

## Degree Pathway

### A.A. in Liberal Arts and Sciences - Nutrition Concentration – Catalog Year 2024-25

The number of credits you take each year will determine when you graduate. To graduate on time, you are strongly encouraged to enroll in at least 30 credits toward your degree during the calendar year, including fall and spring semesters and winter and summer sessions. This Degree Pathway is designed for students who place into **ENGL-101** and **MA-119** or **MA-321**. An additional pathway is available for students who must complete developmental math or English. Please see the degree website or your advisor for more information.

Courses in **Bold Text** are prerequisites for later courses or only offered in the Fall or Spring semester and should be taken where indicated in the sequence.

#### Fall Semester #1

Courses	Credits	Prerequisites and Corequisites <sup>1</sup>
<b>ENGL-101 English Composition I</b> (Required Core 1A: English Composition)	3	Prerequisite: Complete developmental requirements in English
<b>MA-321 Mathematics in Contemporary Society or MA-119 College Algebra<sup>2</sup></b> (Required Core 1B: Mathematical and Quantitative Reasoning)	3	Prerequisite: Complete developmental requirements in math
SP-211 Speech Communication <sup>3</sup>	3	Check individual courses for prerequisites and corequisites
One Foreign Language course - placement required	3-4	Check individual courses for prerequisites and corequisites
HE-102 Health, Behavior and Society	2	None
One course in Phys. Ed. or Dance, from PE-400, PE-500 or DAN-100 series	1	None
<b>Total credits for the term</b>	<b>15-16</b>	

#### Spring Semester #1

Courses	Credits	Prerequisites and Corequisites <sup>1</sup>
<b>ENGL-102 English Composition II</b> (Required Core 1A: English Composition)	3	Prerequisite: ENGL-101 or placement
HE-103 Fundamentals of Human Nutrition	3	None
Foreign Language (next in sequence)	3-4	Prerequisite: Grade of C or better in previous course
One course from Flexible Core 2A, 2B, 2C, 2D, or 2E <sup>4</sup>	3	Check individual courses for prerequisites and corequisites
One course from Flexible Core 2A, 2B, 2C, 2D, or 2E <sup>4</sup>	3	Check individual courses for prerequisites and corequisites
<b>Total credits for the term</b>	<b>15-16</b>	

### Fall Semester #2

Courses	Credits	Prerequisites and Corequisites <sup>1</sup>
One course from the ENGL-200 series	3	Prerequisite: ENGL-102
Nutrition Electives: One course from the table below <sup>5</sup>	1-3	See table below
HIST-110, HIST-111, or HIST-112 <sup>6</sup>	3	Corequisite: ENGL-101
One course from Required Core 1C: Life & Physical Sciences	3-4	Check individual courses for prerequisites and corequisites
Science Laboratory course <sup>7</sup>	0-1	Corequisite: 3-credit Science course in Required Core 1C
One course from Flexible Core 2A, 2B, 2C, 2D, or 2E <sup>4</sup>	3	Check individual courses for prerequisites and corequisites
<b>Total credits for the term</b>	<b>14-16</b>	

### Spring Semester #2

Courses	Credits	Prerequisites and Corequisites <sup>1</sup>
Nutrition Electives: One or two courses from the table below <sup>5</sup>	2-5	See table below
One course from Flexible Core 2A, 2B, 2C, 2D, or 2E <sup>4</sup>	3	Check individual courses for prerequisites and corequisites
One course from Flexible Core 2A, 2B, 2C, 2D, or 2E <sup>4</sup>	3	Check individual courses for prerequisites and corequisites
One course from Flexible Core 2A, 2B, 2C, 2D, or 2E <sup>4</sup>	3	Check individual courses for prerequisites and corequisites
One course in Phys. Ed. or Dance, from PE-400, PE-500, or DAN-100 series	1	None
Free electives to reach 60 credits	0-2	Check individual courses for prerequisites and corequisites
<b>Total credits for the term</b>	<b>12-16</b>	
<b>Total credits required for the A.A. in LAS, Exercise Science Concentration</b>	<b>60</b>	

#### Notes:

1. Prerequisites for a course must be passed before taking the course. Corequisites must be passed before taking the course or taken in the same term as the course.
2. Students planning to pursue a bachelor's degree that requires statistics are recommended to take MA-119 instead of MA-321.
3. If SP-211 is taken to satisfy Flexible Core 2B, one course from HIST-100 series is recommended. If two History courses have been taken in the common core, one additional course from PSYC-100 series is recommended.
4. Students must complete one course from each of the Flexible Core categories (2A, 2B, 2C, 2D, and 2E) and one additional course from any one of the categories.
5. Nutrition Concentration (8-9 credits) - Take HE-103 Nutrition and Health (3) and choose from: HE-114 Principles and Practices of Public Health (3), IS-151 Health of the Nations (2), PE 540 Introduction to Physical Fitness (1), and HE 203 Public Health Internship (2)
6. If HIST-110, HIST-111, or HIST-112 is taken for Flexible Core 2A, take a second HIST-100 course instead. If two history courses have been taken, one additional course from Anthropology, Economics, Sociology, Political Science, or Psychology is recommended.
7. This course is not required for students who take a 4-credit STEM variant course in Required Core 1C.

Students must complete a minimum of 48 Liberal Arts and Sciences courses for this program. [Please see the catalog](#) for course subjects that fall into that category.

All students must complete two (2) WI designated classes to fulfill degree requirements.

Nutrition Concentration – Students must take HE-103 (Fundamentals of Human Nutrition) and 5-6 credits of additional courses from the following table.

**Take 5-6 Credits From:**

<b>Courses</b>	<b>Credits</b>	<b>Prerequisites and Corequisites</b>
HE-114 Principles and Practices of Public Health	3	None
IS-151 The Health of the Nation	2	None
PE-540 Introduction to Physical Fitness	1	None
HE-203 Public Health Internship	2	Prerequisites: HE-103; IS-151 or HE-114