

**B.S. NUTRITION & HUMAN PERFORMANCE
2023 - PRESENT CATALOG CHECKLIST**

NAME: _____ SID#: _____ DATE: _____

UA FOUNDATIONS & GENERAL EDUCATION	NUTRITION & HUMAN PERFORMANCE MAJOR CORE COURSEWORK
<u>MATHEMATICS</u> MATH 112: College Algebra 3 <input type="checkbox"/>	NSC 101: Introduction to Human Nutrition 3 <input type="checkbox"/> NSC 306: Introduction to Nutrition and Human Performance 3 <input type="checkbox"/> NSC 406: Nutrition and Exercise Physiology 3 <input type="checkbox"/> NSC 308: Nutrition and Metabolism 3 <input type="checkbox"/> NSC 315: Sports Nutrition 3 <input type="checkbox"/> NSC 320: Nutrition, Exercise, and Health Promotion 3 <input type="checkbox"/> NSC 396A: Survey of Nutrition Careers 1 <input type="checkbox"/> NSC 396B: Preparation for Careers in Nutrition & Human Performance 1 <input type="checkbox"/> NSC 415R: Advanced Sports Nutrition 3 <input type="checkbox"/> NSC 415L: Advanced Sports Nutrition Lab 1 <input type="checkbox"/> NSC 445: Assessment of Regulation of Human Body Composition 3 <input type="checkbox"/> PSY 101: Introduction to Psychology 3 <input type="checkbox"/>
<u>COMPOSITION~</u> ENGL 101 or 107: First Year Composition 3 <input type="checkbox"/> ENGL 102 or 108: First Year Composition 3 <input type="checkbox"/> <i>or</i> ENGL 109H: Advanced First-Year Composition 3 <input type="checkbox"/>	Total Units: /30
<u>SECOND LANGUAGE*</u> <i>You must demonstrate second semester level proficiency in a foreign language (ex: SPAN 102 or higher).</i> 0-8 <input type="checkbox"/>	
<u>GENERAL EDUCATION</u> UNIV 101: Intro to General Education< 1 <input type="checkbox"/>	<u>NUTRITION & HUMAN PERFORMANCE CAPSTONE</u> NSC 498: Senior Capstone 3 <input type="checkbox"/>
EXPLORING PERSPECTIVES (complete one (1) course in each area) Artist: 3 <input type="checkbox"/> Humanist: 3 <input type="checkbox"/> Natural Scientist: 3 <input type="checkbox"/> Social Scientist: 3 <input type="checkbox"/>	Total Units: /3
<u>BUILDING CONNECTIONS (complete three (3) courses)</u> 1) 3 <input type="checkbox"/> 2) 3 <input type="checkbox"/> 3) 3 <input type="checkbox"/> UNIV 301: General Education Portfolio< 1 <input type="checkbox"/>	
Total Units: /29-40	
<u>SUPPORTING COURSEWORK</u>	
<u>STATISTICS (complete one (1) course)</u> AREC 239, ISTA 116, MATH 163, MATH 263, SBS 200 3-4 <input type="checkbox"/>	
Total Units: /3-4	Completed Units: /6
<u>GENERAL SCIENCES</u> CHEM 151: General Chemistry I 4 <input type="checkbox"/> CHEM 152: General Chemistry II 4 <input type="checkbox"/> MCB 181R: Introductory Biology 3 <input type="checkbox"/> MCB 181L: Introductory Biology Lab 1 <input type="checkbox"/> PHYS 102: Introductory Physics I 3 <input type="checkbox"/> PHYS 103: Introductory Physics II 3 <input type="checkbox"/> PHYS 181: Introductory Laboratory I 1 <input type="checkbox"/> PHYS 182: Introductory Laboratory II 1 <input type="checkbox"/> PSIO 201: Human Anatomy & Physiology I 4 <input type="checkbox"/> PSIO 202: Human Anatomy & Physiology II 4 <input type="checkbox"/>	
Total Units: /28	Completed Units: /6
	<u>BUSINESS, MANAGEMENT, AND LEADERSHIP (complete six (6) units)</u> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Completed Units: /6
	<u>TEACHING & COACHING (complete three (3) units)</u> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Completed Units: /5
	<u>DIVERSITY, INCLUSIVITY AND ETHICS (complete three (3) units)</u> <input type="checkbox"/> <input type="checkbox"/>
	Completed Units: /3
	Total Units: /25

GRADUATION REQUIREMENTS: 120 total units <input type="checkbox"/> 42 upper division units <input type="checkbox"/> 2.000+ major GPA <input type="checkbox"/> 2.000+ cumulative GPA <input type="checkbox"/> Mid-career writing assessment <input type="checkbox"/>	COMMENTS/NOTES
KEY: ~ Requires a "B" or better in second semester English Comp. to satisfy Mid-Career * Requires a "C" or better in 2nd semester Language Course < UNIV 101 & UNIV 301 do not need to be taken by Transfer students ** PSIO 201 & PSIO 202 or PSIO 380 may be taken *** Choose courses from approved Nutrition & Human Performance electives guide	

B.S. NUTRITION & HUMAN PERFORMANCE ELECTIVES GUIDE

HEALTH SCIENCES ELECTIVE (Complete five (5) 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
ECOL 182R	Introduction to Biology II	3
ECOL 182L	Introduction to Biology II Lab	1
MIC 205A	General Microbiology	3
MIC 205L	Biology of Microorganisms Lab	1
NSC 408	Nutritional Biology	3
PHCL 442	Human Performance Pharmacology	3
SBS 301A	Foundations of Mindfulness	1
SOC 303	Health and Society	3

