COLLEGE OF HEALTH AND NURSING SCIENCES

Undergraduate Programs

- Advisement
- Pass/Fail Courses
- Honors Opportunities and Dean's Scholar Program
- Health and Exercise Sciences
  - Athletic Training
  - Exercise and Sport Science
  - Health and Physical Education
  - Recreation and Park Administration
  - Coaching Science Minor
- Medical Technology
- Nursing
  - Nursing (BSN)
  - Baccalaureate for the Registered Nurse (BRN)
- Nutrition and Dietetics
  - Applied Nutrition
  - Dietetics
  - Nutritional Sciences

The College of Health and Nursing Sciences includes the Departments of Health and Exercise Sciences, Medical Technology, Nursing, and Nutrition and Dietetics, and the Biomechanics and Movement Science Program. Undergraduate major degree programs are offered in applied nutrition, athletic training, dietetics, exercise and sport science, health and physical education, medical technology, nursing, nutritional sciences, and recreation and park administration.

The College encourages students to engage in undergraduate research projects, internships, study abroad, seminars, and the college’s numerous student organizations. Students interested in such opportunities should consult with their faculty advisor. For more information, contact Dean Betty Paulanka, 345 McDowell Hall, or send email to udchns@udel.edu or visit http://www.udel.edu/health/.

ADVISEMENT

Students are assigned a faculty advisor in their major department to provide advice on course selection, degree requirements, career opportunities, and graduate study. Faculty advisors can also assist with setting up special opportunities such as internships and research experience. It is recommended that students meet with their faculty advisors at least once each semester.

PASS/FAIL COURSES

Courses taken pass/fail cannot be used to complete major requirements in the College of Health and Nursing Sciences. Pass/fail courses can be counted only as free electives.

HONORS OPPORTUNITIES AND DEAN'S SCHOLAR PROGRAM

Students in all of the college's majors are eligible to participate in the University's Honors Program, undergraduate research, and Degree with Distinction. Honors Degrees are available to students in programs offered by the Department of Nutrition and Dietetics. Also, the college's Dean's Scholar Program provides qualified students with the opportunity to share the responsibility of developing an individualized program focusing on the student's academic interests. Additional information is available from the Advisement Resource Center.

HEALTH AND EXERCISE SCIENCES

The offerings of the Department of Health and Exercise Science include elective lifetime activity courses, four undergraduate major degree programs, and an undergraduate minor in Coaching Science.

LIFETIME ACTIVITIES PROGRAM

A varied activity program is available to all students on a credit basis. Courses are provided for all levels of ability and interests. The objectives of the lifetime activities program are: (1) to provide knowledge and skills essential for leisure-time enjoyment, (2) to develop healthy exercise habits as well as a sound knowledge base in the scientific principles of physical activity, and (3) to provide an enjoyable atmosphere for learning skills that encourage lifetime participation.
DEGREE PROGRAMS
The Department of Health and Exercise Sciences offers a broad spectrum of undergraduate programs that prepare students for a variety of careers in the arenas of health care, education, recreation, and sport/fitness management. Students graduate with a Bachelor of Science degree in one of four academic majors: Athletic Training, Exercise and Sport Science, Health and Physical Education, or Recreation and Park Administration.

The Athletic Training program is approved by the National Athletic Trainers' Association (NATA) and accredited by the Committee on Allied Health Education and Accreditation (CAHEA). The Health and Physical Education program is accredited by the National Council for Accreditation of Teacher Education (NCATE). Concentrations within the Exercise and Sport Science major allow students to further specialize in Biomechanics, Exercise Physiology, Figure Skating Science, Fitness Management, Exercise and Sport Studies, or Strength and Conditioning. Students in the Recreation and Park Administration program select an option in Parks or Programming and Leadership. Internships, practicums, and clinical experiences are available in each program. The Department also offers a minor in Coaching Science.

Telephone: (302) 831-2265
http://www.udel.edu/HESC/

DEGREE REQUIREMENTS
HEALTH AND EXERCISE SCIENCES MAJORS
UNIVERSITY REQUIREMENTS (required for all programs)
ENGL 110 Critical Reading and Writing (minimum grade C) 3
Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content. (See p. 57) This course may also fulfill requirements in the General Studies Areas.

DEPARTMENT GENERAL STUDIES REQUIREMENTS
Second Writing Course (minimum grade C) 3
A writing course involving significant writing experience including two papers with a combined minimum of 3,000 words to be submitted for extended faculty critique of both composition and content. Appropriate writing courses are normally designated in the semester's Registration Booklet as "Satisfies Arts and Science Second Writing Course Requirement." (See list of courses approved for Arts and Science second writing requirement, page 81.)

BREADTH REQUIREMENTS
Students in all majors within the Department of Health and Exercise Sciences must complete a minimum number of credits in the General Studies Areas. Courses from Accounting (ACCT), Anthropology (ANTH), Art (ART), Art History (ARTH), Business Administration (BUAD), Cognitive Science (CGSC), Communication (COMM), Computer Science (CPSC), Economics (ECON), Educational Studies (EDST), Educational Technology (EET), English (ENGL), Environmental Science (ENV), Family Studies (IFST), Fine Arts (FART), Geology (GEOG), Geography (GEOG), Health and Physical Education (HESC), History (HIST), Human Resources (HU), Information Sciences (ISCI), Interdisciplinary (INTER), International Studies (ISTD), Journalism (JNRM), Kinesiology (KINE), Language and Literature (LANG), Linguistics (LING), Mathematics (MATH), Music (MUSe), Philosophy (PHIL), Physical Education and Recreation (PETE), Political Science (POLI), Psychology (PSYC), Public Administration (PUBL), Social Science (SOSC), Sociology (SOCI), and Women's Studies (WOMS).

DEGREE: BACHELOR OF SCIENCE
MAJOR: ATHLETIC TRAINING
CURRICULUM
See University and Department requirements (page 170) for additional degree requirements.

BREADTH REQUIREMENTS

Group A—Communication/Writing Skills
Must include courses from two different departments

Group B—Humanities/Fine Arts

Group C—History/Social Sciences

Group D—Natural and Biological Sciences/Mathematics
Must include an approved 3-credit MATH course at the 100-level or higher, plus additional courses from two different departments and at least 3 credits of the BISC.

