I. Distribution Requirements

A. Natural Sciences: Introductory Chemistry 8
Choose one of the following sequences:
CHEM 206 and 208 Introduction to General Chemistry
CHEM 207 and 208 General Chemistry
CHEM 215 and 216 General and Inorganic Chemistry

B. Social Sciences 6
An introductory course in two different social sciences.
Choose one course in any two of the following areas:
(Advanced social science courses may be used if the introductory courses are taken under Area II.C.)

Anthropology
ANTHR 102 Introduction to Anthropology: The Comparison of Cultures

Economics
ECON 101 Introductory Microeconomics OR
ECON 102 Introductory Macroeconomics

Psychology
HD 115 Human Development OR
PSYCH 101 Introduction to Psychology

Sociology
HD 250 Families and the Life Course OR
DSOC 101 Introduction to Sociology

C. Humanities 3
Recommended: Ethics, Philosophy
Language credit may not be counted here.
Includes literature, history (including art and design history), philosophy, religion, and archaeology. Critical, historical, and theoretical studies of the arts and design are considered humanities. Languages and creative or performing arts such as the writing of fiction or poetry, painting, sculpting, designing, composing or performing music, acting, directing, and dance are not considered humanities.

D. Written Communications 6
Must be First-Year Writing Seminars.
MUST BE COMPLETED DURING FIRST 2 SEMESTERS.

E. Quantitative and Analytical 6–8
Calculus - Choose one of the following:
MATH 106
MATH 111
Higher level calculus

Statistics - Choose one of the following:
AEM 210 Introductory Statistics
BTRY 301 Biological Statistics I
ILRST 210 Introductory Statistics
ILRST 212 Statistical Reasoning
MATH 171 Statistical Theory and Application in the Real World
PAM 210 Introduction to Statistics
PSYCH 350 Statistics and Research Design
SOC 301 Evaluating Statistical Evidence

F. Additional requirements 9–16
Courses from any natural science, social science, humanities, or mathematics courses can be counted here for remaining credits.

Organic Chemistry Lecture (6-credit minimum for premeds)
Choose one of the following sequences:
CHEM 257 Elementary Organic Chemistry (not for premeds)
CHEM 357 and 358 Introductory Organic Chemistry
CHEM 359 and 360 Organic Chemistry

Organic Chemistry Lab
Choose one of the following:
CHEM 251 Introduction to Experimental Organic Chemistry
CHEM 301 Experimental Chemistry

Physics
PHYS 101 General Physics I OR
PHYS 207 Fundamentals of Physics

In addition, if premed or prephysical therapy then take one of the following:
PHYS 102 General Physics II OR
PHYS 208 Fundamentals of Physics
II. Requirements in the Major

37–41

A. Biology Foundation Courses
(NS courses count toward 40 required HUMEC credits)

Introductory Biology Lecture and Lab
Choose one of the following sequences:
BIOG 101 thru 104 Biological Sciences Lectures and Labs
BIOG 105 and 106 Introductory Biology
BIOG 109 and 110 Biological Principles (not for premeds)

Physiology
BIOAP 311 Animal Physiology OR
NS 341 Human Anatomy and Physiology

Biochemistry
Choose one of the following:
NS 320 Introduction to Human Biochemistry
BIOBM 330 Principles of Biochemistry
BIOBM 331 and 332 Principles of Biochemistry
BIOBM 333 Principles of Biochemistry
BIOBM 290 General Microbiology

Biology Electives
6
(6 additional credits selected from didactic courses in the following areas that relate to human biology and require one year of introductory biology. May not include Special Studies (e.g., NS 400, 401, 402, 403) or independent research credits (e.g., NS 499).)

- Genetics, recommended (including BIOGD 280, 281 or 282)
- Microbiology (including BIOMI 290, if not used for Biochem req. and VETMI 431)
- Neurobiology (including BIOB 221, 222 and 428)
- Evolution (including NS 275)
- Cell Biology (including BIOBM 432)
- Physiology (including BIOAP 489. May use NS 341 or BIOAP 311 if both are taken)
- Biochemistry (may not include BIOBM 330, 331, or 332, or NS 320) (e.g. BIOBM 439, NS 331 - if NS 331 is not used as a HBHS Selective)
- Nutrition (may use NS 222, 347, 361, 431, 441 – if these are not used as a HBHS Selective)

B. Survey Course
Introduction to HBHS and Nutrition
NS 115 Nutrition, Health and Society

C. HBHS Selectives: Students must take a total of 15 credits as broken down in the following categories and are encouraged to choose at least one course on development (+), policy (*), and professional problem-solving (^). In addition, three (3) of these 15 credits must be from a Nutritional Science (NS) Course.

