

# Nutrition and Wellness Curriculum: 2009

The major requires a minimum of 38 hours in FCS, including the FCS core, professional work experience, and FCS electives, chosen as follows:

<b>From the General Education Requirements .....</b>	<b>9</b>
MTH 111 Elementary Statistics .....	3
ECO 100 Introduction to Economics .....	3
PSY 104 Principles of Psychology .....	3
 <b>FCS CORE .....</b>	 <b>12</b>
FCS 140 Introduction to Family and Consumer Sciences... ..	2
FCS 246 Family Systems and Applications .....	3
FCS 300 Consumer Issues in America .....	3
FCS 341, FCS 342 or FCS 440 .....	3
FCS 400 Senior Seminar in FCS Professional Experience ...	1
 <b>Required Professional Work Experience .....</b>	 <b>3</b>
FCS 461 Practicum in Foods and Nutrition .....	3
 <b>Additional Required FCS Courses .....</b>	 <b>23</b>
I. Required	
FCS 104 Introductory Food Principles .....	4
FCS 301 Nutrition Today .....	3
Or FCS 303 Nutrition .....	3
FCS 306 Community Nutrition .....	3
FCS 307 Lifecycle Nutrition .....	2
FCS 405 Food Service Systems .....	3
FCS 408 Management in Food Service .....	3
II. Select at least 7 hours from the following:	
FCS 220 Consumer Issues in Healthcare .....	3
FCS 304 Sports Nutrition .....	3
FCS 309 Investigation of Food Topics .....	3
FCS 407 Nutrition Assessment .....	2
FCS 410 Advanced Nutrition .....	4
FCS 411 Medical Nutrition Therapy .....	4
 <b>Required Supporting Courses .....</b>	 <b>21</b>
CHM 100 Fundamentals in General Chemistry.....	3
CHM 101 Fundamentals in General Chemistry Lab .....	1
BIO 111 Life Science (with lab) .....	3
BIO 200 Human Anatomy and Physiology .....	3
BIO 202 Microbiology and Immunology .....	4
CFA 100 Intellectual and Cultural Events .....	1
ETE 280 Exploring Diversity .....	3
BMA 352 Managing in Organizations .....	3
Or PSY 310 Industrial and Organizational Psychology .....	3

**Required Certificate**

State of Illinois Food Service Sanitation Manager Certificate to be completed by junior year before taking FCS 405 & FCS 408. FCS 405 & FCS 408 includes \$17 pre-professional liability insurance.

**Require Minor**

Select at least one minor in one or more of the following areas to complete 124 hours:

- Business Administration
- Health
- Leadership
- Marketing
- Psychology
- Sociology

Another may be selected with approval from the academic advisor.

## Nutrition and Wellness 4-Year Plan: 2009

<b>Fall Semester</b>		<b>Spring Semester</b>	
<b>First Year</b>		<b>First Year</b>	
FCS 104 .....	4	ENG 101 .....	3
FCS 140 .....	2	Minor elective .....	3
PSY 104 .....	3	FA elective .....	3
COM 103 .....	3	CHM 100 .....	3
BIO 121 .....	4	CHM 101 .....	1
<b>Total hours .....</b>	<b>16</b>	HV elective .....	3
		<b>Total hours .....</b>	<b>16</b>
<b>Second Year</b>		<b>Second Year</b>	
BIO 200.....	3	FCS 246 .....	3
CIV 100 .....	3	FCS elective .....	3
MTH 111 .....	3	BIO 202 .....	4
ECO 100 .....	3	FCS 301 or 303 .....	3
Minor elective .....	3	Minor elective .....	3
<b>Total hours .....</b>	<b>15</b>	<b>Total hours .....</b>	<b>16</b>
<b>Third Year</b>		<b>Third Year</b>	
FCS 306 .....	3	FCS 300 .....	3
BMA 352/PSY 310 .....	3	FCS 307 .....	2
FCS 341/342/440 .....	3	FCS elective .....	3
NW elective .....	3	ENG 304 .....	3
FCS elective .....	3	Minor elective .....	3
<b>Total hours .....</b>	<b>15</b>	CFA 100 .....	1
		<b>Total hours .....</b>	<b>15</b>
<b>Fourth Year</b>		<b>Fourth Year</b>	
FCS 400 .....	1	FCS 408 .....	3
FCS 405 .....	3	FCS elective .....	3
FCS 461 .....	3	Minor elective .....	3
ETE 280 .....	3	Minor elective .....	3
Minor elective .....	3	Minor elective .....	3
Minor elective .....	3		
<b>Total hours .....</b>	<b>16</b>	<b>Total hours .....</b>	<b>15</b>