



**NUTRITION, HEALTH, AND WELLNESS
CERTIFICATE OF ACHIEVEMENT
SAMPLE SEQUENCE MAP**

You need to see a Counselor for specific recommendations about courses that will best meet your educational goals. Degree programs require the completion of a General Education pattern. Consult a counselor for help determining which pattern is appropriate for your goals. Not all courses on the map are offered every term. Consult the Catalog and the Schedule of Classes for more details.

	Courses	Pre- or co-reqs	Credit	GE
Semester 1	HSCI 124 - Health and Wellness		3	
	NUTRI 100 - Introduction to the Nutrition Professions		1	
	Certificate applicable elective: Choose CULN 153 or PSYCH 101	See catalog	2-3	
	*NUTRI 120 - Sports Nutrition: Fueling the Athlete		3	
		Total	9-10	

	Courses	Pre- or co-reqs	Credit	GE
Semester 2	NUTRI 130 - Food and Nutrition: Cross Cultural Perspectives		3	
	*NUTRI 160 - Nutrition: Science and Applications		3	
	NUTRI 170 - Nutrition: Across the Lifespan		3	
		Total	9	

Program total: 18-19

**These courses can be taken either semester. This map is only a recommendation. See department faculty and/or counselor for additional information.*