



B.S. NUTRITION & HUMAN PERFORMANCE
2025 - 2026 CATALOG CHECKLIST

UA FOUNDATIONS & GENERAL EDUCATION

MATH

MATH 112: College Algebra (3 units) _____

COMPOSITION~ (select one (1) sequence)

ENGL 101 & 102: First Year Composition (3 units) _____ & _____

or

ENGL 107 & 108: First Year Composition (3 units) _____ & _____

or

ENGL 109H: Advanced First-Year Composition (3 units) _____

SECOND LANGUAGE*

You must demonstrate second semester level proficiency in a foreign language (ex: SPAN 102 or higher) (0-8 units)

GENERAL EDUCATION

UNIV 101: Intro to General Education (1 unit) > _____

Exploring Perspectives (complete one (1) course in each category) _____

Artist: _____ (3 units) _____

Humanist: _____ (3 units) _____

Natural Scientist: _____ (3 units) _____

Social Scientist: _____ (3 units) _____

Building Connections (complete three (3) courses)

_____ (3 units) _____

_____ (3 units) _____

_____ (3 units) _____

UNIV 301:General Education Capstone (1 unit) > _____

SUPPORTING COURSEWORK

CHEM 151: Chemical Thinking I (4 units) _____

CHEM 152: Chemical Thinking II (4 units) _____

MCB 181R: Introductory Biology (3 units) _____

MCB 181L: Introductory Biology Lab (1 unit) _____

PHYS 110: Introductory Studio Physics I (4 units) _____

PSIO 201: Human Anatomy & Physiology I (4 units) _____

PSIO 202: Human Anatomy & Physiology II (4 units) _____

STATISTICS

STATISTICS^ (complete one (1) course) (3-4 units)

AREC 239, BIOS 376, FCSC 201, ISTA 116

MATH 163, MATH 263, PSY 230, SBS 200, SOC 375 _____

NUTRITION & HUMAN PERFORMANCE CORE COURSEWORK

NSC 170C1: Nutrition, Food, and You (3 units) (B or better required) _____

NSC 195A: Exploring Professional Pathways in Nutrition (1 unit) _____

NSC 260: Nutrition Communication & Scientific Literacy (3 units) _____

NSC 306: Introduction to Nutrition and Human Performance (3 units) _____

NSC 308: Nutrition and Metabolism (3 units) _____

NSC 315: Sports Nutrition (3 units) _____

NSC 320: Nutrition, Exercise, and Health Promotion (3 units) _____

NSC 396B: Preparation for Careers in Nutrition & Human Performance (1 unit) _____

NSC 406R & NSC 406L: Exercise Prescription and Metabolic Testing & Lab (3 units) _____

NSC 415R: Advanced Sports Nutrition (3 units) _____

NSC 415L: Advanced Sports Nutrition Lab (1 unit) _____

NSC 445R & NSC 445L: Human Body Composition & Lab (3 units) _____

PSY 150A1 or PSY 101: Introductory Psychology (4 units) _____

NUTRITION & HUMAN PERFORMANCE CAPSTONE

NSC 498: Senior Capstone (3 units) _____

NUTRITION & HUMAN PERFORMANCE ELECTIVES^^

HEALTH SCIENCES (complete 8 units)

TEACHING, COACHING, & LEADERSHIP (complete 3 units)

BEHAVIORAL (complete 6 units)

DIVERSITY, INCLUSIVITY & ETHICS (complete 3 units)

NUTRITION & HUMAN PERFORMANCE INTERNSHIP

NSC 393 or NSC 493: Internship (3 units)

COMMENTS

GRADUATION REQUIREMENTS:

A minimum of 120 units is required. 56 units must be university level. 42 must be upper division (300, 400 level). A minimum major & cumulative GPA of 2.0 is required.

Total Units: _____/120
Upper Division Units: _____/42
University Level Units: _____/56

IMPORTANT NOTES:

The foundational coursework must be completed before application to “Advanced Standing”.