C.1. Social Science Perspective on Health
6
- NS 245 Social Science Perspectives on Food and Nutrition
- NS 425 Nutrition Communications and Counseling
- NS 450 Public Health Nutrition
- NS 457 Health, Poverty, and Inequality: A Global Perspective
- HD 216 Human Development: Adolescence and Youth
- HD 218 Human Development: Adulthood and Aging
- HD 251 Social Gerontology: Aging and the Life Course
- HD 313 Problematic Behavior in Adolescence
- HD 362 Human Bonding
- PSYCH 325/HD 370 Adult Psychopathology
- HD 371 Child Development and Psychopathology
- HD 457 Health and Social Behavior
- PAM 341 Economics of Consumer Law
- PAM 350 Contemporary Issues in Women’s Health
- PAM 423 Risk Management and Policy
- PAM 435 The U.S. Health Care System

C.2. Natural Science Perspective on Health
6
- NS 222 Maternal and Child Nutrition
- NS 275 Human Biology and Evolution
- NS 331 Physiological and Biochemical Bases of Human Nutrition
- NS 332 Methods in Nutritional Sciences
- NS 345 Nutritional and Physiochemical Aspects of Food
- NS 421 Nutrition and Exercise
- NS 431 Mineral Nutrition and Chronic Disease
- NS 441 Nutrition and Disease
- NS 442 Implementation of Nutrition Care
- NS 475 Mechanisms Underlying Mammalian Developmental Defects
- NS 614 Topics in Maternal and Child Nutrition
- NS 631 Micronutrients: Function, Homeostasis and Assessment
- NS 632 Regulation of Macronutrient Metabolism
- HD 220 The Human Brain and Mind: Biological Issues in Human Development
- HD 320 Human Development Neuropsychology
- HD 366 Emotional Functions of the Brain
- HD 344 Infant Behavior and Development
- HD 466 Psychobiology of Temperament and Personality

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C.2. Natural Science Perspective on Health (continued)

^ DEA 470 Applied Ergonomic Methods
^ PAM 303 Ecology and Epidemiology of Health
   PAM 380 Human Sexuality
TXA 439 Biomedical Materials and Devices for Human Body

C.3. Additional Credits

Includes courses from either of the above categories or from the following:
* NS 306 Nutritional Problems of Developing Nations
  NS 315 Obesity and Regulation of Body Weight
+_ NS 347/HD 347 Human Growth and Development:
   Biological and Behavioral Interactions
  NS 361 Biology of Normal and Abnormal Behavior
^ CHE Special Studies 400, 401, and 402

III. Electives

IV: Physical Education

Physical education does not count toward college and university minimum credit requirements for full-time status.

Total Credits (exclusive of PE) 120

College Requirements:

- Students must complete a minimum of 9 HUMEC credits outside of NS/HBHS. These credits are given for any Human Ecology course outside your major from Category I, II, or III. These can be taken S/U only if course is NOT used to fulfill a curriculum requirement.
- Students must complete a minimum of 40 HUMEC credits. Hum Ec credits are given in Category II (in your major) and Category III (Electives).
- Pass/Fail Courses [S/U]
  - S/U grading option may NOT be used for any required course [i.e., distribution requirements in Category I or major courses in Category II] unless it is the only grade option offered for those courses.
  - S/Us MAY be used for the 9 credits of Human Ecology coursework outside of the major and for electives in Category III.
  - Students may apply no more than 12 credits of S/U towards graduation requirements. If a required course is only offered S/U, it will not count towards this limit. Students may take more S/Us if they choose, but the additional credit will not be applied towards graduation.
  - The deadline for changing grade options is 3 weeks after the start of classes, the same as the "add" deadline.
- Special Study Courses [400, 401, 402, 403]
  - A total of 12 credits of special study course work from Human Ecology or other colleges will count towards the 120 graduation credit requirement. [Additional credits can be taken but will not be applied.]
  - A maximum of three credits of 400-402 (not including 403) may count towards the "credit outside the major" category as long as the special study is in a department outside the student's major.
  - Students cannot TA (403) the same course for credit more than once or take and TA the same course simultaneously. 403 does not fulfill any requirements towards the major. Registration for 403 may not exceed 5 credit hours per semester.
- Students must complete 120 credits overall, exclusive of physical education and "00" courses.
- Elective credits can be earned in Human Ecology or elsewhere.