

# 2021–22 Nutrition and Food Science— Nutrition and Wellness Academic Map

Department of Human Sciences

Middle Tennessee State University • Murfreesboro

**MIDDLE  
TENNESSEE**

STATE UNIVERSITY.

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](http://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.
<b>SUBTOTAL</b>	<b>14</b>		<b>SUBTOTAL</b>	<b>16</b>	
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
<b>SUBTOTAL</b>	<b>15</b>		<b>SUBTOTAL</b>	<b>15</b>	
JUNIOR FALL			JUNIOR SPRING		
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	
<b>SUBTOTAL</b>	<b>16</b>	2.00 GPA required for graduation	<b>SUBTOTAL</b>	<b>15</b>	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				
<b>SUBTOTAL</b>	<b>16</b>		<b>SUBTOTAL</b>	<b>13</b>	
<b>TOTAL HOURS IN PROGRAM: 120</b>					

# Nutrition and Food Science–Nutrition and Wellness

## Suggested Fall/Spring/Summer Four-Year Schedule

Refer to [www.mtsu.edu/financial-aid/scholarships](http://www.mtsu.edu/financial-aid/scholarships) for information regarding use of the Lottery Scholarship for the summer term.

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				
<b>SUBTOTAL</b>	<b>14</b>		<b>SUBTOTAL</b>	<b>13</b>	
FRESHMAN SUMMER					
Optional minor/elective	3		Soc/Beh Sci	3	Other than SOC
<b>SUBTOTAL</b>	<b>3</b>		<b>SUBTOTAL</b>	<b>3</b>	
SOPHOMORE FALL			SOPHOMORE SPRING		
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	See list
<b>SUBTOTAL</b>	<b>12</b>		<b>SUBTOTAL</b>	<b>12</b>	
SOPHOMORE SUMMER					
HIST 2010, 2020, 2030, 2040, or 2050	3		Optional minor/elective	3	
<b>SUBTOTAL</b>	<b>3</b>		<b>SUBTOTAL</b>	<b>3</b>	
JUNIOR FALL			JUNIOR SPRING		
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	
<b>SUBTOTAL</b>	<b>16</b>	2.00 GPA required for graduation	<b>SUBTOTAL</b>	<b>15</b>	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				
<b>SUBTOTAL</b>	<b>13</b>		<b>SUBTOTAL</b>	<b>13</b>	
TOTAL HOURS IN PROGRAM: 120					

### Notes:

- 120 semester hours with at least a 2.00 grade point average; 12 of the last 18 hours must be taken at MTSU—not transferred
- 42 upper-division hours (3000–4000 level courses) with at least a 2.00 grade point average

- 30 upper-division hours must be taken at MTSU—not transferred
- 60 senior college hours (taken at a four-year college)  
Any course substitution(s) must be approved on an MTSU Course Substitution form with appropriate advisor, department chair, and college dean signatures **before** being submitted to the graduation analyst.