MAJOR REQUIREMENTS (minimum grade C- in each)

NDT 200 Nutrition Concepts 3
PSYC 201 General Psychology 3
BISC 106/116 Elementary Human Physiology and lab or
BISC 276 Human Physiology 4
STAT 200 Basic Statistical Practice 3
CSCC 241 Ethical Issues in Health Care 3
HESC 210 Safety, First Aid and Emergency Care 3
HESC 214 Wellness: A Way of Life 3
HESC 220 Anatomy and Physiology 3
HESC 257 Athletic Training Practicum I 3
HESC 258 Athletic Training Practicum II 3
HESC 259 Advanced Taping and Braiding Methods 3
HESC 276 Personal Computers in Health, Physical Education and Recreation 2
HESC 305 Fundamentals of Athletic Training 3
HESC 320 Principles of Strength/Conditioning 3
HESC 350 Basic Concepts in Kinesiology 3
HESC 357 Athletic Training Practicum II 3
HESC 358 Athletic Training Practicum III 3
HESC 395 Sports Medicine Pharmacology 3
HESC 403 Rehabilitation of Athletic Injuries 3
HESC 407 Prevention/Rehabilitation of Athletic Injuries 3
HESC 409 Therapeutic Modalities 3
HESC 420 Functional Human Anatomy 4
HESC 426 Biomechanics I 4
HESC 430 Physiology of Activity 3
HESC 441 Psychology of Activity Lab 1
HESC 448 Organization & Administration/Athletic Training 3
HESC 449 Advanced Topics in Sports Medicine 3
HESC 457 Athletic Training Practicum IV 3
HESC 480 Upper Extremity and Spine Evaluation 3
HESC 481 Lower Extremity and Spine Evaluation 3

ELECTIVES
After required courses are completed, sufficient elective credits must be taken to meet the minimum credits required for the degree.

CREDITS TO TOTAL A MINIMUM OF

120
Incoming freshmen and transfer students interested in the athletic training major are admitted to “Athletic Training Interest.” At the completion of the freshman year, students who wish admission into the athletic training major must have completed the following:

1. Freshman Year – Athletic Training Curriculum:
   - BISC 106/116 (or BISC 207) 4
   - HESC 210 3
   - HESC 220 3
   - HESC 276 2
   - General Studies 3
   - ENGL 110 3
   - MATH 3
   - HESC 214 3
   - HESC 305 3
   - General Studies 3
   - 15
   - 15

2. Minimal overall cumulative index of 2.75.
3. Minimum of 30 credits after completion of first year.
4. Minimum of 100 hours of direct observation in the University of Delaware training room under the supervision of qualified faculty/professionals.
5. Three letters of recommendation; students must obtain the University of Delaware Athletic Training Admission Recommendation Form from the program director.
6. Completion of the Student Competencies Checklist.
7. Successful interview with the Athletic Training Program Director and faculty. During the interview, students will be evaluated by the Athletic Training Program faculty, a senior student trainer enrolled in the program and/or a certified athletic trainer working in the profession. All evaluators will use a standard evaluation form.
8. Submission of a written essay.

N.A.T.A. guidelines state the student-clinical instructor ratio shall not exceed eight (8) students to one (1) clinical instructor during the course of an academic year. Acceptance into the program is based upon the stated criteria and the number of available openings in the program. Meeting the minimum admission requirements does not guarantee acceptance into the program. Offers of admission into the athletic training education program are presented on a competitive basis to those individuals who are most qualified. Students may apply for admission to the program at the end of each fall and spring semester. Acceptance/rejection letters will be mailed to each candidate by February 1 and July 1, respectively.

Students interested in transferring from another institution or from another major at the University of Delaware must meet University and College of Health and Nursing Sciences transfer requirements and complete the same requirements as freshmen in the Athletic Training Interest Program.

Students enrolled in the Athletic Training Program meet with the Program Director to plan the clinical education experience. Students are required to gain clinical experience in the training room and at practices and home and away games in the men’s and women’s athletic program. The clinical experience is structured so the student trainer gains progressive development of technical skills and knowledge. Once students are admitted to the program, they are required to work five weeks in the training room. When this requirement is completed, they begin working with individual teams. Students are required to work with at least one man’s high-risk sport, one man’s low-risk sport, one woman’s high-risk sport and one woman’s low-risk sport, for a minimum of five weeks with each of the sports selected. Once this requirement is completed, the student, in consultation with the Program Director, is allowed to select specific sports for future assignments until completion of their clinical education experience. In addition, all candidates for NATA Certification must verify that at least 25% of their clinical hours credited in fulfilling the NATA Certification Requirements were attained in actual (on location/site) practice and/or games coverage with one or more of the following sports: football, soccer, hockey, basketball, volleyball and lacrosse. The Athletic Training Faculty formally evaluates each student’s progress at the end of each semester.

Once students are admitted to the program, they are required to maintain the following minimum standards:
1. Complete 200 clinical hours per semester;
2. Cumulative index of 2.0;

Students who do not maintain the above minimum standards are placed on probation and are required to correct all deficiencies by the end of the next semester. Students who do not correct deficiencies are dropped from the curriculum.

NATABOC REQUIREMENTS FOR CERTIFICATION
1. Completion of the Athletic Training Program.
2. Proof of graduation (an official transcript).
3. Proof of current certification in CPR.
4. Completion of a minimum of 800 hours of athletic training clinical experience under the supervision of a NATABOC certified athletic trainer. The hours must be accumulated over a minimum of two years and not more than five years. No more than 400 clinical education hours may be counted in one year. At the time of application, a candidate for certification must verify that at least twenty-five percent (200 hours) of the required athletic training experience hours credited in fulfilling the Certification Requirements were obtained in actual (on location) practice and/or game coverage with one or more of the following sports: football, soccer, volleyball, basketball, and lacrosse.
5. The endorsement of the certification application by a NATABOC Certified Athletic Trainer.

