

2026–27 Nutrition and Food Sciences–Family and Consumer Sciences Secondary Education Academic Map

Department of Health Sciences

Middle Tennessee State University • Murfreesboro



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

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.*

Suggested Fall/Spring Four-Year Schedule

FRESHMAN FALL			FRESHMAN SPRING		
Course	Hours	Milestones/Notes	Course	Hours	Milestones/Notes
FCSE 1400	3		TXMD 1110	3	
NFS 2220	3	TBC; Major	FCSE 2510	3	Offered spring only
Written Communication	3	TBC	Information Literacy	3	TBC
Scientific Literacy	4	TBC; one must come from Discovery	Scientific Literacy	4	TBC; one must come from Discovery
Human Society and Social Relationships	3	TBC; one must come from Discovery	History and Civic Learning	3	TBC; one must come from Discovery
SUBTOTAL	16		SUBTOTAL	16	
SOPHOMORE FALL			SOPHOMORE SPRING		
Non-Written Communication	3	TBC	TXMD 2180/2181	3	
NFS 3200/3201	3	Fall only	CDFS 3320	3	
Human Society and Social Relationships/Elective	3	TBC; one must come from Discovery	YOED 2500	3	
Creativity and Cultural Expression	3	TBC; one must come from Discovery	Creativity and Cultural Expression/Elective	3	TBC; NFS 2100 from Endorsement Area B may be counted as TBC
Creativity and Cultural Expression Literature	3	TBC	History and Civic Learning	3	TBC; one must come from Discovery
SUBTOTAL	15		SUBTOTAL	15	
JUNIOR FALL			JUNIOR SPRING		
CDFS 4340	3		HSC 3430 or IDES 4620	3	
ECE 3310	3		NFS 4250	3	Spring/Summer only
NFS 4100	3		Endorsement Area	3	
TXMD 3200	3		NFS 3400	1	Spring only
YOED 3000	3		YOED 3300	3	
			Quantitative Literacy	3	TBC
SUBTOTAL	15		SUBTOTAL	16	
SENIOR FALL			SENIOR SPRING		
Endorsement Area	3		YOED 4400	12	
HSC 4410	3				
YOED 4030	9				
SUBTOTAL	15		SUBTOTAL	12	
TOTAL HOURS IN PROGRAM: 120					

Nutrition and Food Sciences– Family and Consumer Sciences Secondary Education 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
FCSE 1400	3		TXMD 1110	3	
NFS 2220	3	TBC; Major	FCSE 2510	3	Offered spring only
Written Communication	3	TBC	Information Literacy	3	TBC
Scientific Literacy	4	TBC; one must come from Discovery	Scientific Literacy	4	TBC; one must come from Discovery
SUBTOTAL	13		SUBTOTAL	13	
FRESHMAN SUMMER					
Human Society and Social Relationships	3	TBC; one must come from Discovery	History and Civic Learning	3	TBC; one must come from Discovery
SUBTOTAL	3		SUBTOTAL	3	
SOPHOMORE FALL			SOPHOMORE SPRING		
Non-Written Communication	3	TBC	TXMD 2180/2181	3	
NFS 3200/3201	3	Fall only	CDFS 3320	3	
Creativity and Cultural Expression	3	TBC; one must come from Discovery	YOED 2500	3	
Creativity and Cultural Expression Literature	3	TBC	History and Civic Learning	3	TBC; one must come from Discovery
SUBTOTAL	12		SUBTOTAL	12	
SOPHOMORE SUMMER					
Human Society and Social Relationships	3	TBC; one must come from Discovery	Creativity and Cultural Expression/ Elective	3	TBC; NFS 2100 from Endorsement Area B may be counted as TBC
SUBTOTAL	3		SUBTOTAL	3	
JUNIOR FALL			JUNIOR SPRING		
CDFS 4340	3		HSC 3430 or IDES 4620	3	
ECE 3310	3		NFS 4250	3	Spring/Summer only
NFS 4100	3		Endorsement Area	3	
TXMD 3200	3		NFS 3400	1	Spring only
YOED 3000	3		YOED 3300	3	
			Quantitative Literacy	3	TBC
SUBTOTAL	15		SUBTOTAL	16	
SENIOR FALL			SENIOR SPRING		
Endorsement Area	3		YOED 4400	12	
HSC 4410	3				
YOED 4030	9				
SUBTOTAL	15		SUBTOTAL	12	
TOTAL HOURS IN PROGRAM: 120					