KEY:

- ~ Requires a “B” or better in second semester English Composition to satisfy Mid-Career Writing Assessment
- * Requires a “C” or better in second semester language course
- > UNIV 101 & UNIV 301 do not need to be taken by Transfer students
- ^ Bolded statistic courses can also satisfy foundation math requirement
- ^^ Choose course from approved electives guide

This is provided as a guide only. Please meet regularly with your Nutrition & Human Performance academic advisor to monitor your progress in the major.

B.S. NUTRITION & HUMAN PERFORMANCE (NHP) ELECTIVES GUIDE 2025-2026

Some courses may have department restrictions, additional pre-requisites or reserved seats for their majors

HEALTH SCIENCES ELECTIVE (Complete eight (8) units)

Course Prefix	Course Name	Unit(s)
BIOC 384	Foundations in Biochemistry	3
BIOC 385	Metabolic Biochemistry	3
CHEM 241A	Lectures in Organic Chemistry	3
CHEM 243A	Organic Chemistry Laboratory I	1
CHEM 241B	Lectures in Organic Chemistry	3
CHEM 243B	Organic Chemistry Laboratory II	1
CHS 303, SOC 303	Health and Society	3
CLAS 116B	Medical Terminology	3
ECOL 182R	Introduction to Biology II	3
ECOL 182L	Introduction to Biology II Lab	1
EMD 147	Emergency Medical Technician	4
EMD 350	Foundations in EMS Systems	3
MIC 205A	General Microbiology	3
MIC 205L	Biology of Microorganisms Lab	1
PHCL 422	Introduction to Toxicology	3
PHCL 442	Human Performance Pharmacology	3
PHYS 111	Introductory Studio Physics II	4
PSIO 420	Exercise Physiology	3
PSIO 425	Measurement and Evaluation of Physiological Function	3
PSIO 429	Muscle Physiology	3
PSIO 441	Musculoskeletal Kinesiology	3
PSIO 442	Biomechanics of Human Movement	3
PSIO 485	Cardiovascular Physiology	3
SRL 201	Using Physical Activity to Explore the Human Body	3

TEACHING, COACHING & LEADERSHIP ELECTIVE (Complete three (3) units)

Course Prefix	Course Name	Unit(s)
ALC 309	Leadership Principles and Practices	3
ALC 409	Team and Organizational Leadership	3
EDL 280	Leadership Strategies	3
EDL 322	Organizational Leadership	3
EDL 370	Critical Perspectives on Leadership in Society	3
EDL 371	Leadership for Social Change	3
NSC 332	Health Coaching	3
NSC 422	Weight Inclusive Approach to Counseling	3

SRL 355	Planning Community Events and Rec Programs	3
SLR 358	Theory and Practice of Coaching	3

BEHAVIORAL ELECTIVE (Complete six (6) units)

Course Prefix	Course Name	Unit(s)
NSC 212	Intuitive Eating Approach to Health & Wellbeing	3
NSC 432	Exploring Eating Disorders & Body Image	3
PSY 200, HDFS 200	Evolution and Human Development	3
PSY 273	Psychology of Excellence	3
PSY 319	How We Change Behavior	3
PSY 381	Abnormal psychology	3
PSY 383	Health Psychology	3
SRL 430	Advanced Educational Psychology in Sports and Recreation	3

DIVERSITY, INCLUSIVITY, AND ETHICS ELECTIVE (Complete three (3) units)

Course Prefix	Course Name	Unit(s)
ECON 205	The Ethics and Economics of Wealth Creation	3
NSC 312	Weight Stigma, Nutrition & Health	3
NSC 412	The Body Positive Concept & You	3
SOC 302	Sports and Society	3
SOC 304	Race, Class, Gender, and Sports	3
SRL 356	Sports, Adolescents and Schools	3
SRL 373	Inclusive Physical Activity Programming for Diverse and Special Populations	3

B.S. Nutrition & Human Performance 4-Year Plan, 2025-2026

YEAR 1

FALL

MATH 112 College Algebra	3
ENGL 101 First-Year Composition	3
NSC 170C1 Nutrition, Food, & You (Natural Scientist)	3
NSC 195A Survey of Nutrition Careers	1
Second Language	4
UNIV 101 Intro General Education Experience (Entry Course)	1
Total Units	15

