

# NUTRITIONAL SCIENCES: HUMAN NUTRITION/PRE- MEDICAL SCIENCES, BS

## Degree Requirements

**Requirements for Students Matriculating in or before Academic Year 2024-2025.** Learn more about University Academic Regulation 3.1 (<http://catalog.okstate.edu/university-academic-regulations/#matriculation>).

**Minimum Overall Grade Point Average: 2.50**

**Total Hours: 120**

Code	Title	Hours
<b>General Education Requirements</b>		
<i>English Composition</i>		
See Academic Regulation 3.5 ( <a href="http://catalog.okstate.edu/university-academic-regulations/#english-composition">http://catalog.okstate.edu/university-academic-regulations/#english-composition</a> )		
ENGL 1113	Composition I	3
or ENGL 1313	Critical Analysis and Writing I	
Select one of the following:		3
ENGL 1213	Composition II	
ENGL 1413	Critical Analysis and Writing II	
ENGL 3323	Technical Writing	
<i>American History &amp; Government</i>		
Select one of the following:		3
HIST 1103	Survey of American History	
HIST 1483	American History to 1865 (H)	
HIST 1493	American History Since 1865 (DH)	
POLS 1113	American Government	3
<i>Analytical &amp; Quantitative Thought (A)</i>		
MATH 1513	College Algebra (A)	3
<i>Humanities (H)</i>		
Courses designated (H)		6
Recommended:		
PHIL 3833	Biomedical Ethics (H)	
or PHIL 4013	Perspectives on Death and Dying (H)	
<i>Natural Sciences (N)</i>		
Must include one Laboratory Science (L) course		
CHEM 1314	Chemistry I (LN)	4
CHEM 1515	Chemistry II (LN)	5
<i>Social &amp; Behavioral Sciences (S)</i>		
Course designated (S)		3
Recommended:		
SOC 1113	Introductory Sociology (S)	
<i>Additional General Education</i>		
MATH 1613	Trigonometry (A)	3
or MATH 1813	Preparation for Calculus (A)	
PHYS 1114	College Physics I (LN)	4
or PHYS 2014	University Physics I (LN)	
SPCH 2713	Introduction to Speech Communication (S)	3
or SPCH 3723	Business and Professional Communication	

<b>Hours Subtotal</b>		<b>43</b>
<b>Diversity (D) &amp; International Dimension (I)</b>		
May be completed in any part of the degree plan		
At least one Diversity (D) course		
At least one International Dimension (I) course		
<b>College/Departmental Requirements</b>		
UNIV 1111	First Year Seminar (or other approved first year seminar course)	1
EDHS 1111	First Year Seminar Supplement	1
<i>Human Sciences</i>		
HDFS 2113	Lifespan Human Development (S)	3
<i>Nutritional Sciences</i>		
NSCI 3011	Nutrition and Evidence-based Practice I	1
NSCI 3021	Nutrition and Evidence-based Practice II	1
NSCI 4021	Nutrition and Evidence-based Practice III	1
<b>Hours Subtotal</b>		<b>8</b>
<b>Major Requirements</b>		
2.50 GPA is required for Major Requirements		
NSCI 2013	Principles of Human Nutrition (N)	3
NSCI 2011	Applied Principles of Human Nutrition	1
NSCI 3223	Nutrition Across the Life Span	3
NSCI 3440	Nutritional Sciences Pre-Professional Experience (1 hour)	1
NSCI 3543	Food and the Human Environment (IS)	3
NSCI 4023	Nutrition in the Pathophysiology of Chronic Disease	3
NSCI 4123	Human Nutrition and Metabolism I	3
NSCI 4143	Human Nutrition and Metabolism II	3
BIOC 3653	Survey of Biochemistry	3
BIOL 1113	Introductory Biology (N)	4
& BIOL 1111	and Introductory Biology Laboratory (LN)	
or BIOL 1114	Introductory Biology (LN)	
BIOL 3023	General Genetics	3
or ANSI 3423	Animal Genetics	
BIOL 3204	Physiology	4
BIOL 3214	Human Anatomy	4
CHEM 3053	Organic Chemistry I	3
CHEM 3112	Organic Chemistry Laboratory	2
CHEM 3153	Organic Chemistry II	3
MICR 2123	Introduction to Microbiology	3
MICR 2132	Introduction to Microbiology Laboratory	2
MICR 3033	Cell and Molecular Biology	3
STAT 2013	Elementary Statistics (A)	3
PHYS 1214	College Physics II (LN)	4
or PHYS 2114	University Physics II (LN)	
PSYC 1113	Introductory Psychology (S)	3
UNIV 2511	Introduction to Health Careers	1
UNIV 3511	Health Profession School Preparation	1
Select 3 hours of preprofessional/prehealth controlled electives to total 69 hours of major requirements		3
<b>Hours Subtotal</b>		<b>69</b>
<b>Total Hours</b>		<b>120</b>

Students with AP or CLEP credit must talk to advisors.

One writing-intensive English course is recommended for medical school admission. Students are encouraged to select a course with (D,H) designation such as ENGL 2413 Exploring Literature (DH).

This degree program meets pre-med requirements for Oklahoma medical schools. Consult the admissions requirements for medical schools of choice for additional prerequisites, such as calculus.

