 241, ECON 202, PSYC 235, or STAT 100	
	Language Requirement (Completion of the third semester or equivalent of a language other than English is required)	0-15

Code	Title	Hours
Department Foundation		
FSHN 123	FSHN Orientation to Illinois	1
FSHN 125	Intro to Human Nutrition	1
CMN 101	Public Speaking	3
or ALEC 115	Let's Talk about Food, Agriculture, and the Environment	
or CMN 111 & CMN 112	Oral & Written Comm I and Oral & Written Comm II	
Calculus Option - Select one of the following:		4-5
MATH 220	Calculus	
MATH 221	Calculus I	
MATH 234	Calculus for Business I	
Statistics Option - Select one of the following:		3
ACE 262	Applied Statistical Methods and Data Analytics I	
CPSC 241	Intro to Applied Statistics	
ECON 202	Economic Statistics I	
PSYC 235	Intro to Statistics	
STAT 100	Statistics	
CHEM 102 & CHEM 103	General Chemistry I and General Chemistry Lab I	4
CHEM 104 & CHEM 105	General Chemistry II and General Chemistry Lab II	4
MCB 100	Introductory Microbiology	3
MCB 101	Intro Microbiology Laboratory	2
CHEM 232	Elementary Organic Chemistry I	3 or 4
CHEM 233	Elementary Organic Chem Lab I	2
MCB 244	Human Anatomy & Physiology I	3
MCB 246	Human Anatomy & Physiology II	3
MCB 450	Introductory Biochemistry	3
Major Core		27-28
FSHN 101	The Science of Food and How it Relates to You	3
FSHN 120	Contemporary Nutrition (with Discussion)	3-4
or FSHN 220	Principles of Nutrition	
FSHN 322	Nutrition and the Life Cycle	3
FSHN 417	Neuroscience of Eating & Drinking	3
FSHN 420	Nutritional Aspects of Disease	3
FSHN 422	Introduction to Personalized Nutrition	3
FSHN 424	Biopsychology of Ingestive Behavior	3
FSHN 426	Biochemical Nutrition I	3
FSHN 427	Biochemical Nutrition II	3
Code		Title
Total Hours		126

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Sample Sequence

This sample sequence is intended to be used only as a guide for degree completion. All students should work individually with their academic advisors to decide the actual course selection and sequence that works

best for them based on their academic preparation and goals. Enrichment programming such as study abroad, minors, internships, and so on may impact the structure of this four-year plan. Course availability is not guaranteed during the semester indicated in the sample sequence.

Students must fulfill their Language Other Than English requirement by successfully completing a third level of a language other than English. For more information, see the corresponding section on the Degree and General Education Requirements page (<http://catalog.illinois.edu/general-information/degree-general-education-requirements/>).

First Year

First Semester	Hours	Second Semester	Hours
FSHN 123		1 CHEM 102	3
Composition I or Speech		4 CHEM 103	1
FSHN 101		3 Speech or Composition I	3
Statistics Option		3 Calculus Option	4
General Education Course		3 Language Other than English (3rd level)	4
		FSHN 125	1
	14		16

Second Year

First Semester	Hours	Second Semester	Hours
CHEM 104		3 FSHN 426	3
CHEM 105		1 FSHN 322	3
FSHN 220		4 CHEM 232	4
MCB 244		3 CHEM 233	2
General Education Course		4 MCB 246	3
	15		15

Third Year

First Semester	Hours	Second Semester	Hours
FSHN 420		3 FSHN 427	3
MCB 100		3 Free Elective Course	4
MCB 101		2 General Education Course	3
Free Elective Course		4 General Education Course	3
General Education Course		3 Free Elective Course	3
	15		16

Fourth Year

First Semester	Hours	Second Semester	Hours
FSHN 422		3 FSHN 424	3
FSHN 417		3 General Education Course	3
MCB 450		3 General Education Course	4
General Education Course		3 Free Elective Course	3
Free Elective Course		3 Free Elective course	4

Free Elective Course	3
	18
	17

Total Hours 126

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All graduates of the University of Illinois Urbana-Champaign Nutrition and Health BS will be able to:

1. Demonstrate critical thinking, problem solving and communication skills.
2. Understand basic sciences relevant to nutrition, research and application of nutrition and an awareness of social and economic factors in food.
3. Prepared to pursue careers in the food, health, and fitness industries, or enter medicine, dentistry, nursing, and other health professions.

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Food Science and Human Nutrition

Food Science and Human Nutrition Website (<https://fshn.illinois.edu>)
260 Bevier Hall
905 S. Goodwin Ave.
Urbana, IL 61801
217-244-4498
fshn-general@illinois.edu

College of Agricultural, Consumer & Environmental Sciences

College of Agricultural, Consumer & Environmental Sciences Website (<https://aces.illinois.edu/>)

ACES Office of Academic Programs

128 Mumford Hall
1301 West Gregory Drive
Urbana, IL 61801
217-333-3380
aces-academics@illinois.edu

Advising

Advising Website (<https://fshn.illinois.edu/about/contact-us/#paragraph-441>)
217-244-4498
fshn-general@illinois.edu (fshn-general@illinois.edu)

Admissions

ACES Undergraduate Admissions (<https://aces.illinois.edu/admissions/>)
University of Illinois Undergrad Admissions (<https://www.admissions.illinois.edu/>)
217-333-3380
visitACES@illinois.edu