

2025–26 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.*



Scan the QR code or [click here](#) for more information about the 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 or 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
SUBTOTAL	14		SUBTOTAL	16	
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
SUBTOTAL	15		SUBTOTAL	15	
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	
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	
NFS 3210	3				
Optional minor/elective	3				
SUBTOTAL	16		SUBTOTAL	13	
TOTAL HOURS IN PROGRAM: 120					

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/ 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 or higher
Creativity and Cultural Expression	3	TBC; one must come from Discovery	NFS 23100	3	TBC; Major
HSC 1010	1				
SUBTOTAL	14		SUBTOTAL	13	
FRESHMAN SUMMER					
Optional minor/elective	3		Human Society and Social Relationships/Elective	3	TBC; one must come from Discovery
SUBTOTAL	3		SUBTOTAL	3	
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
SUBTOTAL	12		SUBTOTAL	12	
SOPHOMORE SUMMER					
History and Civic Learning	3	TBC; one must come from Discovery	Optional minor/elective	3	
SUBTOTAL	3		SUBTOTAL	3	
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	
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	
NFS 3210	3				
SUBTOTAL	13		SUBTOTAL	13	
TOTAL HOURS IN PROGRAM: 120					