The Major: Nutritionists study the role of nutrients, the body’s requirements for nutrients throughout life, and the effects of inadequate intakes on health and well-being. Nutritionists also study the social, economic, cultural, and psychological implications of food and eating. The Nutrition Option is designed for students who want to study nutrition but do not plan to become Registered Dietitians. There are three tracks available which provide focused training in specific areas of nutrition:

* **Nutrition Science** – designed for students who want to study the science of nutrition and use this background for advanced study in the field or admission to professional health programs.

* **Health Promotion** – designed for students who want to work with the public in preventative health education programs.

* **Foods** – designed for students who want to work in the foodservice management, food safety, or food sustainability.

Transfer out of UC: Students will be admitted to the Nutrition and Dietetics degree program in CELS from UC after completing a minimum of 30 credits, including CHM 103/105, CHM 124/126, BIO 121, NFS 210, NFS 276, NFS 394, WRT 104, COM 100, and STA 220. Students must have earned a 2.5 average in these classes with no less than a C in any one class to be admitted to the Nutrition option. Admission to the Nutrition and Dietetics program is limited to incoming freshmen only; all other students are admitted on a space available basis. Please contact the Department for more information.

The following is an example of the typical course schedule for the first 4 semesters for a student majoring in Nutrition & Dietetics. These are recommended course selections for NFS majors in University College; there will be variation based on course availability and schedule restraints. Some classes are not offered every semester. It is important to plan ahead and consult with your advisor to allow yourself time to enroll in the classes you wish to take.

**Semester I (Fall)**
- URI 101 - Freshman at URI: 1
- WRT 104 - Composition: 3
- NFS 210 - Applied General Nutrition: 4
- CHM 103, 105 General Chemistry, Lab: 4
- General Education: 3

**Total credits: 15**

**Semester II (Spring)**
- COM 100 - Communications: 3
- CHM 124, 126 Organic Chemistry, Lab: 4
- NFS 110 - Intro. Nutrition/Dietetics: 1
- NFS 276 - Food, Nutrition, People: 3
- General Education: 3
- General Education: 3

**Total credits: 17**

**Semester III (Fall)**
- BIO 121 - Anatomy: 4
- STA 220 - Statistics: 3
- NFS 394 - Nutrition in the Lifecycle I: 3
- General Education: 3

**Total credits: 13**

**Semester IV (Spring)**
- BIO 242 - Physiology: 3
- NFS 395 – Nutrition in the Lifecycle II: 3
- Supporting Elective: 3
- General Education: 3
- Free Elective: 3

**Total credits: 15**
General Education (36 credits): General Education Mathematics and Quantitative Reasoning (MQ), Natural Sciences (N), and English Communication (EC) requirements are satisfied by courses taken as part of the major. To complete the General Education requirements, students must select 6 credits from Social Sciences (S), and 15 credits from Letters (L), Fine Arts and Literature (A), and Foreign Language / Cross-cultural Competence (FC), with no more than 6 credits in any one category.

Introductory Professional Courses (minimum grade of C required for graduation):
- NFS 110 - Introduction to Nutrition and Dietetics (1 credit)
- NFS 210 - Applied General Nutrition (4 credits)
- NFS 276 - Food, Nutrition and People (3 credits)

Basic Sciences (minimum grade of C required for graduation):
- BIO 121 - Human Anatomy (4 credits)
- BIO 242 - Human Physiology (3 credits)
- CHM 103/105 - General Chemistry, Lab (4 credits)
- CHM 124/126 - Organic Chemistry, Lab (4 credits)
- BCH 211 - Biochemistry (3 credits)
- MIC 201 - Introductory Medical Microbiology (4 credits)

Concentration (minimum grade of C required for graduation):
- NFS 336 – Scientific Principles of Foods I (4 credits)
- NFS 394 - Nutrition in the Lifecycle I (3 credits)
- NFS 395 - Nutrition in the Lifecycle II (3 credits)
- NFS 410 - Professional Issues in Nutrition and Dietetics (1 credit)
- NFS 440 – Macronutrient Metabolism (3 credits)
- NFS 441 – Micronutrient Nutrition (3 credits)
- NFS 458 - Nutrition Education (3 credits)

In addition to the core concentration courses, students will select the following based upon the track selected:

- Nutrition Science – NFS 337, 451, 495, and 3 additional NFS courses based on their area of interest.
- Health Promotion – NFS 360, 443, 444, 495, and 2 additional NFS courses based on their area of interest.
- Foods – NFS 337, 375, 376, 451, and 2 additional NFS courses based on their area of interest.

Supporting Electives:
Students will select 12 credits in supporting elective courses to help them develop their understanding of the field of nutrition.

Free Electives:
Students will select 8-9 credits in elective courses.

Graduation Requirements:
Students must maintain a 2.5 average in all required courses (NFS courses, science courses, and the remaining degree courses) in order to graduate.