EXERCISE AND SPORT SCIENCE ADMISSION REQUIREMENTS AND GUIDELINES
The Department of Health and Exercise Sciences offers a major in Exercise and Sports Science leading to a Bachelor of Science. Students in the major must choose one of six concentrations: Biomechanics, Exercise and Sport Studies, Exercise Physiology, Figure Skating Science, Fitness Management, or Strength and Conditioning. Admission to the major and the concentrations requires that students fulfill the following requirements:

1. Completion of at least 28 credits at the University of Delaware with a minimum GPA of 2.0.
2. Successful completion of the following courses: ENGL 110; HPER 210; HPER 214; HPER 220; HPER 276; HPER 305; BISC course with lab, and a MATH course.
3. Completion of the appropriate application form for the chosen concentration. Applications are due by April 1st and November 1st of each year. Forms are available in and must be returned to the HESC Advisement Center, Carpenter Sports Building.
4. Each of the concentrations have additional requirements, as follows:
   a. Biomechanics: Admission will be based on cumulative and major GPA as well as the criteria listed in 1-3 above, with selection on a competitive basis.
   b. Exercise and Sport Studies: Upon completion of HPER 235 Professional Transitions and a conference with the faculty advisor, students must declare either two University-approved minors or one University-approved minor and one area of study, approved by the advisor.
   c. Exercise Physiology: Admission will be based on cumulative and major GPA, as well as the criteria listed in 1-3 above, with selection on a competitive basis.
   d. Figure Skating Science: After the criteria listed in 1-3 above have been met, each student must meet with the Director of the Figure Skating Science Concentration to determine eligibility.
e. Fitness Management: Admission will be based on the following criteria: cumulative and major grade-point averages; application; written essay; and interview (if necessary).
f. Strength and Conditioning: Students desiring admission must have completed 100 hours of directed observation in the Chuck Hall Weight Room. Admission will then be based on the following criteria: cumulative and major grade-point averages; application; written essay; written log of direct observation hours; and interview (if necessary).

BREADTH REQUIREMENTS

Group A — Communication/Writing Skills
Must include courses from two different departments.

Group B — Humanities/Fine Arts

Group C — History/Social Sciences
Must include PSYC 201 and either PSYC 325 or PSYC 334.

Group D — Natural and Biological Sciences/Mathematics
Must include MATH 221, BISC 207, NTDT 200, and CHEM 103.

Additional credits from Group A-D

MAJOR REQUIREMENTS (minimum grade C- in each)

BISC 276 Human Physiology
or BISC 442 Vertebrate Morphology
or HESC 420 Functional Human Anatomy
or BISC 442 Vertebrate Morphology

HESC 430 Physiology of Activity
or HESC 431 Physiology of Activity Lab

CONCENTRATION REQUIREMENTS (minimum grade C- in each)

BISC 276 Human Physiology and Anatomy
or BISC 306 General Physiology
or BISC 442 Vertebrate Morphology
or HESC 420 Functional Human Anatomy

HESC 420 Functional Human Anatomy
or BISC 442 Vertebrate Morphology
or HESC 426 Biomechanics I
or HESC 423 Basic Exercise Prescription
or HESC 434 Exercise Test Technology

ELECTIVES
After required courses are completed, sufficient elective credits must be taken to meet the minimum credits required for the degree.

CREDITS TO TOTAL A MINIMUM OF .............................................. 120
After required courses are completed, sufficient elective credits must be taken to meet the minimum credits required for the degree.

CREDITS TO TOTAL A MINIMUM OF ....................... 120

DEGREE: BACHELOR OF SCIENCE
MAJOR: EXERCISE AND SPORT SCIENCE
CONCENTRATION: FITNESS MANAGEMENT

CURRICULUM

See University and Department requirements (page 170) for additional degree requirements. The Second Writing requirement must be filled with ENGL 312.

BREADTH REQUIREMENTS

Group A—Communication/Writing Skills
Must include courses from two different departments.

Group B—Humanities/Fine Arts

Group C—History/Social Sciences
Must include a PSYC course and a SOCI course.

Group D—Natural and Biological Sciences/Mathematics
Must include an approved 3-credit MATH course at the 100-level or higher, BISC course with lab, and NTDT 200.

Additional credits from Groups A-D ......................................... 9

MAJOR REQUIREMENTS (minimum grade C- in each)

BUAD 301 Introduction to Marketing (prerequisite: ECON 151) or BUAD 309 Management and Organizational Behavior ................................. 3
FREC 201 Records and Accounts .................................................. 3
HESC 210 Safety, First Aid, and Emergency Care ................................. 3
HESC 214 Wellness: A Way of Life ................................................. 3
HESC 220 Anatomy and Physiology ................................................. 3
HESC 276 Personal Computers in Health, Physical Education and Recreation .................................................. 2
HESC 300 Issues in Physical Activity Studies and Sports ......................... 3
HESC 305 Fundamentals of Athletic Training ...................................... 3
HESC 324 Measurement and Evaluation .............................................. 3
HESC 342 Survey in Adaptive Physical Education .................................. 3
HESC 350 Basic Concepts in Kinesiology ............................................ 3
HESC 390 Physiology of Activity ..................................................... 3
HESC 431 Physiology of Activity Lab ................................................. 1

CONCENTRATION REQUIREMENTS (minimum grade C- in each)

HESC 356 Figure Skating Practicum II ................................................. 3
HESC 456 Figure Skating Practicum IV ................................................. 3

ELECTIVES

After required courses are completed, sufficient elective credits must be taken to meet the minimum credits required for the degree.

CREDITS TO TOTAL A MINIMUM OF ....................... 120
### Election to Total a Minimum of 124 Credits

#### Degree: Bachelor of Science

**Major: Health and Physical Education**

<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>HESC 220</td>
<td>Anatomy and Physiology</td>
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</tr>
<tr>
<td>HESC 227</td>
<td>Personal Computers in Health, Physical</td>
<td>3</td>
</tr>
<tr>
<td>HESC 300</td>
<td>Issues in Physical Activity Studies and Sports</td>
<td>3</td>
</tr>
<tr>
<td>HESC 305</td>
<td>Fundamentals of Athletic Training</td>
<td>3</td>
</tr>
<tr>
<td>HESC 334</td>
<td>Measurement and Evaluation</td>
<td>3</td>
</tr>
<tr>
<td>HESC 342</td>
<td>Survey in Adaptive Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>HESC 350</td>
<td>Basic Concepts in Kinesiology</td>
<td>3</td>
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<tr>
<td>HESC 353</td>
<td>Physiology of Activity</td>
<td>3</td>
</tr>
<tr>
<td>HESC 354</td>
<td>Physiology of Activity Lab</td>
<td>1</td>
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</table>

