



# Bachelor of Science in Nutrition, Food, and Exercise

A graduate of the Bachelor of Science in Nutrition, Food, and Exercise may develop a career in community health and fitness or community nutrition, as a strength and conditioning coach, or as a personal trainer. This degree also prepares students for graduate work in related health science fields.

## Expected Program Outcomes

Upon completion of this program, students will be able to:

- Critically evaluate and interpret media and research findings about food, nutrition, and exercise using an evidence-based approach.
- Communicate food, nutrition, and exercise information in both written and oral formats in a clear, cohesive, and accurate manner.
- Describe food, nutrition, and physical activity needs for healthy people using a whole-food, whole-person perspective.
- Create a food-related intervention and a physical activity intervention for disease prevention that integrates mind, body, and spirit aspects of wellness.

## Admissions - Minimum Requirements

To be admitted to the nutrition, food and exercise program at Bastyr University, transfer students must meet the following criteria:

- Complete 90 quarter (60 semester) credits from a regionally accredited college or university or its equivalent (only courses with a grade of C or higher are transferable).
- Achieve a cumulative GPA of 2.5 and prerequisite GPA of 2.0.
- Complete the general education and major-based prerequisite courses.

**Undergraduate transfer students who complete one of the following transfer degrees will satisfy the general education requirements:**

- Associate of Arts (AA)
- Associate of Science (AS)
- Direct Transfer Associate (DTA) [WA state]
- Intersegmental General Education Transfer Curriculum (IGETC) [CA state]
- California State University Breadth [CA state]
- Associate Degree for Transfer [CA state]



**Note:** Technical degrees, such as Applied Science degrees, will not automatically satisfy the general education requirements. They will be reviewed on a course-by-course basis.

### Major-Based Prerequisite Courses

General Cell Biology w/ Lab (for science majors)	1 course
General Chemistry w/ Lab (for science majors)	2 courses
College Algebra or Statistics	1 course
Introductory Nutrition	1 course

### General Education Requirements

To see examples of General Education courses, please see [General Admissions for Undergraduate students.](#)

### Arts and Humanities (5 Courses Total)

English Literature and Composition	2 courses
Other Courses	3 courses

### Social and Behavioral Sciences (5 Courses Total)

General Psychology	1 course
Public Speaking	1 course
Other Courses	3 courses



### Natural Science and Mathematics (5 Courses Total)

Major-based Prerequisite Courses (see list)	4 courses
Other Course	1 course
General Electives	3 courses or more

**90 Quarter/60 Semester credits**

### Graduation Requirements

Upper-division bachelor of science students enrolled at Bastyr University must complete a minimum of 180 credits (inclusive of credits transferred into Bastyr). To graduate, students must have a minimum 2.0 GPA with a minimum of 45 quarter credits in residence at Bastyr.

### Junior Year (Year I)

#### Fall

<u>BC3123</u>	Organic Chemistry for Life Sciences Lecture/Lab	6
<u>BC3161</u>	Anatomy and Physiology 1 Lecture/Lab	3
<u>EX3105</u>	Physical Activity and Wellness	2
<u>TR4103</u>	Whole Foods Production	3
	<b>Total Credits</b>	<b>14</b>



## Winter

<u>BC3113</u>	Living Anatomy	3
<u>BC3162</u>	Anatomy and Physiology 2 Lecture/Lab	3
<u>BC4117</u>	Biochemistry for Life Sciences 1 Lecture/Lab	5
<u>TR4118</u>	Cultural Perspectives on Foods	2
<u>TR3111</u>	Nutrition Throughout Life	3
	<b>Total Credits</b>	<b>16</b>

## Spring

<u>BC3163</u>	Anatomy and Physiology 3 Lecture/Lab	4
<u>BC4140</u>	Biochemistry for Life Sciences 2	4
TR3135	Writing and Research in Health Promotion <sup>1</sup>	3
<u>TR3115</u>	Introduction to Food Science	2
<u>TR4140</u>	Sustainable Food Systems, the Environment, and Health	2
	<b>Total Credits</b>	<b>15</b>



## Senior Year (Year II)

### Fall

<u>EX4100</u>	Physiology of Exercise	5
<u>EX4107</u>	Sports Nutrition	5
<u>EX4119</u>	Principles of Resistance Training	3
<u>TR4105</u>	Advanced Nutrition Principles: Macronutrients	3
	<b>Total Credits</b>	<b>16</b>

### Winter

TR4110	Health Promotion and Coaching <sup>2</sup>	3
EX4135	Exercise Prescription for Special Populations + Lab Techniques <sup>3</sup>	4
EX4106	Business Principles in Health Promotion <sup>4</sup>	3
<u>TR4113</u>	Nutritional Supplements and Herbs	3
<u>TR4106</u>	Advanced Nutrition Principles: Micronutrients	3
	<b>Total Credits</b>	<b>16</b>



## Spring

<u>EX4120</u>	Health and Fitness Methods	1
<u>EX4800</u>	Exercise/Nutrition Practicum	3
<u>TR4117</u>	Nutrition, Physical Activity, and Disease	5
<u>TR4126</u>	Community Nutrition/Nutrition Education	5
	<b>Total Credits</b>	<b>13</b>

There is also a graduation requirement of Advanced First Aid and CPR.

## Elective Requirements

Total Core Course Credits	90
Total Requirements	90

Curriculum and course changes in the 2022-2023 Bastyr University Catalog are applicable to students entering during the 2022-2023 academic year. Please refer to the appropriate catalog if interested in curriculum and courses required for any other entering year.



### **1. TR3135 Writing and Research in Health Promotion - 3.0 credits**

This online course introduces undergraduate students to the principles of the scientific method, with a special focus on scientific writing. Included are the basic concepts of scientific method, statistics, epidemiology, and research methodology. Students also practice applied research skills such as evaluation of research literature and research design, and use of the library and internet. Students may be required to complete CITI training modules.

**Prerequisites:** None

### **2. TR4110 Health Promotion and Coaching - 4.0 credits**

This course is designed to provide students with exposure and experience in the application of a variety of health promotion and health coaching theories and strategies. Individual, as well as public health concepts, will be investigated. Professional standards in health coaching will also be discussed.

**Prerequisites:** None

### **3. EX4135 Exercise Prescription for Special Populations - 4.0 credits**

This course is designed to expose students to various special populations, pathophysiology considerations, and the American College of Sports Medicine exercise recommendations for varying disease states. In addition, this course offers students exposure to and practical hands-on experience with laboratory techniques commonly used in clinical exercise physiology labs and health and fitness settings.

**Prerequisites:** EX4100

### **4. EX4106 Business Principles in Health Promotion - 3.0 credits**

This course is designed to introduce nutrition, food and exercise students to business principles within the health professions. The course facilitates a better understanding of the necessary market research involved in the process of developing health-related strategic and business plans and writing a business plan.

**Prerequisites:** admission to the program