BEHAVIORAL ELECTIVES (Complete six (6) units)

Course Prefix	Course Name	Unit(s)
PSY 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

BUSINESS, MANAGEMENT, AND LEADERSHIP (Complete six (6) units)

Course Prefix	Course Name	Unit(s)
ALC 309	Leadership Principles and Practices	3
ALC 409	Team and Organizational Leadership	3
NSC 458	Foodservice Organization and Management	3
PFFP 310	Fundamentals of Personal and Family Financial Planning	3
PHIL 322	Business Ethics	3
PHP 438	Health Profession Finance	3

TEACHING/COACHING ELECTIVES (Complete three (3) units)

Course Prefix	Course Name	Unit(s)
FSHD 401	Basic Skills and Counseling	3
NSC 332	Health Coaching	3
NSC 497A	Applied Sports Nutrition Workshop	3
NSC 420	Nutrition Education and Counseling	2
NSC 497C	Body-positive concepts	1
TLS 355	Planning Community Events and Rec Programs	3
TLS 358	Theory and Practice of Coaching	3

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

Course Prefix	Course Name	Unit(s)
FOOD 300	Food Justice, Ethics, & Activism	3

PPEL 205	The ethics and Economics of Wealth Creation	3
SOC 302	Sports and Society	3
SOC 304	Race, Class, Gender, and Sports	3
TLS 373	Inclusive Physical Activity Programming for Diverse and Special Populations	3



NUTRITION & HUMAN PERFORMANCE

UA Sydney

Spend a semester in Australia, and study Nutrition & Human Performance through an international lens at UA Sydney, hosted by the University of Technology Sydney. Faculty in the Nutritional Sciences & Wellness Department preapproved courses from UA Sydney to apply directly toward your Nutrition & Human Performance major requirements. You can also look for regionally specific general education courses with the approval of your academic advisor.

The best part is, you'll pay your regular UArizona tuition and get to use financial aid and scholarships, including **AZ Excellence** and **Wildcat Excellence**! Use the following tables to identify courses approved for various areas of your NHP major and remember to always work with your academic advisor to choose the best courses for your program of study.

UA SYDNEY COURSE	PREAPPROVED CORE NUTRITION COURSE
92547 Nutrition and Health for Physical Activity	NSC 315: Sports Nutrition

UA SYDNEY COURSE	PREAPPROVED NHP GENERAL SCIENCES COURSES
65111 Chemistry 1	CHEM 151: Chemical Thinking I
65212 Chemistry 2	CHEM 152: Chemical Thinking II
68101 Physics 1	PHYS 102: Introductory Physics
91161 Cell Biology & Genetics	MCB 181R: Intro Biology I & MCB 181L: Intro Biology I Lab

Start planning by contacting your advisor: nutrition.cales.arizona.edu/advising

Learn more & start your application, go here: studyabroad.arizona.edu/sydney

Additional questions? We're here to help!
Contact the Study Abroad Team
studyabroad@arizona.edu

studyabroad.arizona.edu
[@uastudyabroad](https://twitter.com/uastudyabroad)



THE UNIVERSITY OF ARIZONA
Study Abroad

GLOBAL TRACKS

UA SYDNEY COURSE	PREAPPROVED STATISTICS REQUIREMENT COURSES
92491 Health Analytics	PHP Department Elective (Upper Division)
95728 Introduction to Health Statistics	ELCR Department Elective (Lower Division)

UA SYDNEY COURSE	NHP MAJOR ELECTIVE AREA
91320 Metabolic Biochemistry	BIOC 385: Metabolic Biochemistry Health Science
91429 Physiological Bases of Human Movement	Health Science (Upper Division)
27173 Human Performance in Sport and Exercise	Health Science (Lower Division)
65202 Organic Chemistry I	CHEM 241A: Lectures in Organic Chemistry & 243A: Organic Chemistry Lab I Health Science
92533 Exercise Physiology	Health Science (Upper Division)
21513* Business Ethics and Sustainability	Business Management and Leadership OR Diversity, Inclusivity, and Ethics (Upper Division)
21649* Olympic Games and Sport Mega-Events	Business Management and Leadership (Upper Division)
21655* Sport and Society	Business Management and Leadership OR Diversity, Inclusivity, and Ethics (Lower Division)
21656* Sport Marketing and Media	Business Management and Leadership (Upper Division)
21657* International Sport Management	Business Management and Leadership (Lower Division)
21658* Australian Sport System	Business Management and Leadership (Lower Division)
28227 Learning and Development Across the Lifespan	PSY 200: Evolution and Human Development Behavioral Science
92494 Psychosocial Perspectives in Health	Behavioral Science (Lower Division)
92530 Sport and Exercise Psychology	Behavioral Science (Upper Division)
92544 Health Promotion and Physical Activity	Behavioral Science (Lower Division)
92576 Social, Emotional and Psychological Wellbeing	Behavioral Science (Upper Division)
95743 Diversity and Culture	Diversity, Inclusivity, and Ethics (Upper Division)

*This course represents a Business Management and Leadership elective with a specialized focus on Australian sports. While it is encouraged for you to explore this regionally specific area of the sports industry, please **take no more than one** of these courses to satisfy your Business Management and Leadership electives.

Please note: If you plan to apply to a health professional program, you must consult with your Pre-Health academic advisor to ensure the courses you choose to take abroad will be accepted by your future program as there may be some restrictions on international credits in your application. This may also require you to contact the admissions team for the specific program you intend to apply to.