

# 2024–25 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](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.*



Scan the QR code or [click here](#) for more information about the new True Blue Core (TBC).

## Suggested Fall/Spring Four-Year Schedule

FRESHMAN FALL			FRESHMAN SPRING		
Course	Hours	Milestones/Notes	Course	Hours	Milestones/Notes
Written Communication	3	TBC	Information Literacy	3	TBC
BIOL 2010/2011	4	TBC; Major	BIOL 2020/2021	4	TBC; Major
NFS 2220	3	TBC; Major	HLTH 1530/1531	3	TBC; Major; Must earn C of higher
Creativity and Cultural Expression	3	TBC; one must come from Discovery	NFS 2100	3	TBC; Major
HSC 1010	1		Human Society and Social Relationships/Elective	3	TBC; one must come from Discovery
<b>SUBTOTAL</b>	<b>14</b>		<b>SUBTOTAL</b>	<b>16</b>	
SOPHOMORE FALL			SOPHOMORE SPRING		
Non-Written Communication	3	TBC	NFS 3260	3	
NFS 3280	3		Optional minor/elective	3	
NFS 3200/3201	3	Offered fall only; must earn B or higher	Creativity and Cultural Expression Literature	3	TBC
Quantitative Literacy	3	TBC; MATH 1010 rec.	History and Civic Learning	3	TBC; one must come from Discovery
History and Civic Learning	3	TBC; one must come from Discovery	Major elective	3	See list
<b>SUBTOTAL</b>	<b>15</b>		<b>SUBTOTAL</b>	<b>15</b>	
JUNIOR FALL			JUNIOR SPRING		
Optional minor/elective	4		NFS 4250	3	
CDFS 3320	3		Creativity and Cultural Expression/Elective	3	TBC; one must come from Discovery
Major elective	3	See list	Major elective	3	See list
Optional minor/elective	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	
NFS 3210	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

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. 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.

**NOTE:** Learning Support courses will alter the sequences on this map.

FRESHMAN FALL			FRESHMAN SPRING		
Course	Hours	Milestones/Notes	Course	Hours	Milestones/Notes
Written Communication	3	TBC	Information Literacy	3	TBC
BIOL 2010/2011	4	TBC; Major	BIOL 2020/2021	4	TBC; Major
NFS 2220	3	TBC; Major	HLTH 1530/1531	3	Must earn C of higher
Creativity and Cultural Expression	3	TBC; one must come from Discovery	NFS 2310	3	TBC; Major
HSC 1010	1				
<b>SUBTOTAL</b>	<b>14</b>		<b>SUBTOTAL</b>	<b>13</b>	
FRESHMAN SUMMER					
Optional minor/elective	3		Human Society and Social Relationships/Elective	3	TBC; one must come from Discovery
<b>SUBTOTAL</b>	<b>3</b>		<b>SUBTOTAL</b>	<b>3</b>	
SOPHOMORE FALL			SOPHOMORE SPRING		
Non-Written Communication	3	TBC	NFS 3260	3	
NFS 3280	3		Creativity and Cultural Expression Literature	3	TBC
NFS 3200/3201	3	Offered fall only; must earn B or higher	History and Civic Learning	3	TBC; one must come from Discovery
Quantitative Literacy	3	TBC; MATH 1010 rec.	Major elective	3	See list
<b>SUBTOTAL</b>	<b>12</b>		<b>SUBTOTAL</b>	<b>12</b>	
SOPHOMORE SUMMER					
History and Civic Learning	3	TBC; one must come from Discovery	Optional minor/elective	3	
<b>SUBTOTAL</b>	<b>3</b>		<b>SUBTOTAL</b>	<b>3</b>	
JUNIOR FALL			JUNIOR SPRING		
Optional minor/elective	4		NFS 4250	3	
CDFS 3320	3		Creativity and Cultural Expression/Elective	3	
Major elective	3	See list	Major elective	3	See list
Optional minor/elective	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	
NFS 3210	3				
<b>SUBTOTAL</b>	<b>13</b>		<b>SUBTOTAL</b>	<b>13</b>	
TOTAL HOURS IN PROGRAM: 120					