

Southwestern Illinois College

Pathway - Nutrition

Southwestern Illinois College Associate in Arts Degree

Fall Year 1

SWIC Course	Hours
ENG 101 Rhetoric and Comp	3
IAI FA ¹ IAI Fine Art	3
BIOL 101 ² Principles of Biology I	4
IAI Math ³ IAI Mathematics	4
COMM 151 Public Speaking	3
Total	17

Spring Year 1

SWIC Course	Hours
ENG 102 Rhetoric and Comp II	3
BIOL 157 Anatomy & Physiology I	5
PSYC 151 General Psychology	3
IAI SS ¹ IAI Social Science	3
HES 154 ⁶ Nutrition, Exercise & Wt MGMT	2
Total	16

Fall Year 2

SWIC Course	Hours
CHEM 101/105 ^{2,4} Chemistry	5
IAI HUM ¹ IAI Humanities	3
BIOL 158 Anatomy & Physiology II	5
SOC 153 Introductory Sociology	3
Total	16

Spring Year 2

SWIC Course	Hours
HRO 150 ⁶ Fundamentals of Nutrition	2
CHEM 103/106 ^{2,4} Chemistry	5
HES 170 ⁵ Intro to Exercise Science	3
IAI COM/HUM/SS/BS ¹ Commun, Hum, Social or Beh	3
IAI HUM/FA ¹ IAI Humanities/Fine Arts	3
Total	16

Associate in Art Degree Total 65

Southern Illinois University Edwardsville Bachelor of Science Degree

Fall Year 3

SIUE Course	Hours
NUTR 205 Food Science	3
NUTR 319 Nutrition Biochemistry	3
NUTR 327 Lifecycle Nutrition	3
ELE XXX Elective	3
BIOL 250 Bacteriology	4
Total	16

Spring Year 3

SIUE Course	Hours
NUTR 210 Food and Culture	3
NUTR 401 Nutrition Ed & Counseling	3
NUTR/ KIN 355 Sports Nutrition & Supplements	3
IS XXX Interdisciplinary Studies	3
KIN 211 Medical Terminology	3
Total	15

Fall Year 4

SIUE Course	Hours
NUTR 408 Food Service Management	3
NUTR 409 Large Quantity Prep	3
NUTR 411 Intro to Medical Nutrition Therapy	3
ELE XXX Elective	3
ELE XXX Elective	3
Total	15

Spring Year 4

SIUE Course	Hours
NUTR 410 Food Service Management II	3
NUTR 464 Senior Assignment in Nutrition	3
KIN 412 Biology CVD & Metabolic Disease	3
NUTR 421 Medical Nutrition Therapy II	3
ELE XXX Elective	2
Total	14

Bachelor Total 125

¹Students need one course in non-western culture and one in Human Relations for Associate degree.

²Courses require a grade of "C" or better.

³Math course depends on post graduate work. Please see advisor.

⁴Students pursuing a post graduate Dietetics Program should take CHEM 105/106.

⁵Course requires a "B" grade or better.

⁶Students must take both courses to equate to SIUE's Intro Nutr

*Students must complete 50% or more of degree requirements at SIUE.

Although a minor is not required for students majoring in Nutrition, it is strongly recommended that students consider one. Options for a double major, double minor, or single minor are available. Courses taken at SWIC to meet SWIC's general education requirement (including electives) can be used for the minor(s) or additional major. Students should begin planning early for one of these options.

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Electives are to be determined by desired post graduate careers or continued education in the following areas: consulting-private practice, food/nutrition business industry, food service, management, research and education, pharmaceutical sales, sports and wellness nutrition, corporate wellness, medical, chiropractic, occupational therapy, physical therapy, **public health, **accelerated nursing programs.

**SIUE has these two programs.

*A course that satisfies both the ERGU and EREG requirement will only one and not both.

Students must obtain a Masters degree in an accredited program to become a Registered Dietician (RD).

Admission requirements to the Nutrition program: HES 170 (B or higher), CHEM 101 or 105 (C or higher), BIOL 101 or 105 (C or higher).