

UH Next Degree Map

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

2025-2026 Catalog

Semester 1 – SJC			Semester 2 – SJC		
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 1100 Learning Framework	1	Core Social & Behavioral Science		3
	Core BIOL 2301 + BIOL 2101 A&P 1	4	Core BIOL 2302 + BIOL 2102 A&P II		4
Semester 3 – SJC			Semester 4 – SJC		
YEAR 2	Core GOVT 2305 Federal Government	3	Core GOVT 2306 Texas Government		3
	Core CHEM 1305+1105 or CHEM 1311+1111	4	Core Language, Philosophy, & Culture		3
	PHED 1304 Personal/Community Health	3	BIOL 2320 + BIOL 2120 Microbiology		4
	BIOL 1322 Nutrition & Diet Therapy	3	MATH 2412 Pre-Calculus Math		4
	MATH 1342 or PSYC 2317	3	General Elective		3
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			

See reverse for additional information

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UH Transfer Rules

- Courses taken at SJC 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.
- This major does not require a CLASS Diversity course, CLASS Block courses, or a minor.

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.