

# NUTRITIONAL SCIENCES: PUBLIC HEALTH NUTRITION, 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>		
Select one of the following:		3
MATH 1513	College Algebra (A)	
or MATH 1483	Mathematical Functions and Their Uses (A)	
MATH 1613	Trigonometry (A)	
MATH 1813	Preparation for Calculus (A)	
<i>Humanities (H)</i>		
Courses designated (H)		6
<i>Natural Sciences (N)</i>		
Must include one Laboratory Science (L) course		
CHEM 1215	Chemical Principles I (LN)	4
or CHEM 1314	Chemistry I (LN)	
CHEM 1225	Chemical Principles II (LN)	5
or CHEM 1515	Chemistry II (LN)	
<i>Social &amp; Behavioral Sciences (S)</i>		
SOC 1113	Introductory Sociology (S)	3
<i>Additional General Education</i>		
BIOL 1113	Introductory Biology (N)	4
& BIOL 1111	and Introductory Biology Laboratory (LN)	
or BIOL 1114	Introductory Biology (LN)	
SPCH 2713	Introduction to Speech Communication (S)	3
or SPCH 3723	Business and Professional Communication	

STAT 2013	Elementary Statistics (A)	3
or STAT 2023	Elementary Statistics for Business and Economics (A)	
<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>		
<i>Human Sciences</i>		
UNIV 1111	First Year Seminar (or other approved first year seminar course)	1
EDHS 1111	First Year Seminar Supplement	1
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 3733	Environmental Nutrition	3
NSCI 4123	Human Nutrition and Metabolism I	3
NSCI 4143	Human Nutrition and Metabolism II	3
NSCI 4632	Community Nutrition I	2
NSCI 4633	Community Nutrition II	3
BIOL 3204	Physiology	4
HLTH 2213	Introduction to Public Health	3
PSYC 1113	Introductory Psychology (S)	3
MICR 2123	Introduction to Microbiology	3
MICR 2132	Introduction to Microbiology Laboratory	2
<i>Emphasis Requirements</i>		
Select an emphasis (p. 1)		29
<b>Hours Subtotal</b>		<b>69</b>
<b>Total Hours</b>		<b>120</b>

## Emphasis

### Public Health Nutrition (PHN)

Code	Title	Hours
ECON 1113	The Economics of Social Issues (S)	3
NSCI 3312	Nutrition Care Process and Assessment	2
HLTH 3723	Principles of Epidemiology	3
ACCT 2003	Survey of Accounting	3
NSCI 4573	Management in Dietetics	3
or MGMT 3013	Fundamentals of Management (S)	
MKTG 3213	Marketing (S)	3

NSCI 3813	Nutrition Counseling	3
NSCI 4913	Nutritional Epidemiology	3
Controlled Electives		
Choose 6 hours from the following list:		6
AGCM 3103	Written Communications in Agricultural Sciences and Natural Resources	
BIOL 3123	Human Heredity (N)	
HDFS 2123	Developmental Disabilities: Issues Across the Lifespan (D)	
HDFS 3423	Adolescent Development in Family Contexts (S)	
HDFS 4543	Intergenerational Relationships (S)	
HDFS 4813	Dying, Death and Bereavement	
HDFS 4823	Aging Concepts and Controversies	
HLTH 3913	Substance Use & Public Health	
MGMT 3313	Human Resource Management	
MICR 3103	Microbes: Friends or Foes (N)	
NSCI 4133	Nutrition for Exercise and Sport	
PHIL 3833	Biomedical Ethics (H)	
PHIL 4013	Perspectives on Death and Dying (H)	

## Public Health Pre-Med

Code	Title	Hours
BIOC 3653	Survey of Biochemistry	3
BIOL 3023	General Genetics	3
BIOL 3214	Human Anatomy	4
CHEM 3053	Organic Chemistry I	3
CHEM 3153	Organic Chemistry II	3
CHEM 3112	Organic Chemistry Laboratory	2
MICR 3033	Cell and Molecular Biology	3
PHYS 1114	College Physics I (LN)	4
PHYS 1214	College Physics II (LN)	4

Note: Care must be taken not to include credit hours twice under different sections of the degree sheet.

Ensure that enough upper-division controlled electives are taken to meet the 40 hour upper-division Regents requirement.

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.

## 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.
- 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>		
NSCI 2013	Principles of Human Nutrition (N) (UNIV 1111 + EDHS 1111 = EDHS 1112)	3
UNIV 1111	First Year Seminar	1
NSCI 2011	Applied Principles of Human Nutrition	1
ENGL 1113 or ENGL 1313	Composition I or Critical Analysis and Writing I	3
MATH 1513 or MATH 1483	College Algebra (A) or Mathematical Functions and Their Uses (A)	3
BIOL 1113 & BIOL 1111 or BIOL 1114	Introductory Biology (N) or Introductory Biology (LN)	4
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
ENGL 1213 or ENGL 1413 or ENGL 3323	Composition II or Critical Analysis and Writing II or Technical Writing	3
CHEM 1215 or CHEM 1314	Chemical Principles I (LN) or Chemistry I (LN)	4
HLTH 2213	Introduction to Public Health	3
SOC 1113	Introductory Sociology (S)	3
EDHS 1111	First Year Seminar Supplement	1
<b>Hours</b>		<b>14</b>
<b>Sophomore</b>		
<b>Fall</b>		
NSCI 3733	Environmental Nutrition (Fall Only)	3
CHEM 1225 or CHEM 1515	Chemical Principles II (LN) or Chemistry II (LN)	5
PSYC 1113	Introductory Psychology (S)	3
STAT 2013 or STAT 2023	Elementary Statistics (A) or Elementary Statistics for Business and Economics (A)	3
NSCI 3440	Nutritional Sciences Pre-Professional Experience	1
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
NSCI 3223	Nutrition Across the Life Span	3

MICR 2123	Introduction to Microbiology	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
HDFS 2113	Lifespan Human Development (S)	3
SPCH 2713	Introduction to Speech Communication (S)	3
<b>Hours</b>		<b>15</b>
<b>Junior</b>		
<b>Fall</b>		
NSCI 3312	Nutrition Care Process and Assessment (Fall Only)	2
NSCI 3543	Food and the Human Environment (IS)	3
NSCI 3011	Nutrition and Evidence-based Practice I	1
BIOL 3204	Physiology	4
MICR 2132	Introduction to Microbiology Laboratory	2
POLS 1113	American Government	3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
NSCI 3021	Nutrition and Evidence-based Practice II	1
NSCI 3813	Nutrition Counseling (Spring Only)	3
3 hours of Humanities/Diversity		3
HLTH 3723	Principles of Epidemiology	3
ACCT 2003	Survey of Accounting	3
3 hours of controlled elective		3
<b>Hours</b>		<b>16</b>
<b>Senior</b>		
<b>Fall</b>		
NSCI 4123	Human Nutrition and Metabolism I	3
NSCI 4632	Community Nutrition I (Fall Only)	2
NSCI 4913	Nutritional Epidemiology (Fall Only)	3
MGMT 3013	Fundamentals of Management (S)	3
MKTG 3213	Marketing (S)	3
<b>Hours</b>		<b>14</b>
<b>Spring</b>		
NSCI 4633	Community Nutrition II (Spring Only)	3
NSCI 4143	Human Nutrition and Metabolism II	3
NSCI 4021	Nutrition and Evidence-based Practice III	1
ECON 1113	The Economics of Social Issues (S)	3
3 hours of Humanities (H)		3
3 hours of controlled electives		3
<b>Hours</b>		<b>16</b>
<b>Total Hours</b>		<b>120</b>