**Concentration Requirements (minimum grade C- in each)**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>HESC 320</td>
<td>Principles in Strength and Conditioning</td>
<td>3</td>
</tr>
<tr>
<td>HESC 321</td>
<td>Advanced Principles in Strength and Conditioning</td>
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</tr>
<tr>
<td>HESC 322</td>
<td>Weight Room Safety and Design</td>
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<tr>
<td>HESC 323</td>
<td>Theories and Applications of Program Design</td>
<td>3</td>
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<tr>
<td>HESC 354</td>
<td>Seminar</td>
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<tr>
<td>HESC 360</td>
<td>Principles of Coaching</td>
<td>3</td>
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<tr>
<td>HESC 416</td>
<td>Pracicum in Strength &amp; Conditioning</td>
<td>3</td>
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<tr>
<td>HESC 426</td>
<td>Biomechanics I</td>
<td>3</td>
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<tr>
<td>HESC 440</td>
<td>Strategies of Peak Athletic Performance</td>
<td>3</td>
</tr>
<tr>
<td>HESC 464</td>
<td>Internship</td>
<td>9</td>
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</tbody>
</table>

Students must register for HESC 354 two semesters before registering for HESC 464 and complete all the courses listed under “Major Requirements” and “Concentration Requirements” in addition to accumulating 300 hours of clinical experience over 3-5 semesters before registering for HESC 464.

**Electives**

After required courses are completed, sufficient elective credits must be taken to meet the minimum credits required for the degree.

**Credits to Total a Minimum of 124 Credits**

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**Degree: Bachelor of Science**

**Major: Recreation and Park Administration**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>FREC 201</td>
<td>Records and Accounts</td>
<td>3</td>
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<tr>
<td>HESC 105</td>
<td>Foundations of Recreation and Leisure Skills</td>
<td>3</td>
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<tr>
<td>HESC 164</td>
<td>Practicum in Recreation and Parks</td>
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</tr>
<tr>
<td>HESC 214</td>
<td>Safety, First Aid and Emergency Care</td>
<td>3</td>
</tr>
<tr>
<td>HESC 218</td>
<td>Wellness: A Way of Life</td>
<td>3</td>
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<tr>
<td>HESC 260</td>
<td>Leisure Service Programming</td>
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</tr>
<tr>
<td>HESC 270</td>
<td>Recreation Leadership</td>
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<td>HESC 276</td>
<td>Personal Computers in Health, Physical</td>
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<td>HESC 318</td>
<td>Special Recreation</td>
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<tr>
<td>HESC 341</td>
<td>Principles of Outdoor Recreation</td>
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<tr>
<td>HESC 354</td>
<td>Seminar</td>
<td>3</td>
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<tr>
<td>HESC 404</td>
<td>Organization, Administration, Recreation and Leisure Service</td>
<td>3</td>
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<tr>
<td>HESC 450</td>
<td>Facility and Park Management</td>
<td>3</td>
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<tr>
<td>HESC 464</td>
<td>Internship</td>
<td>9</td>
</tr>
</tbody>
</table>

Students must register for HESC 354 two semesters before registering for HESC 464, and must complete all courses in the “Major Requirements” before enrolling in HESC 464.

**Concentration: Parks**

**Credits to Total……………………………………… 124**

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**Degree: Bachelor of Science**

**Major: Recreation and Park Administration**

<table>
<thead>
<tr>
<th>Concentration</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>Group A</td>
<td>Communication/ Writing Skills</td>
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</tr>
<tr>
<td>Group B</td>
<td>Humanities/ Fine Arts</td>
<td>6</td>
</tr>
<tr>
<td>Group C</td>
<td>History/Social Sciences</td>
<td>6</td>
</tr>
<tr>
<td>Group D</td>
<td>Natural and Biological Sciences/ Mathematics</td>
<td>6</td>
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</table>

Must include courses from two different departments.

**Additional credits from Groups A-D**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>HESC 120</td>
<td>Lifeguard Training</td>
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<tr>
<td>HESC 121</td>
<td>Water Safety Instruction</td>
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<td>HESC 139</td>
<td>Curriculum in Physical Education</td>
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<tr>
<td>HESC 140</td>
<td>Fundamental Skills Analysis</td>
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<td>HESC 141</td>
<td>Adventure Challenge and Outdoor Recreation</td>
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<td>HESC 143</td>
<td>Skills, Techniques and Knowledge of Stunts, Tumbling and Gymnastics</td>
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<tr>
<td>HESC 210</td>
<td>Safety, First Aid and Emergency Care</td>
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<td>HESC 214</td>
<td>Wellness: A Way of Life</td>
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<td>HESC 220</td>
<td>Anatomy and Physiology</td>
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<td>HESC 250</td>
<td>Motor Development</td>
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<td>HESC 251</td>
<td>Skills, Techniques and Knowledge of Rhythms and Dance</td>
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<td>HESC 255</td>
<td>Skills, Techniques and Knowledge of Racquet Sports</td>
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<tr>
<td>HESC 275</td>
<td>Tactical Approach to Teaching Sports</td>
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<td>HESC 276</td>
<td>Personal Computers in Health, Physical</td>
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<td>HESC 300</td>
<td>Issues in Physical Activity Studies and Sports</td>
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<tr>
<td>HESC 315</td>
<td>Instructional Strategies for Drug Education</td>
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<td>HESC 319</td>
<td>Health-Related Fitness</td>
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<td>HESC 321</td>
<td>Measurement and Evaluation</td>
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<td>HESC 325</td>
<td>Instructional Strategies for Human Sexuality</td>
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<td>HESC 330</td>
<td>Teaching Community and Mental Health</td>
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<td>HESC 332</td>
<td>Health Behavior Theory and Assessment</td>
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<td>HESC 342</td>
<td>Survey in Adaptive Physical Education and Recreation</td>
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<td>HESC 354</td>
<td>Practicum in Methods of Elementary Physical Education</td>
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<td>HESC 380</td>
<td>Practicum in Methods of Secondary Physical Education</td>
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<td>HESC 414</td>
<td>Methods and Materials in Health Education</td>
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<td>Biomechanics I</td>
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<td>HESC 430</td>
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<td>HESC 431</td>
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<td>HESC 465</td>
<td>Teaching Seminar in Health, Physical Education</td>
<td>3</td>
</tr>
</tbody>
</table>

Students must register for HESC 354 two semesters before registering for HESC 464 and must complete all courses in the “Major Requirements” before enrolling in HESC 464.
6 credits from Communication, Criminal Justice, Geography, Philosophy, or Political Science with approval of advisor

**ELECTIVES**

After required courses are completed, sufficient elective credits must be taken to meet the minimum credits required for the degree.

