



**Course Plan**  
for the **BSPH** degree in the  
**Nutrition Health and Society Track**  
**Department of Nutrition**

Course #	Course name	Credit Hours	Suggested Term	Pertinent Notes
<b>General Education Requirements</b>				
	<i>Please refer to Tar Heel Tracker to ensure completion of all General Education Requirements</i>			
<b>Pre-Requisite Courses</b>				
BIOL 101	Principles of Biology	3		
BIOL 101L	Principles of Biology Lab	1		
CHEM 101	General Descriptive Chemistry I	3		
CHEM 101L	General Descriptive Chemistry I Lab	1		
CHEM 102	General Descriptive Chemistry II	3		
CHEM 102L	General Descriptive Chemistry II Lab	1		
BIOL 252	Fundamentals of Human Anatomy & Physiology	3		
BIOL 252L	Fundamentals of Human Anatomy & Physiology Lab	1		
<b>SPH Core Courses</b>				
SPHG 351	Foundations of Public Health	3	Fall Year 1	Should be taken first fall
SPHG 352	Public Health Systems & Solutions	4	Spring Year 1	Should be taken first spring
EPID 600	Principles of Epidemiology	3	Spring Year 1	Should be taken first year
BIOS 600	Principles of Statistical Inference	3	Fall Year 1	
<b>NUTR Courses</b>				
NUTR 175	Introduction to Food Studies	3	Fall Year 1	Offered Fall only
NUTR 240	Introduction to Human Nutrition	3	Fall Year 1	Offered Fall only
NUTR 245	Sustainable Local Food Systems	3	Spring Year 1	
NUTR 611	Nutrition Across the Lifecycle	3	Fall Year 2	
NUTR 630	Nutrition Counseling, Communication, and Culture	3	Fall Year 2	
NUTR XXX	Nutrition Policy	3	Fall Year 2	
NUTR XXX	Nutrition and Health Behavior	3	Spring Year 2	
<b>Research &amp; Capstone*</b>				
NUTR 295	Nutrition Capstone (1-4 semesters)		Final Term	Must be taken at least once during the program and should be done in the final semester as a capstone
NUTR 691H	Honors Capstone in Nutrition (Fall – only for those students completing a Senior Honors Thesis)			

NUTR 692H	Honors Capstone in Nutrition (Spring – only for those students completing a Senior Honors Thesis)			
<b>Additional formal coursework (18 hours of electives)**</b>				
	<b>Total credits required for graduation = 71 for the major, 120 for the degree</b>			

\*Research hours must be formally agreed upon by a faculty mentor prior to registration, with an Independent Study Agreement completed and approved by the first Friday of courses for the semester. Students wishing to complete a Senior Honors Thesis should plan to complete at least 3 consecutive semesters of research and be otherwise eligible.

\*\*An additional six courses (18 credit hours) are required from other fields of interest. Students are encouraged to obtain a minor in another field of study, such as Anthropology; Psychology (Cognitive Science or Neuroscience); Entrepreneurship; Food Studies; Social and Economic Justice; Exercise and Sport Science; Coaching Education; Composition, Rhetoric, and Digital Literacy; Education; Global American Studies; Medicine, Literature, and Culture; Health & Society (Sociology) or others as approved by the Program Director of Undergraduate Studies.