

The University of Alabama  
College of Human Environmental Sciences  
Department of Human Nutrition and Hospitality Management

**PROGRAM REQUIREMENTS - MAJOR IN FOOD AND NUTRITION  
Distance Learning 2022-2023 CATALOG**

**State-Wide Articulation and UA Core**

**Written Composition (6 hrs required)**

- \_\_\_\_ (3) EN 101 English  
\_\_\_\_ (3) EN 102 English

**Computer / Foreign Language (6 Hrs "C" or 1 Yr Same Foreign Language Required)**

- \_\_\_\_ ( ) \_\_\_\_\_  
\_\_\_\_ ( ) \_\_\_\_\_

**Humanities and Fine Arts (12 hrs required)\***

- \_\_\_\_ (3) Fine Arts Req \_\_\_\_\_  
\_\_\_\_ (3) Literature \_\_\_\_\_  
\_\_\_\_ (3) \_\_\_\_\_  
\_\_\_\_ (3) \_\_\_\_\_

\* Must complete either two semesters of literature or two semesters of history sequence.

**History, Social and Behavioral Sciences (12 hrs required)\***

- \_\_\_\_ (3) PY 101 Intro Psychology  
\_\_\_\_ (3) History \_\_\_\_\_  
\_\_\_\_ (3) \_\_\_\_\_  
\_\_\_\_ (3) \_\_\_\_\_

\* Must complete either two semesters of literature or two semesters of history sequence.

**Natural Sciences and Mathematics (11 hrs required)**

- \_\_\_\_ (3) Math \_\_\_\_\_  
\_\_\_\_ (4) CH 104 Intro Chemistry  
\_\_\_\_ (4) CH 105 Intro Organic Chemistry

**Writing Courses (6 hrs "W" required)**

- \_\_\_\_ (3) Completed NHM 340  
\_\_\_\_ (3) Completed NHM 491

**HES CORE (3 Hrs)**

- \_\_\_\_ (3) HES 103 F, Sp, S

**DPD Science Courses (23 hrs required)**

- \_\_\_\_ (4) CH 104 Intro Chemistry (N)  
\_\_\_\_ (4) CH 105 Intro Organic Chemistry (N)  
\_\_\_\_ (4) BSC 215 Human Anatomy & Physiology I  
\_\_\_\_ (4) BSC 216 Human Anatomy & Physiology II  
\_\_\_\_ (4) BSC 242 Microbiology  
\_\_\_\_ (3) PY 101 Intro Psychology

**DPD Professional Courses (56 hrs required)**

- \_\_\_\_ (3) NHM 101 Intro Human Nutrition F, Sp, S  
\_\_\_\_ (1) NHM 195 Intro Dietetics & Nutrition F, Sp, S  
\_\_\_\_ (3) NHM 201 Nutrition in the Life Cycle F, Sp, S  
\_\_\_\_ (3) NHM 253 Food Science F, Sp, S  
\_\_\_\_ (1) NHM 295 Intro Research Food & Nutrition F, Sp, S  
\_\_\_\_ (3) NHM 340\* Community Nutrition (W) F, Sp  
\_\_\_\_ (3) NHM 345 Nutrition Counseling F, Sp  
\_\_\_\_ (3) NHM 346 Nutrition Education: Theories and Practice F, Sp  
\_\_\_\_ (3) NHM 361 Nutritional Biochemistry F, Sp, S  
\_\_\_\_ (3) NHM 362 Nutrition at the Cellular Level F, Sp, S  
\_\_\_\_ (3) NHM 363 Applied Nutrition F, Sp, S  
\_\_\_\_ (3) NHM 365 Medical Nutrition Therapy I F, Sp, S  
\_\_\_\_ (3) NHM 372 Intro Food Systems Management F, Sp, S  
\_\_\_\_ (3) NHM 373 Pur & Design & Risk Mgt in Foodservice Sys F, Sp, S  
\_\_\_\_ (3) NHM 374 Quantity Food Production & Service F, Sp, S  
\_\_\_\_ (3) NHM 454 Experimental & Functional Food Science F, Sp  
\_\_\_\_ (3) NHM 465\* Medical Nutrition Therapy II F, Sp, S  
\_\_\_\_ (3) NHM 475\* Mgt of Food Service Systems F, Sp, S  
\_\_\_\_ (3) NHM 491 Directed Professional Individual Study (W) F, Sp, S  
\_\_\_\_ (3) BER 345 Educational Statistics

Courses usually offered: F= Fall, Sp = Spring, S= Summer

Check the catalog for complete prerequisites for all NHM courses.

\*Capstone courses must be taken through The University of Alabama. Exams in these courses are comprehensive and cover material from all prerequisite courses as well as material covered in the course.

Electives – Choose from NHM courses or other courses available through Distance Learning as needed to meet 120 hours required for the degree.

Verify that the core designations are still in effect by checking the Core Curriculum listed at [www.registrar.ua.edu/core-curriculum/](http://www.registrar.ua.edu/core-curriculum/).

Students must earn a min. of 60 credit hours from a 4-year college or university

See the Undergraduate Catalog for policies on transfer credit and graduation requirements <https://catalog.ua.edu/>.

**To complete and meet all the DPD requirements for a Verification Statement, a student:**

- Must earn a C- or higher in all "DPD Science courses" and PY 101 (or equivalent).
- Must earn a B- or higher in all DPD Professional courses (NHM designated and BER 345) or equivalent.
- Must maintain a combined GPA of 3.0 or higher in the "DPD Science Courses" and "DPD Professional Courses."
- Must complete the courses required for the DPD
- Must earn at the minimum a bachelor's degree
- Must complete 24 credit hours of DPD courses, including the DPD Capstone courses (NHM 340, NHM 465 and NHM 475) from The University of Alabama