**CREDITS TO TOTAL A MINIMUM OF: 120**

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**DEGREE: BACHELOR OF SCIENCE**

**MAJOR: RECREATION AND PARK ADMINISTRATION**

**CONCENTRATION: PROGRAMMING AND LEADERSHIP**

**CURRICULUM**

See University and Department requirements (page 170) for additional degree requirements.

**BREADTH REQUIREMENTS**

**Group A—Communication/Writing Skills**

**HESC 201** Records and Accounts 3

**HESC 105** Foundations of Recreation and Leisure Skills 3

**HESC 164** Practicum in Recreation and Parks 3

**HESC 210** Safety, First Aid and Emergency Care 3

**HESC 214** Wellness: A Way of Life 3

**HESC 260** Leisure Service Programming 3

**HESC 270** Recreation Leadership 3

**HESC 276** Personal Computers in Health, Physical Education and Recreation 2

**HESC 318** Special Recreation 3

**HESC 341** Principles of Outdoor Recreation 3

**HESC 354** Seminar in Recreation 1

**HESC 404** Organization, Administration, Recreation and Leisure Service 3

**HESC 420** Facility and Park Management 3

**HESC 464** Internship in Recreation 9

**Students must register for HESC 354 two semesters before registering for HESC 464, and must complete all courses in the "Major Requirements" before enrolling in HESC 464.**

**Programming and Leadership Courses reflecting a subdiscipline of recreation/leisure chosen under the direction of faculty advisor and submitted for approval to the advisor and Recreation Curriculum Coordinator no later than the beginning of the second semester of the junior year.**

**ELECTIVES**

After required courses are completed, sufficient elective credits must be taken to meet the minimum credits required for the degree.

**CREDITS TO TOTAL A MINIMUM OF: 120**

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**REQUIREMENTS FOR A MINOR IN COACHING SCIENCE**

This minor will help students develop a personal coaching philosophy, an understanding of the body, how it performs, injury and injury prevention, teaching of skills and progressions, sport psychology, and a variety of team responsibilities. A practicum or field experience will be required in the student’s chosen sport in order to further enhance the development of coaching skills and philosophy.

The Coaching Science Minor requires 18 credits. Students applying for the minor must have completed at least one semester of full time study with a minimum GPA of 2.25. A minimum grade of C- is required in all courses for the minor.

This minor requires the following courses:

**CREDITS**

**HESC 210** Safety, First Aid, and Emergency Care 3

**HESC 220** Anatomy and Physiology 3

**HESC 320** Strength and Conditioning 3

**HESC 390** Principles of Coaching 3

**HESC 360** Psychology of Coaching 1

**HESC 460** Coaching/Performance Practicum 2

Sport Specific Electives in Skills/Coaching 3

A total of twenty-six elective options exist to meet the 3 credits of Skills/Coaching requirement. Selection will be made with minor advisor’s approval.

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**MEDICAL TECHNOLOGY**

Medical Technology is clinical laboratory science related to the prevention, diagnosis and therapy of disease. The Medical Technology major is accredited by the National Accrediting Agency for Clinical Laboratory Sciences (8410 West Bryn Mawr Ave., Suite 670, Chicago, IL 60631-3415; telephone 773-714-8880). The four-year B.S. degree curriculum offers an undergraduate professional education designed to prepare students for career entry positions in hospital clinical laboratories and industry as well as graduate study in medical technology and related areas.

During the first two years at the University, students interested in medical technology should take courses in the basic sciences and liberal arts, including prerequisite courses in biology and chemistry. The professional and clinical courses in the third and fourth years include a final period of supervised clinical education in the Christiana Care Health Services and other affiliated institutions. One required Winter Session is included in the B.S. curriculum.

During the clinical rotation period (fall of junior year and winter and spring terms of the senior year), students should plan for the possibility of 1) added expense for transportation and uniforms and 2) added expense for living off-campus at the clinical site for at least a five-week rotation during the senior year when the commuting distance is excessive.

Freshmen or transfer students may be admitted to the University with a declared interest in medical technology. Students will be evaluated for admission to the Medical Technology major after completion of the prerequisite courses. Priority will be given to full-time University sophomores.

Class size is limited to 26 medical technology majors, and any interested student should talk with the Department Chair as early as possible.

Eligibility for admission to the junior year of the Medical Technology major will be based on the following criteria:

1. Minimal cumulative index of 2.0 in first four semesters of coursework.

2. Minimal grade point index of 2.0 computed from specified courses in biological sciences and chemistry, including laboratories: BISC 207, 208, 276, 371, and CHEM 103, 104, 213, and 214-216.

3. Completion of at least 60 credits, including the courses listed above.

4. Within the pool of eligible students, admission to the major courses will be determined by academic achievement. All applicants will be evaluated by the Medical Technology Undergraduate Program Committee.

The following course sequence is recommended. These courses may be subject to change, so it is essential that students meet regularly with their faculty advisors. Courses taken pass/fail cannot be used to complete major requirements. Pass/fail courses are for free electives only. A minimal grade of C- is required in each MEDT course in the Medical Technology major. In order to meet degree requirements, medical technology majors must have a minimum cumulative grade point average of 2.0 to progress in the medical technology sequence. A student who earns a grade lower than C- in a medical technology course must repeat the course and achieve a grade of at least C-,
before enrolling in any medical technology course which has the
course as a prerequisite. Students are not permitted to repeat
any medical technology course more than once. Further, students
who earn a grade lower than C- in more than one medical technology
course will not be permitted to continue in the major.

