2022–23 Nutrition and Food Science— Nutrition and Wellness Academic Map

Department of Human Sciences

Middle Tennessee State University • Murfreesboro



An academic map is a suggested four-year schedule of courses based on degree requirements in the undergraduate catalog. This sample schedule serves as a general guideline to help build a full schedule each term. Milestones, courses, and special requirements necessary for timely progress to complete a major are designated to keep you on track to graduate in four years. *Missing milestones could delay your program.*

This map is not a substitute for academic advisement—contact your advisor if you have any questions about scheduling or about your degree requirements. Also see the current undergraduate catalog (catalog.mtsu.edu) for a complete list of requirements and electives. Note: Requirements are continually under revision, and there is no guarantee they will not be changed or revoked; contact the department and/or program area for current information.

You may choose to attend a summer term to reduce your load during fall or spring terms but still stay on track to graduate in four years (see back). NOTE: Learning Support courses will alter the sequences on this map.

Suggested Fall/Spring Four-Year Schedule

FRESHMAN FALL			FRESHMAN SPRING			
Course	Hours	Milestones/Notes	Course	Hours	Milestones/Notes	
ENGL 1010 (Comm)	3		ENGL 1020 (Comm)	3		
BIOL 2010/2011 (Nat Sci)	4	Required in major; may also fulfill General Education	Nat Sci	4		
HLTH 1530/1531 (Soc/Beh Sci)	3	Required in major; may also fulfill General Education	NFS 2220	3	Must earn C of higher	
Hum/FA (Rubric 1)	3		Hum/FA (Rubric 2)	3		
HSC 1010	1		Soc/Beh Sci	3	SOC 1010 rec.	
SUBTOTAL	14		SUBTOTAL	16		
SOPHOMORE FALL			SOPHOMORE SPRING			
COMM 2200 (Comm)	3		NFS 3260	3		
NFS 3280	3		Optional minor/elective	3		
NFS 3200/3201	3	Offered fall only; must earn B or higher	ENGL 2020, ENGL 2030, or HUM 2610 (Hum/FA)	3		
MATH 1010 (Math)	3	recommended	HIST 2010, 2020, 2030, 2040, or 2050	3		
HIST 2010, 2020, 2030, 2040, or 2050	3		Major elective	3	See list	
SUBTOTAL	15		SUBTOTAL	15		
JUNIOR I	ALL		JUNIOR SE	PRING		
BIOL 2020/2021	4		NFS 4250	3		
CDFS 3320	3		NFS 3100	3		
Major elective	3	See list	Major elective	3	See list	
HLTH 3240	3		Optional minor/elective	3		
NFS 4260	3		NFS 4550	3		
SUBTOTAL	16	2.00 GPA required for graduation	SUBTOTAL	15	Submit UD and Intent to Graduate forms	
SENIOR FALL			SENIOR SPRING			
HSC 4000	1		Optional minor/elective	3		
NFS 4270	3		Optional minor/elective	3		
NFS 4500	3		Major elective	3	See list	
Major elective	3	See list	Optional minor/elective	4		
Optional minor/elective	3					
Optional minor/elective	3					
SUBTOTAL	16		SUBTOTAL	13		
			N PROGRAM: 120		1	

Nutrition and Food Science-Nutrition and Wellness Suggested Fall/Spring/Summer Four-Year Schedule

Refer to www.mtsu.edu/financial-aid/scholarships for information regarding use of the Lottery Scholarship for the summer term.

