

2026–27 Nutrition and Food Science Academic Map

Department of Health 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; must earn C or higher	BIOL 2020/2021	4	TBC; Major; must earn C or higher
NFS 2220	3	TBC; Major; Must earn C of higher	Human Society and Social Relationship/Elective	3	TBC; one must come from Discovery
Creativity and Cultural Expression	3	TBC; one must come from Discovery	NFS 2100	3	TBC; Major
HSC 1010	1		Human Society and Social Relationships	3	TBC; one must come from Discovery; SOC 1010 rec.
SUBTOTAL	14		SUBTOTAL	16	
SOPHOMORE FALL			SOPHOMORE SPRING		
Non-Written Communication	3	TBC	NFS 3260	3	
General elective or minor	4		General elective or minor	4	
NFS 3200/3201	3	Offered fall only; must earn B or higher	Creativity and Cultural Expression Literature	3	TBC; one must come from Discovery
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	NFS 3280	3	
SUBTOTAL	16		SUBTOTAL	16	
JUNIOR FALL			JUNIOR SPRING		
General elective or minor	3		NFS 4250	3	
CDFS 3320	3		NFS 4240/NFS 4241	3	Offered spring only
General elective or minor	3		Creativity and Cultural Expression/Elective	3	TBC
NFS 4270	3	Offered fall only; must earn C or higher	General elective or minor	3	
NFS 4260	3		HSC 4410	3	
			General elective or minor	3	
SUBTOTAL	15	2.00 GPA required for graduation	SUBTOTAL	18	Submit UD and Intent to Graduate forms
SENIOR FALL			SENIOR SPRING		
HSC 4000	1		General elective or minor	3	
NFS 3210	3		General elective or minor	3	
Major elective	6	See catalog	Major elective	6	See catalog
Major elective	3	See catalog			
SUBTOTAL	13		SUBTOTAL	12	
TOTAL HOURS IN PROGRAM: 120					

Nutrition and Food Science 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; must earn C or higher	BIOL 2020/2021	4	TBC; Major; must earn C or higher
NFS 2220	3	TBC; Major; Must earn C or higher	Human Society and Social Relationship/Elective	3	TBC; one must come from Discovery
Creativity and Cultural Expression	3	TBC; one must come from Discovery	NFS 2100	3	TBC; Major
HSC 1010	1		Human Society and Social Relationships	3	TBC; one must come from Discovery; SOC 1010 rec.
SUBTOTAL	14		SUBTOTAL	16	
FRESHMAN SUMMER					
History and Civic Learning	3	TBC; one must come from Discovery	General elective or minor	3	
SUBTOTAL	3		SUBTOTAL	3	
SOPHOMORE FALL			SOPHOMORE SPRING		
Non-Written Communication	3	TBC	NFS 3260	3	
NFS 3200/3201	3	Offered fall only; must earn B or higher	General elective or minor	4	
Quantitative Literacy	3	TBC; MATH 1010 rec.	Creativity and Cultural Expression Literature	3	TBC; one must come from Discovery
General elective or minor	4	TBC; one must come from Discovery	NFS 3280	3	
SUBTOTAL	13		SUBTOTAL	13	
SOPHOMORE SUMMER					
History and Civic Learning	3	TBC; one must come from Discovery	General elective or minor	3	
SUBTOTAL	3		SUBTOTAL	3	
JUNIOR FALL			JUNIOR SPRING		
General elective or minor	3		NFS 4250	3	
CDFS 3320	3		NFS 4240/NFS 4241	3	Offered spring only
NFS 4270	3	Offered fall only; must earn C or higher	Creativity and Cultural Expression/Elective	3	TBC
NFS 4260	3		General elective or minor	3	
			HSC 4410	3	
SUBTOTAL	12	2.00 GPA required for graduation	SUBTOTAL	15	Submit UD and Intent to Graduate forms
SENIOR FALL			SENIOR SPRING		
HSC 4000	1		General elective or minor	3	
NFS 3210	3		General elective or minor	3	
Major elective	6	See catalog	Major elective	6	See catalog
Major elective	3	See catalog			
SUBTOTAL	13		SUBTOTAL	12	
TOTAL HOURS IN PROGRAM: 120					