Telephone: (302) 831-2849

http://www.udel.edu/medtech

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**NURSING**

The Department of Nursing offers a four-year baccalaureate degree
program in nursing and an accelerated nursing degree program for
those who already hold a baccalaureate degree in another field. There
is also a baccalaureate degree program (BRN) for registered nurses
with associate degrees or diplomas. Returning nurses may complete

CREDITS TO TOTAL A MINIMUM OF 123

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**POLICIES**

In order to meet degree requirements, nursing majors must have a
minimum cumulative grade point average of 2.0 to progress in the
nursing sequence. A student who earns a grade lower than C-
in a nursing course must repeat the course and achieve a grade of at least
C- before enrolling in a more advanced nursing course.

Students are not permitted to repeat any nursing course more
than once. Further, students who earn a grade lower than C-
in more than one nursing course will not be permitted to continue in the pro-
program. Students should meet regularly with their faculty advisor to ensure that all requirements are being met.

Students are expected to provide their own transportation to all required clinical laboratories.

**LICENSURE**

Graduates are eligible for registered nurse licensure in any state upon satisfactory completion of the National Council Licensure Examination for Registered Nurses (N-CLEX-RN). If the examination is passed and licensure granted in one state, application may be made to other states for licensure by endorsement.

**ACCELERATED NURSING DEGREE PROGRAM**

The Accelerated Degree Program is a course of study leading to a Bachelor of Science in Nursing and is designed for individuals who have a previously earned degree in another field and would like to pursue a career in nursing. Students in this program must complete all of the non-nursing requirements by transfer credit from their first degree, completion of coursework at the University of Delaware or by transfer of pre-approved equivalent courses from other accredited institutions. The program begins in the fall with one course which is offered in a video delivery format. Students will be required to come to campus for course examinations. If a student is unable to relocate until beginning full time study in January, special testing arrangements may be made on an individual basis. In January, students begin their full time studies with a five week winter session. Coursework continues in the spring semester, followed by a ten week summer session, fall semester, and concluding with the following January winter session. All non-nursing coursework must be completed prior to the first winter session.

Students taking courses in an accelerated mode are sometimes out of sequence with on-campus course offerings. In these instances, lecture will be provided via videotape, augmented by small group discussion sessions. Each student will receive a complete set of video tapes for specified courses permitting greater flexibility in scheduling study time. Six courses incorporate video delivery plus discussion sessions.

Eligibility for this course of study includes the following:

1. An earned baccalaureate degree.
2. GPA of 3.0 or greater
3. Completion of all non-nursing courses prior to first Winter session.

The Department of Nursing holds information sessions periodically to present an overview of the program and answer questions. If you would like to attend an information session, please contact the Department at 302-831-2381 to be placed on our mailing list. Students must include 24 credits in science and up to 6 credits of free electives, 30 credits in nursing as evidence of their basic nursing knowledge. Graduates of diploma schools of nursing and graduates of non-NLN accredited associate degree programs must complete validation examinations. Upon successful completion of these examinations, the student will be awarded 30 credits for basic nursing knowledge. Before enrollment in any nursing courses, students must meet the following criteria:

- Completion of 36 credits of non-nursing requirements which must include 24 credits in science and up to 6 credits of free electives.
- GPA of 2.5 or higher for non-nursing prerequisite courses
- Validation of basic nursing knowledge
- Validation of clinical competence

**Credits to Total a Minimum of**

Many nursing courses are offered once each academic year. Students must complete selected required lower division courses before enrolling in upper division nursing courses. Nursing courses must be taken in sequence unless otherwise specified.

**BACCALAUREATE PROGRAM FOR THE REGISTERED NURSE (BRN)**

The Department of Nursing offers a separate program to allow registered nurses to earn a Bachelor of Science in Nursing. Licensed registered nurses who are graduates of associate degree or diploma programs may apply for admission to this program. Graduates of National League for Nursing (NLNAC) accredited associate degree programs may directly transfer up to 30 credits in nursing as evidence of their basic nursing knowledge. Graduates of diploma schools of nursing and graduates of non-NLN accredited associate degree programs must complete validation examinations. Before enrollment in any nursing courses, students must meet the following criteria:

- Completion of 36 credits of non-nursing requirements which must include 24 credits in science and up to 6 credits of free electives.
- GPA of 2.5 or higher for non-nursing prerequisite courses
- Validation of basic nursing knowledge
- Validation of clinical competence
All required nursing courses in the BRN major, with the exception of three weekend courses (NURS 343, 441, and 445), are offered in a distance-learning video or web-enhanced format. Many of the support courses are also available in a distance-learning format.

The first two years of coursework are nearly identical for the Applied Nutrition and the Dietetics majors. Students are admitted to the Dietetics major after successful completion of three semesters of course work in the Applied Nutrition major. A 2.5 cumulative grade point average is included in the criteria for admission.

The Applied Nutrition major is designed for the student who can creatively combine the study of nutrition with other academic areas. The curriculum is flexible so that a focus such as Gerontology, Communication, Food Service Management, or Fitness may be incorporated. The Applied Nutrition major also serves as the entry major for students who later apply to Dietetics in their sophomore year. Students who plan on becoming a Registered Dietitian and on conducting counseling and the related activities of a dietitian/nutrition counselor should complete the Dietetics major.

The Nutritional Sciences major meets the needs of students who want to focus strongly on the science aspects of human nutrition. As a premedical program, it prepares students for careers in dentistry, veterinary and human medicine, laboratory research in nutrition, or positions with companies or agencies requiring the extensive use of a strong science and human nutrition background. It provides students with a strong foundation for graduate work in human nutrition and related fields (e.g., physical therapy) and as such may be considered primarily as a preprofessional degree. Students planning on career-related employment upon graduation are encouraged to plan their electives in a concentrated area of interest such as journalism, dietetics, food science, child development, chemistry, biological sciences, or other related fields.

Each student's academic advisor, a faculty member with expertise in the student's field of interest, will assist in selecting courses and experiences that focus on the student's interests and professional goals. For example, careful selection of liberal arts requirements and elective courses allows students to pursue a minor or an area of interest outside of the college, a double degree, double major, or interdisciplinary major. Students are encouraged to meet with their faculty advisors at least once each semester.

Nutrition and Dietetics students are encouraged to enrich their academic program by participating in the college's visiting student programs, study abroad experiences, seminars, and student organizations, such as the Nutrition and Dietetics Club. To enhance prospects for employment and obtaining dietetic internships, students are encouraged to seek experiences outside the classroom. For those planning to pursue a graduate program, research apprenticeships are available. Opportunities exist for students to participate in the American Dietetic Association and the Society of Nutrition Education.