Hum/FA (Rubric 1) 3	FRESHMAN FALL			FRESHMAN SPRING				
BIOL 2010/2011 (Nat Sci)	Course	Hours	Milestones/Notes	Course	Hours	Milestones/Notes		
BIOL 2010/2011 (Nat Sci)	ENGL 1010 (Comm)	3		ENGL 1020 (Comm)	3			
HLTH 1530/1531 (Soc/Beh Sci) 3 may also fulfill General Education NFS 2220 3 1 1 1 1 1 1 1 1 1	BIOL 2010/2011 (Nat Sci)	4	may also fulfill General	Nat Sci	4			
HSC 1010	HLTH 1530/1531 (Soc/Beh Sci)	3	may also fulfill General	NFS 2220	3	Must earn C of higher		
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SUBTOTAL SOPHOMORE FALL SOPHOMORE SPRING	HSC 1010	1						
Soc/Beh Sci 3 Subtotal 3 S	SUBTOTAL	14		SUBTOTAL	13			
SUBTOTAL 3 SUBTOTAL 3 SUBTOTAL 3 SUBTOTAL SOPHOMORE SPRING	FRESHMAN SUMMER							
SOPHOMORE FALL SOPHOMORE SPRING	Optional minor/elective	3		Soc/Beh Sci	3	Other than SOC		
COMM 2200 (Comm) 3 NFS 3260 3 NFS 3280 3 ENGL 2020, ENGL 2030, or HUM 2610 (Hum/FA) 3 NFS 3200/3201 3 Offered fall only; must earn B or higher HIST 2010, 2020, 2030, 2040, or 2050 3 MATH 1010 (Math) 3 recommended Major elective 3 S SUBTOTAL 12 SUBTOTAL 12 SUBTOTAL 12 SOPHOMORE SUMMER HIST 2010, 2020, 2030, 2040, or 2050 3 Optional minor/elective 3 SUBTOTAL 3 SUBTOTAL 3 SUBTOTAL 3 SUBTOTAL 3 BIOL 2020/2021 4 NFS 4250 3 NFS 3100 3 CDFS 3320 3 See list Major elective 3 S HITH 3240 3 See list Major elective 3 S SUBTOTAL 16 2.00 GPA required for graduation SUBTOTAL 15 Strict Stri	SUBTOTAL	3		SUBTOTAL	3			
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NFS 3200/3201 3 Offered fall only; must earn B or higher searn B or higher sale state and B optional minor/elective 3 substotal B substotal Substota	COMM 2200 (Comm)	3		NFS 3260	3			
MATH 1010 (Math) 3 recommended Major elective 3 SUBTOTAL 12 SUBTOTAL 13 SUBTOTAL 3 SUBTOTAL	NFS 3280	3			3			
SUBTOTAL 12 SUBTOTAL 12 SUBTOTAL 12 SOPHOMORE SUMMER	NFS 3200/3201	3		HIST 2010, 2020, 2030, 2040, or 2050	3			
SOPHOMORE SUMMER	MATH 1010 (Math)	3	recommended	Major elective	3	See list		
HIST 2010, 2020, 2030, 2040, or 2050 3 Optional minor/elective 3 SUBTOTAL 3 SUBTOT	SUBTOTAL	12		SUBTOTAL	12			
SUBTOTAL 3 SUBTOTAL 5 SUBT	SOPHOMORE SUMMER							
BIOL 2020/2021	HIST 2010, 2020, 2030, 2040, or 2050	3		Optional minor/elective	3			
BIOL 2020/2021 4 NFS 4250 3 CDFS 3320 3 NFS 3100 3 Major elective 3 See list Major elective 3 S HLTH 3240 3 Optional minor/elective 3 NFS 4260 3 NFS 4550 3 3 SUBTOTAL 16 2.00 GPA required for graduation SUBTOTAL 15 St t t SENIOR SPRING SENIOR SPRING Optional minor/elective 3 NFS 4270 3 Optional minor/elective 3 S NFS 4500 3 Major elective 3 S Major elective 3 See list Optional minor/elective 4 Optional minor/elective 4 Optional minor/elective 4 SUBTOTAL 13 SUBTOTAL<	SUBTOTAL	3		SUBTOTAL	3			
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HLTH 3240 3	CDFS 3320	3		NFS 3100	3			
NFS 4260 3 NFS 4550 3 SUBTOTAL 16 2.00 GPA required for graduation SUBTOTAL 15 SENIOR SPRING HSC 4000 1 Optional minor/elective 3 Optional minor/elective 3 NFS 4270 3 Optional minor/elective 3 See list Optional minor/elective 3 See list Optional minor/elective 4 SUBTOTAL 13	Major elective	3	See list	Major elective	3	See list		
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NFS 4270 3 Optional minor/elective 3 NFS 4500 3 Major elective 3 S Major elective 3 See list Optional minor/elective 4 Optional minor/elective 3 SUBTOTAL 13	SENIOR F		SENIOR SPRING					
NFS 4500 3 Major elective 3 S Major elective 3 See list Optional minor/elective 4 Optional minor/elective 3 SUBTOTAL 13 SUBTOTAL 13	HSC 4000	1		Optional minor/elective	3			
Major elective 3 See list Optional minor/elective 4 Optional minor/elective 3 SUBTOTAL 13 SUBTOTAL 13	NFS 4270	3		Optional minor/elective	3			
Optional minor/elective 3 SUBTOTAL 13 SUBTOTAL 13	NFS 4500	3		Major elective	3	See list		
SUBTOTAL 13 SUBTOTAL 13	Major elective	3	See list	Optional minor/elective	4			
	Optional minor/elective	3						
	SUBTOTAL	13		SUBTOTAL	13			
TOTAL HOURS IN PROGRAM: 120			TOTAL HOURS I					