SPRING

Statistics	3
ENGL 102 First-Year Composition	3
NSC 315 Sports Nutrition	3
PHYS 110 Introductory Physics Studio I	4
Second Language	4
Total Units	17

YEAR 2

FALL

CHEM 151 General Chemistry I	4
NSC 415R Advanced Sports Nutrition	3
NSC 415L Advanced Sports Nutrition Lab	1
MCB 181R Introductory Biology	3
MCB 181L Introductory Biology Lab	1
PSY 150A1 Structure of Mind and Behavior (Social Scientist)	4
Total Units	16

SPRING

CHEM 152 General Chemistry II	4
NSC 320 Nutrition, Exercise, and Health Promotion	3
NSC 260 Nutrition Communication & Scientific Literacy	3
GE Core: Exploring Perspectives Artist	3
GE Core: Exploring Perspectives Humanist	3
Total Units	16

YEAR 3

FALL

PSIO 201 Human Anatomy & Physiology I	4
Teaching, Coaching, and Leadership Elective	3
NSC 396B Prep. for Careers in Nutrition & Human Performance	1
Behavioral Elective	3
Health Sciences Elective	4
Total Units	15

SPRING

PSIO 202 Human Anatomy & Physiology II	4
NSC 393 or NSC 493 (Internship)	3
Health Sciences Elective	4
GE Core: Building Connections	3
GE Core: Building Connections	
Total Units	17

YEAR 4

FALL

NSC 306 Intro to Nutrition & Human Performance	3
NSC 308 Nutrition & Metabolism	3
NSC 445L Human Body Composition Lab	1
NSC 445R Human Body Composition Lecture	2
GE Core: Building Connections	3
Total Units	15

SPRING

NSC 498 Senior Capstone	3
Diversity, Inclusivity and Ethics Elective	3
Behavioral Elective	3
NSC 406R and NSC 406L Exercise Prescription & Metabolic Testing	3
UNIV 301 General Education Portfolio (Exit Course)	1
Total Units	13

**B.S. NUTRITION & HUMAN PERFORMANCE
PREREQUISITE GUIDE**

COURSE NAME	COURSE PREFIX & NUMBER	REQUIRED PREREQUISITES
Nutrition, Food, and You	NSC 170C1	None
Exploring Professional Pathways in Nutrition	NSC 195A	None
Nutrition Communication and Scientific Literacy	NSC 260	ENGL 102 or ENGL 109H or ENGL 108 and NSC 170C1
Introduction to Nutrition and Human Performance	NSC 306	NSC 170C1 and PSIO 202
Nutrition and Metabolism	NSC 308	NSC 170C1, NSC 260, CHEM 152, and MCB 181R or PSIO 201
Sports Nutrition	NSC 315	NSC 170C1
Nutrition, Exercise, and Health Promotion	NSC 320	NSC 170C1
Internship	NSC 393	Department consent; Must secure an internship to be enrolled
Preparation for Careers in Nutrition and Human Performance	NSC 396B	NSC 396A or NSC 195A; Juniors and Seniors only
Exercise Prescription and Metabolic Testing	NSC 406R	NSC 306, PSIO 202, and concurrent enrollment in NSC 406L
Exercise Prescription and Metabolic Testing Lab	NSC 406L	NSC 306, PSIO 202; Concurrent enrollment in NSC 406R
Advanced Sports Nutrition	NSC 415R	NSC 315 and concurrent enrollment in NSC 415L
Advanced Sports Nutrition Lab	NSC 415L	NSC 315 and concurrent enrollment in NSC 415R
Assessment of Regulation of Human Body Composition	NSC 445R	NSC 170C1 and PSIO 202; Concurrent enrollment in NSC 445L
Assessment of Regulation of Human Body Composition	NSC 445L	NSC 170C1 and PSIO 202; Concurrent enrollment in NSC 445R
Senior Capstone	NSC 498	Seniors only