There are several special academic opportunities for exceptionally talented and highly motivated students. Students in each Nutrition and Dietetics major may participate in the University's Honors Program, undergraduate research, and the Degree with Distinction program. Also, the College's Dean's Scholar Program provides qualified students with the opportunity to develop an individualized program focussing on the students' academic interests.

Selection and retention policies for all majors in this department have been established and are available from the department office.

The following courses have been approved to fulfill humanities and social science electives for students in majors offered by the Department of Nutrition and Dietetics.

**HUMANITIES**

Art, Art History, Communication, Comparative Literature, English, Foreign Language (including: ARAB, CHIN, FREN, GREK, etc.)
**HONORS DEGREES IN THE DEPARTMENT OF NUTRITION AND DIETETICS**

Students can earn an Honors Bachelor of Science Degree in Applied Nutrition, Dietetics, or Nutritional Sciences by completing the following requirements:

1. All requirements for the Bachelor of Science Degree in the respective major.
2. All the University's generic requirements for the Honors Baccalaureate Degree (see page 43 of this catalog).

**DEGREE: BACHELOR OF SCIENCE MAJOR: APPLIED NUTRITION**

### CURRICULUM

<table>
<thead>
<tr>
<th>UNIVERSITY REQUIREMENTS</th>
<th>CREDITS</th>
</tr>
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<tbody>
<tr>
<td>ENGL 110 Critical Reading and Writing (minimum grade C)</td>
<td>3</td>
</tr>
<tr>
<td>Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content (see p. 57)</td>
<td>3</td>
</tr>
</tbody>
</table>

**MAJOR REQUIREMENTS**

| Humanities electives | 9 |
| CHEM 101/102 General Chemistry | 8 |
| CHEM 103/104 General Chemistry | 4 |
| CHEM 213 Elementary Organic Chemistry | 4 |
| CHEM 214/216 Elementary Biochemistry with Lab | 4 |
| BISC 103/113 General Biology with Lab | 4 |
| BISC 207/208 Introductory Biology I and II | 4 |
| BISC 106/116 Elementary Human Physiology with Lab | 4 |
| BISC 276 Human Physiology and Anatomy | 4 |

**ELECTIVES**

| CHEM 101/102 General Chemistry | 3 |
| CHEM 103/104 General Chemistry | 3 |
| CHEM 213 Elementary Organic Chemistry | 3 |
| CHEM 214/216 Elementary Biochemistry with Lab | 3 |
| BISC 103/113 General Biology with Lab | 3 |
| BISC 207/208 Introductory Biology I and II | 3 |
| BISC 106/116 Elementary Human Physiology with Lab | 3 |
| BISC 276 Human Physiology and Anatomy | 3 |
| ECON 100 Economic Issues and Policies | 3 |
| ECON 151 Introduction to Microeconomics: Prices and Markets | 3 |
| PSYC 201 General Psychology | 3 |
| One of the following courses | 3 |
| SOC 201 Introduction to Society | 3 |
| SOC 202 Social Deviance | 3 |
| SOC 203 The Individual and Society | 3 |
| SOC 204 Urban Communities | 3 |
| SOC 209 Social Problems | 3 |
| SOC 210 Population Problems | 3 |
| SOC 242 Society and the Health Professions | 3 |
| SOC 243 Society, Politics and Health Care | 3 |
| PSYC 303 Introduction to Social Psychology | 3 |
| SOC 310 Sociology of Healthcare | 3 |
| BUAD 309 Management and Organizational Behavior | 3 |
| Social Science elective | 3 |
| FOSC 305 Food Science (minimum grade C) | 3 |
| MATH 114 Elementary Mathematics and Statistics | 3 |
| or Successful performance on the Proficiency Test in Mathematics administered by Department of Mathematical Sciences | 3 |
| FST 1 course | 3 |
| FST, NTDT, HRIM courses | 3 |
| A minimum grade of C- must be achieved for credits to count toward the fulfillment of 28 credits in NDTD; a minimum grade of C in 200-level courses must be achieved to proceed to upper-level courses; only 300-level courses and a maximum of four credits of Special Problems/Independent Study (NDTD 366) may count toward the fulfillment of this requirement. | 3 |

**NUTRITION AND DIETETICS • HEALTH AND NURSING SCIENCES**


**SPECIAL SCIENCE**


**ELECTIVES**

After required courses are completed, sufficient elective credits must be taken to meet the minimum credits required for the degree. May include Military Science, Music, or Physical Education. (Only two credits of activity-type Physical Education and four credits of Music and four credits of 100- and 200-level courses in Military Science/Air Force may be counted toward the degree.)

**CREDITS TO TOTAL A MINIMUM OF.................. 120**

**DEGREE: BACHELOR OF SCIENCE MAJOR: DIETETICS**

<table>
<thead>
<tr>
<th>CURRICULUM</th>
<th>CREDITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>UNIVERSITY REQUIREMENTS</td>
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</tr>
<tr>
<td>ENGL 110 Critical Reading and Writing (minimum grade C)</td>
<td>3</td>
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<td>Three credits in an approved course or courses stressing multicultural, ethnic, and/or gender-related content (see p. 57)</td>
<td>3</td>
</tr>
</tbody>
</table>

