West Chester University B.S. in Nutrition - Lifestyle Nutrition

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Concentration through the Honors College Advisement Sheet

Effective for students entering Spring '26 and later.

Indicate all the courses you have taken at WCU or transferred for credit. For completed courses, also list the grades. Mark an asterisk (*) beside courses you are currently taking.

The grade of C or better is necessary in all required science and math courses

I. SCIENCE/MATH/ COGNATE COURSES

CHE 107 ___ (General Chemistry for Allied Health Sciences)*
CRL 107 ___ (General Chemistry Lab for Allied Health Sciences)*
BIO 100 ___ (Basic Biology Science)*
BIO 259 ___ (Human Anatomy and Physiology I)*
BIO 269 ___ (Human Anatomy and Physiology II)*
MAT 121 ___ (Statistics)
ACC 201 ___ (Financial Accounting)
EXS 180 ___ (Lifetime Fitness Concepts)
EXS 380 ___ (Exercise Physiology)
EXL 380 ___ (Exercise Physiology Lab)
MKT 250 ___ (Principles of Marketing)

III. NUTRITION CORE CLASSES

NTD 200 ____ (Nutrition and Culture)
NTD 205 ____ (Human Response to Disease)
NTD 303 ____ (Introductory Principles Human Nutrition)
NTD 309 ____ (Nutrition Through the Lifecycle)
NTD 310 ____ (Nutrition Research)
NTD 410 ____ (Quantity Food Production)
NTD 415 ___ (Community Nutrition)
NTD 416 ___ (Food Service and Nutrition Systems Management)

IV. LIFESTYLE NUTRITION CONCENTRATION

NTD 404 ___ (Nutrition and Disease Prevention)
NTD 420 ___ (Perspectives on Obesity)
NTD 422 ___ (Nutrition for Health, Fitness, & Sport)
NTD 425 ___ (Entrepreneurial Nutrition Management)
NTD 409 ___ (Nutrition Communication and Counseling)

V. HONORS COLLEGE CORE SEQUENCE for GEN ED (27 credits)

HON 100 _____ (Self Awareness)
HON 211 _____ (Public Discourse)
HON 212 _____ (Ethics & Technology)
HON 310 _____ (Community Change)
HON 311 _____ (Stewardship/Civic Responsibility)
HON 312 _____ (Educational Systems)
or
HON 322 _____ (Leader. With ELLs)
HON 313 _____ (Public Opinion)
HON 314 _____ (Environ. Systems)
HON 315 _____ (Community & Arts)
SCIENCE ____ __x___
MAT ___ __x___

VI. ADDITIONAL HONORS COLLEGE REQUIREMENTS (9 credits)

B) Two HON seminars at the 320 level or above (except 322)

HON _____ _____
HON _____ _____

B) Capstone Project^

HON 490 _____

^NOTE: ***Enrollment upon core completion***: ideally 6th or 7th semester.

VII. DIRECTED ELECTIVES

Take enough directed electives to complete 120 credits. The actual number of electives required will vary depending upon (among other things) the option to complete a minor(s) and the number of courses the student must take to complete the foreign language requirement.

Bring this sheet with you whenever you meet with your advisor about scheduling or course planning!

(Revised Spring 2026)

Bring this sheet with you whenever you meet with your advisor about scheduling or course planning!

(Revised Spring 2025)