This degree program does not meet all the Didactic Program in Dietetics academic course requirements. See the NSCI Major/Dietetics Option sheet for courses to be added.

With approval from advisor and department head, maximum of 30 hours of science courses from an accredited doctoral health program may be substituted for major requirements, other than NSCI 3011 Nutrition and Evidence-based Practice I, NSCI 3021 Nutrition and Evidence-based Practice II, NSCI 3223 Nutrition Across the Lifespan and NSCI 4143 Human Nutrition and Metabolism II.

Other Requirements

- 40 upper-division hours required.
- A 2.50 Major GPA is required. This includes all courses in College/ Departmental and Major Requirements.
- A grade of “C” or better is required in all NSCI 3000- and 4000-level courses.
- This degree sheet includes requirements for pre-medical, pre-dental and pre-optometry.
- Transfer Admission Requirement: 2.50 GPA.

Additional State/OSU Requirements

- At least: 60 hours at a four-year institution; 30 hours completed at OSU; 15 of the final 30 or 50% of the upper-division hours in the major field completed at OSU.
- Limit of: one-half of major course requirements as transfer work; one-fourth of hours earned by correspondence; 8 transfer correspondence hours.
- Students will be held responsible for degree requirements in effect at the time of matriculation and any changes that are made, so long as these changes do not result in semester credit hours being added or do not delay graduation.
- Degrees that follow this plan must be completed by the end of Summer 2030.

Example Plan of Study

Finish in Four Plan of Study

The plan below is an **example** of how students can successfully complete degree requirements in four years. This suggested class schedule plan may be used as a guide and can be adjusted based on individual needs. Students are required to meet with an academic advisor prior to enrollment each semester to plan their class schedule, and students are ultimately responsible for completing all degree requirements.

Course	Title	Hours
<b>Freshman</b>		
<b>Fall</b>		
BIOL 1113 & BIOL 1111 or BIOL 1114	Introductory Biology (N) or Introductory Biology (LN)	4

NSCI 2013	Principles of Human Nutrition (N)	3
NSCI 2011	Applied Principles of Human Nutrition	1
UNIV 1111	First Year Seminar	1
MATH 1513	College Algebra (A)	3
UNIV 2511	Introduction to Health Careers (Fall Only)	1
<b>Hours</b>		<b>13</b>
<b>Spring</b>		
CHEM 1314	Chemistry I (LN)	4
MATH 1813	Preparation for Calculus (A)	3
ENGL 1113 or ENGL 1313	Composition I or Critical Analysis and Writing I	3
3 hours (S) - SOC 1113 recommended		3
3 hours of controlled electives - BIOL 1604 recommended		3
EDHS 1111	First Year Seminar Supplement	1
<b>Hours</b>		<b>17</b>
<b>Sophomore</b>		
<b>Fall</b>		
NSCI 3440	Nutritional Sciences Pre-Professional Experience	1
CHEM 1515	Chemistry II (LN)	5
MICR 2123	Introduction to Microbiology	3
STAT 2013	Elementary Statistics (A)	3
Select one of the following:		3
ENGL 1213	Composition II	
ENGL 1413	Critical Analysis and Writing II	
ENGL 3323	Technical Writing	
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
NSCI 3223	Nutrition Across the Life Span	3
CHEM 3053	Organic Chemistry I	3
PHYS 1114 or PHYS 2014	College Physics I (LN) or University Physics I (LN)	4
BIOL 3204	Physiology	4
MICR 2132	Introduction to Microbiology Laboratory	2
<b>Hours</b>		<b>16</b>
<b>Junior</b>		
<b>Fall</b>		
NSCI 3011	Nutrition and Evidence-based Practice I	1
CHEM 3153	Organic Chemistry II	3
CHEM 3112	Organic Chemistry Laboratory	2
PHYS 1214 or PHYS 2114	College Physics II (LN) or University Physics II (LN)	4
MICR 3033	Cell and Molecular Biology	3
PSYC 1113	Introductory Psychology (S)	3
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
NSCI 3021	Nutrition and Evidence-based Practice II	1
NSCI 3543	Food and the Human Environment (IS)	3
BIOC 3653	Survey of Biochemistry	3
BIOL 3214	Human Anatomy	4
BIOL 3023	General Genetics	3
UNIV 3511	Health Profession School Preparation (Spring Only)	1
<b>Hours</b>		<b>15</b>
<b>Senior</b>		
<b>Fall</b>		
NSCI 4023	Nutrition in the Pathophysiology of Chronic Disease	3
NSCI 4123	Human Nutrition and Metabolism I	3
SPCH 2713	Introduction to Speech Communication (S)	3
3 hours of Humanities/Diversity (H/D)		3
HIST 1103 or HIST 1483 or HIST 1493	Survey of American History or American History to 1865 (H) or American History Since 1865 (DH)	3
<b>Hours</b>		<b>15</b>

**Spring**

NSCI 4143	Human Nutrition and Metabolism II	3
NSCI 4021	Nutrition and Evidence-based Practice III	1
3 hours of Humanities (H)		3
HDFS 2113	Lifespan Human Development (S)	3
POLS 1113	American Government	3
<b>Hours</b>		<b>13</b>
<b>Total Hours</b>		<b>120</b>