

# UH Next Degree Map



## Human Nutrition & Foods – Nutrition & Fitness, B.S. General Studies, A.A.

2025-2026 Catalog

Semester 1 – AC		Semester 2 – AC		
YEAR 1	Core ENGL 1301 Composition I	3	Core ENGL 1302 Composition II	3
	Core American History	3	Core American History	3
	Core MATH 1314 College Algebra	3	Core Creative Arts	3
	Core PSYC 1300 Learning Framework	3	SPCH 1315, 1318, 1321, or 2335	3
	Core BIOL 2401 Anatomy & Physiology I	4	Core BIOL 2402 Anatomy & Physiology II	4
Semester 3 – AC		Semester 4 – AC		
YEAR 2	Core GOVT 2305 Federal Government	3	Core GOVT 2306 Texas Government	3
	BIOL 1322 Nutrition & Diet Therapy	3	Core Language, Philosophy, & Culture	3
	PHED 1304 Personal Community Health	3	BIOL 2420 Microbiology	4
	MATH 1342 or PSYC 2317	3	MATH 2412 Precalculus	4
	CHEM 1405 or CHEM 1411	4		
Semester 5 – UH		Semester 6 – UH		
YEAR 3	KIN 1352 Foundations of Kinesiology	3	KIN 3306 Exercise Physiology	3
	NUTR 3334 Advanced Nutrition	3	NUTR 4345 The Obesity Epidemic	3
	NUTR 3336 Nutritional Pathophysiology	3	NUTR 4349 Public Policy in Nutrition	3
	NUTR 4334 Community Nutrition	3	Approved Advanced NUTR Course (see advisor)	3
	General Elective	3	Approved Advanced KIN Course (see advisor)	3
Semester 7 – UH		Semester 8 – UH		
YEAR 4	KIN 4310 Measurement Techniques	3	Approved Advanced NUTR Course (see advisor)	3
	Approved Advanced NUTR Course (see advisor)	3	Approved Advanced KIN Course (see advisor)	3
	Approved Advanced NUTR Course (see advisor)	3	Approved Advanced KIN Course (see advisor)	3
	Approved Advanced KIN Course (see advisor)	3	Approved Advanced KIN Course (see advisor)	3
	Approved Advanced KIN Course (see advisor)	3	General Elective	1

See reverse for additional information

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### UH Transfer Rules

- Courses taken at AC must be completed with a C- or better.
- A maximum of 66 lower-level transfer credits can be used towards a UH bachelor's degree.
- A maximum of 2 credit hours in physical activity courses can transfer.

### Major Requirements

- **B.S. Math:** complete 12 hours of approved mathematics courses. Students majoring in Human Nutrition & Foods – Nutrition & Fitness will fulfill this requirement through the major coursework.
- **B.S. Natural Science:** complete 8 hours of science courses. Students majoring in Human Nutrition & Foods – Nutrition & Fitness will fulfill this requirement through the major coursework.
- Students will not be core complete or earn their associate degree before transferring to UH. Students should opt into reverse transfer when applying for admission to UH to earn their associate degree from AC after transferring to UH.

### From CLASS to Careers

Students who graduate with a degree in Nutrition can pursue a large variety of careers and graduate programs. Recent graduates are employed in the following careers:

- Dietitian and Nutritionist
- Registered Nurse
- Pharmacist
- Physician Assistant
- Clinical Research Coordinator
- Social and Human Service Assistant
- Food Service Manager
- Health Education Specialist
- Optometrist

The transferable skills students develop during their undergraduate career are important for future career and graduate school opportunities. Some of the skills recent graduates have emphasized include:

- Customer Service
- Microsoft Office (Word, Excel, PowerPoint)
- Research
- Management and Leadership
- Sales
- Public Speaking
- Event Planning

The estimated wage of Nutrition graduates is \$63,500.