

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 2025-2026 CATALOG**

General Education

First Year Compass (4 hr)

- \_\_\_\_ (1) UA 101/201 Legends University Compass Course  
\_\_\_\_ (3) HES 103 College Compass Course

Written Composition (3 hr)

- \_\_\_\_ (3) EN 103 Advanced Written Composition  
or EN 101 and EN 102 (6 hr)

Natural Science and Mathematical Science (11 hr)

- \_\_\_\_ (3) Math  
\_\_\_\_ (4) CH 104 Intro to Chemistry  
\_\_\_\_ (4) CH 105 Intro to Organic Chemistry  
*CH 104 and 105 are not offered through UA Online*

World Language Proficiency (6 hr)

- \_\_\_\_ (3) \_\_\_\_\_  
\_\_\_\_ (3) \_\_\_\_\_

*Requirement completed with 2 units high school world language, proficiency exam, Seal of Biliteracy, earned AA/AS degree, or 2 introductory college world language courses in sequence.*

Humanities, Literature, Fine Arts, and World Language (9 hr)

- \_\_\_\_ (3) Literature  
\_\_\_\_ (3) \_\_\_\_\_  
\_\_\_\_ (3) \_\_\_\_\_

History and Social Behavioral Sciences (9 hr)

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

Writing (3 hr)

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

US & Global Citizenship (3 hr)

- \_\_\_\_ (3) \_\_\_\_\_

Major Courses

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, F  
\_\_\_\_ (4) BSC 216 Human Anatomy & Physiology II, Sp  
\_\_\_\_ (4) Choose One: BSC 108, 109, 114+115, 116+117, or BSC 242; BSC 108 and BSC 109 offered F, Sp, S  
\_\_\_\_ (3) PY 101 Intro Psychology, F, Sp

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 F, Sp, S

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 UA Online 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