

# BASTYR UNIVERSITY

## BACHELOR OF SCIENCE WITH MAJOR IN NUTRITION • NUTRITION & CULINARY ARTS • NUTRITION & EXERCISE SCIENCE

2018 – 2019

View complete course descriptions at [Bastyr.edu/Catalog](http://Bastyr.edu/Catalog)

### Note:

The BSN and BS in Nutrition and Exercise Science are offered only at the Kenmore campus. The BSNCA is offered at both Kenmore and San Diego campuses.

### Prerequisites

- Entering undergraduates must have at least a 2.5 cumulative GPA with a grade of C or better in all basic proficiency and science requirement courses.
- Prior to enrolling, students must have completed 90 quarter credits (60 semester credits), including a minimum number of credits in the basic proficiency/science requirements and general education categories.

Note: Students may apply to the program while completing prerequisite coursework.

### Basic Proficiency and Science Requirements

Course	Credits
English Literature or Composition.....	9
General Psychology.....	3
College Algebra or Intro to Statistics.....	4
General Chemistry I & II (science-major level with lab) <sup>1</sup> .....	8
General Cell Biology (science-major level with lab).....	4
Introduction to Nutrition <sup>2</sup> .....	5
Public Speaking <sup>3</sup> .....	3

<sup>1</sup>The BS in Nutrition and Culinary Arts only requires Introduction to Chemistry with a Lab; however, students planning to pursue a Master's degree are encouraged to take science-major level chemistry courses.

<sup>2</sup>The nutrition course must include macro- and micronutrients, lifecycle and physical activity.

<sup>3</sup>Students who complete a WA state college Direct Transfer Associates Degree (DTA) are not required to complete this course.

### General Education Requirements

Course	Credits
Arts and Humanities.....	15
Social Sciences.....	15
Natural Science and Mathematics.....	8
Electives <sup>1</sup> .....	16

<sup>1</sup>The number of elective credits may vary depending upon the exact number of quarter credits earned in the other prerequisite categories.

## BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION

### Junior Year (Year I)

Cat. No.	Course Title	FALL QUARTER	Credits
BC3123	Organic Chemistry for Life Sciences Lec/Lab.....		6
BC3161	Anatomy & Physiology 1 Lec/Lab.....		3
TR4103	Whole Foods Production.....		3
TR4118	Cultural Perspectives on Foods.....		2
			Total 14

Cat. No.	Course Title	WINTER QUARTER	Credits
BC3162	Anatomy & Physiology 2 Lec/Lab.....		3
BC4117	Biochemistry for Life Sciences 1 Lec/Lab.....		5
TR3105	Introduction to the Scientific Method (online course).....		1
TR3111	Nutrition Throughout Life.....		3
TR3115	Introduction to Food Science.....		2
			Total 14

Cat. No.	Course Title	SPRING QUARTER	Credits
BC3163	Anatomy & Physiology 3 Lec/Lab.....		4
BC4140	Biochemistry for Life Sciences 2.....		4
EX3105	Physical Activity & Wellness.....		2
TR3120	Experimental Foods Lec/Lab.....		5
			Total 15

### Senior Year (Year II)

Cat. No.	Course Title	FALL QUARTER	Credits
PS3601	Psychology of Nourishment (hybrid/online).....		3
TR4105	Advanced Nutrition Principles 1.....		3
TR4805	Nutrition Education Practicum <sup>1</sup> .....		2
			Total 8

<sup>1</sup>TR4805 may be taken in any quarter except summer during year two.

Cat. No.	Course Title	WINTER QUARTER	Credits
TR4100	Introduction to Research Methods.....		3
TR4106	Advanced Nutrition Principles 2.....		3
TR4113	Nutritional Supplements & Herbs.....		3
TR4205	Nutritional Analysis & Assessment.....		3
			Total 12

Cat. No.	Course Title	SPRING QUARTER	Credits
TR4117	Nutrition, Physical Activity & Disease.....		5
TR4126	Community Nutrition/Nutrition Education.....		5
TR4140	Ecological Aspects of Nutrition.....		2
			Total 12

### Elective Requirements

Cat. No.	Course Title	VARIABLE QUARTER	Credits
Nutrition Electives <sup>1</sup> .....			6
General Electives.....			9
			Total 15

<sup>1</sup>Of the 15 elective credits required, students must take a minimum of six (6) elective credits in nutrition program courses.