**MAJOR REQUIREMENTS**

| Humanities electives | 9 |
| CHEM 101/102 General Chemistry | 8 |
| CHEM 103/104 General Chemistry | 4 |
| CHEM 213 Elementary Organic Chemistry | 4 |
| CHEM 214/216 Elementary Biochemistry with Lab | 4 |
| BISC 103/113 General Biology with Lab | 4 |
| BISC 207/208 Introductory Biology I and II | 4 |
| BISC 106/116 Elementary Human Physiology with Lab | 4 |
| BISC 276 Human Physiology and Anatomy | 4 |
| ECON 100 Economic Issues and Policies | 4 |
| ECON 151 Introduction to Microeconomics: Prices and Markets | 4 |
| PSYC 201 General Psychology | 4 |
| One of the following courses | 4 |
| SOC 201 Introduction to Society | 4 |
| SOC 202 Social Deviance | 4 |
| SOC 203 The Individual and Society | 4 |
| SOC 204 Urban Communities | 4 |
| SOC 209 Social Problems | 4 |
| SOC 210 Population Problems | 4 |
| SOC 242 Society and the Health Professions | 4 |
| SOC 243 Society, Politics and Health Care | 4 |
| PSYC 303 Introduction to Social Psychology | 4 |
| SOC 310 Sociology of Healthcare | 4 |
| BUAD 309 Management and Organizational Behavior | 4 |
| Social Science elective | 4 |
| FOSC 305 Food Science (minimum grade C) | 4 |
| MATH 114 Elementary Mathematics and Statistics | 4 |
| or Successful performance on the Proficiency Test in Mathematics administered by Department of Mathematical Sciences | 4 |
| FST 1 course | 4 |
| FST, NTDT, HRIM courses | 4 |
| A minimum grade of C- must be achieved for credits to count toward the fulfillment of 28 credits in NDTD; a minimum grade of C in 200-level courses must be achieved to proceed to upper-level courses; only 300-level courses and a maximum of four credits of Special Problems/Independent Study (NDTD 366) may count toward the fulfillment of this requirement. | 4 |
| NDTD 103 Introduction to Nutrition Professions | 1 |
| NDTD 200 Nutrition Concepts | 3 |
| NDTD 201 Food Principles | 2 |
| NDTD 211 Food Principles Laboratory | 1 |
| NDTD 400 Macronutrients | 3 |
| NDTD 401 Micronutrients | 3 |
| NDTD 445 Nutrition Education | 3 |
| NDTD courses (300-level or higher) | 9 |

| CREDITS | TOTAL A MINIMUM OF 120 |

| MATH 114 Elementary Mathematics and Statistics | 4 |
| or Successful performance on the Proficiency Test in Mathematics administered by Department of Mathematical Sciences | 4 |
| FST course | 4 |
A minimum grade of C must be achieved for credits to count toward the fulfillment of 39 credits in NTDT; a minimum grade of C- in 200-level courses must be achieved to proceed to upper-level courses; only 300-level courses and a maximum of four credits of Special Problems/Independent Study (NTDT x66) may count toward the fulfillment of this requirement.

Admission into Dietetics requires the completion of most courses in the first three semesters of Applied Nutrition. A cumulative grade point average of 2.5 is required for admission.

NTDT 103 Introduction to Nutrition Professions .......................... 1
NTDT 200 Nutrition Concepts .................................................. 3
NTDT 201 Food Principles .......................................................... 2
NTDT 211 Food Principles Laboratory ......................................... 1
NTDT 240 Introduction to Clinical Dietetics .................................. 3
NTDT 321 Quantity Food Production and Service ............................ 3
NTDT 322 Management of Food and Nutrition Services ...................... 3
NTDT 325 Laboratory in Quantity Food Production and Service .......... 1
NTDT 328 Foodservice Facility Design ......................................... 1
NTDT 330 Nutrition Counseling ................................................ 3
NTDT 400 Macronutrients .......................................................... 3
NTDT 401 Micronutrients ............................................................ 3
NTDT 403 Dietetics Seminar ....................................................... 1
NTDT 421 Nutrition Assessment Methods ...................................... 2
NTDT 440 Nutrition and Disease .................................................. 3
NTDT 445 Nutrition Education .................................................... 3
NTDT 460 Community Nutrition ................................................... 3

ELECTIVES

After required courses are completed, sufficient elective credits must be taken to meet the minimum credits required for the degree.

May include Military Science, Music, or Physical Education. (Only two credits of activity-type Physical Education and four credits of Music and four credits of 100- and 200-level courses in Military Science/Air Force may be counted toward the degree.)

CREDITS TO TOTAL A MINIMUM OF .............................................. 126

DEGREE: BACHELOR OF SCIENCE

MAJOR: NUTRITIONAL SCIENCES

CREDITS

CHEM 220/221 Quantitative Analysis I with Lab .................................. 4
CHEM 321/322 Organic Chemistry ................................................. 8
BISC 207/208 Introductory Biology I and II ...................................... 8
BISC 276 Human Physiology and Anatomy ...................................... 4
BISC 371 Introduction to Microbiology .......................................... 4
PHYS 201 Introductory Physics I .................................................. 4

ECON 100 Economic Issues and Policies ........................................ 3
ECON 151 Introduction to Microeconomics: Prices and Markets .......... 3
Social Science electives ......................................................... 12
FOSC 305 Food Science (minimum grade C) ..................................... 3
FREC 408 Research Methods ..................................................... 3
MATH 221/222 Calculus I and II .................................................. 6
or
MATH 241/242 Analytic Geometry and Calculus A and B ................. 6-8

A minimum grade of C must be achieved for credits to count toward the fulfillment of 29 credits in NTDT; a minimum grade of C- in 200-level courses must be achieved to proceed to upper-level courses; only 300-level courses and a maximum of four credits of Special Problems/Independent Study (NTDT x66) may count toward the fulfillment of this requirement.

NTDT 200 Nutrition Concepts ..................................................... 3
NTDT 201 Food Principles .......................................................... 2
NTDT 211 Food Principles Laboratory .......................................... 1
NTDT 400 Macronutrients .......................................................... 3
NTDT 401 Micronutrients ............................................................ 3
NTDT 421 Nutrition Assessment Methods ...................................... 2
NTDT 440 Nutrition and Disease .................................................. 3
NTDT courses (300-level or higher) ............................................. 9
NTDT course .............................................................. 3

ELECTIVES

After required courses are completed, sufficient elective credits must be taken to meet the minimum credits required for the degree.

May include Military Science, Music, or Physical Education. (Only two credits of activity-type Physical Education and four credits of Music and four credits of 100- and 200-level courses in Military Science/Air Force may be counted toward the degree.)

CREDITS TO TOTAL A MINIMUM OF .............................................. 120

MINOR IN NUTRITION

A minor in nutrition requires NTDT 200, NTDT 400, NTDT 401 plus 6 credits in Nutrition and Dietetics at the 300-level or higher. A 2.0 grade point average is required for admission; a minimum grade of C- is required in all courses in the minor. Note that CHEM 214 and CHEM 216 are necessary prerequisites for NTDT 400 and NTDT 401.