

## Human Nutrition & Foods – Nutrition & Fitness, B.S. Associate of Arts

2025-2026 Catalog

Semester 1 – LC		Semester 2 – LC		
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 EDUC 1200 Learning Frameworks	2	Core SPCH 1311, 1315, 1318, or 1321	3
	Core BIOL 2401 Anatomy & Physiology I	4	Core BIOL 2402 Anatomy & Physiology II	4

Semester 3 – LC		Semester 4 – LC		
YEAR 2	Core GOVT 2305 Federal Government	3	Core GOVT 2306 Texas Government	3
	KINE 1304 Personal/Community Health	3	Core Language, Philosophy, & Culture	3
	BIOL 1322 Nutrition	3	Core KINE 1164 Intro to Physical Fitness	1
	CHEM 1405 or CHEM 1411	4	BIOL 2421 Microbiology	4
	MATH 1342 or PSYC 2317	3	MATH 2412 Precalculus	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 LC 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 LC 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.