### Total Requirements

Total Core Course Credits and Hours.....	75
Total Elective Credits and Hours.....	15
Total Requirements.....	90

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### BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND CULINARY ARTS

#### Junior Year (Year I)

Cat. No.	Course Title	FALL QUARTER	Credits
BC3161	Anatomy and Physiology 1 Lecture/Lab.....		3
TR3109	Chef's Pantry.....		2
TR4103	Whole Foods Production.....		3
TR4118	Cultural Perspectives on Foods.....		2
		Total 10	

Cat. No.	Course Title	WINTER QUARTER	Credits
BC3100	Survey of Organic Chemistry*.....		4
BC3162	Anatomy and Physiology 2 Lecture/Lab.....		3
TR3111	Nutrition Throughout Life.....		3
TR3115	Introduction to Food Science.....		2
TR3123	Culinary Skills 1: Soups and Seasonings with Intuition.....		3
TR3105	Introduction to the Scientific Method (online course).....		1
		Total 16	

Cat. No.	Course Title	SPRING QUARTER	Credits
BC3104	Biochemistry*.....		4
BC3163	Anatomy and Physiology 3 Lecture/Lab.....		4
TR3120	Experimental Foods Lecture and Lab.....		5
TR3124	Culinary Skills 2: Suppers and Desserts with Originality.....		3
		Total 16	

\*Students wishing to pursue graduate studies are encouraged to talk to their academic advisor to take BC3123 in fall quarter, BC4117 in winter quarter and BC4140 in spring quarter in place of the chemistry sequence in this program.

#### Senior Year (Year II)

Cat. No.	Course Title	FALL QUARTER	Credits
TR3141	Therapeutic Cooking: Maintaining Health.....		2
TR4105	Advanced Nutrition Principles I.....		3
TR4132	Quantity Food Production.....		3
TR4820	Culinary Practicum.....		4
EX3105	Physical Activity and Wellness.....		2
		Total 14	

Cat. No.	Course Title	WINTER QUARTER	Credits
TR3142	Therapeutic Cooking: Illness and Recovery.....		2
TR3152	Cooking Demonstration.....		2
TR4100	Introduction to Research Methods.....		3
TR4106	Advanced Nutrition Principles 2.....		3
TR4205	Nutrition Analysis and Assessment.....		3
		Total 13	

Cat. No.	Course Title	SPRING QUARTER	Credits
TR3153	Writing about Food and Health.....		2
TR3163	The Business of Cooking.....		3
TR4117	Nutrition, Physical Activity and Disease.....		5
TR4123	Culinary Skills 3: Appetizers and Entrees with Beauty.....		2
TR4140	Ecological Aspects of Nutrition.....		2
		Total 14	

#### Elective Requirements

Cat. No.	Course Title	VARIABLE QUARTER	Credits
	Nutrition Electives.....		3
	General Electives.....		4
		Total 7	

Of the 7 elective credits required, students must take a minimum of three (3) elective credits in nutrition program courses.

#### Total Requirements

Total Core Course Credits and Hours.....	83
Total Elective Credits and Hours.....	7
Total Requirements.....	90

### BACHELOR OF SCIENCE WITH A MAJOR IN NUTRITION AND EXERCISE SCIENCE

#### Junior Year (Year I)

Cat. No.	Course Title	FALL QUARTER	Credits
BC3123	Organic Chemistry for Life Sciences, Lec/Lab.....		6
BC3161	Anatomy/Physiology 1, Lec/Lab.....		3
EX3105	Physical Activity and Wellness.....		2
TR4118	Cultural Perspectives on Foods.....		2
		Total 13	

Cat. No.	Course Title	WINTER QUARTER	Credits
BC3113	Living Anatomy.....		3
BC3162	Anatomy/Physiology 2, Lec/Lab.....		3
BC4117	Biochemistry for Life Sciences 1, Lec/Lab.....		5
TR3111	Nutrition Throughout Life.....		3
TR3105	Introduction to the Scientific Method (online course).....		1
		Total 15	

Cat. No.	Course Title	SPRING QUARTER	Credits
BC3163	Anatomy/Physiology 3, Lec/Lab.....		4
BC4140	Biochemistry for Life Sciences 2.....		4
EX4115	Motor Learning and Development.....		3
EX4105	Business Principles in Health Promotion.....		2
TR4103	Whole Foods Production.....		3
		Total 16	

#### Senior Year (Year II)

Cat. No.	Course Title	FALL QUARTER	Credits
EX4100	Physiology of Exercise*.....		5
EX4107	Sports Nutrition.....		5
EX4119	Principles of Resistance Training.....		3
TR4105	Advanced Nutrition Principles I.....		3
		Total 16	

Cat. No.	Course Title	WINTER QUARTER	Credits
EX4124	Exercise Science Laboratory Techniques.....		2
EX4133	Exercise Prescription for Special Populations.....		2
TR4100	Introduction to Research Methods.....		3
TR4107	Advanced Nutrition Principles.....		3
PS3145	Psychology of Sport and Exercise.....		3
		Total 13	

Cat. No.	Course Title	SPRING QUARTER	Credits
EX4800	Exercise/Nutrition Practicum.....		2
TR4117	Nutrition, Physical Activity and Disease.....		5
TR4126	Community Nutrition/Nutrition Education.....		5
EX4120	Health and Fitness Methods.....		1
		Total 13	

#### Elective Requirements

Cat. No.	Course Title	VARIABLE QUARTER	Credits
Variable	General Electives.....		4
		Total 4	

General elective courses may be from any program or department.

\*There is a prerequisite requirement of First Aid and CPR for EX4100 Physiology of Exercise that is also a graduation requirement.

#### Total Requirements

Total Core Course Credits and Hours.....	86
Total Elective Credits and Hours.....	4
Total Requirements.....	90