

**SOUTHERN ILLINOIS UNIVERSITY
EDWARDSVILLE**

**Southwestern Illinois College
Pathway - Nutrition**

**Southwestern Illinois College
Associate in Arts Degree**

Fall Year 1

SWIC Course		Hours
ENG 101	Rhetoric and Comp	3
IAI FA ¹	IAI Fine Art	3
BIOL 101 ²	Principles of Biology I	4
IAI Math ³	IAI Mathematics	4
COMM 151	Public Speaking	3
Total		17

Spring Year 1

SWIC Course		Hours
ENG 102	Rhetoric and Comp II	3
BIOL 157	Anatomy & Physiology I	5
PSYC 151	General Psychology	3
IAI SS ¹	IAI Social Science	3
HES 154 ⁶	Nutrition, Exercise & Wt MGMT	2
Total		16

Fall Year 2

SWIC Course		Hours
CHEM 101/105 ^{2,4}	Chemistry	5
IAI HUM ¹	IAI Humanities	3
BIOL 158	Anatomy & Physiology II	5
SOC 153	Introductory Sociology	3
Total		16

Spring Year 2

SWIC Course		Hours
HRO 150 ⁶	Fundamentals of Nutrition	2
CHEM 103/106 ^{2,4}	Chemistry	5
HES 170 ⁵	Intro to Exercise Science	3
IAI COM/HUM/SS/BS ¹	Commun, Hum, Social or Beh	3
IAI HUM/FA ¹	IAI Humanities/Fine Arts	3
Total		16

Associate in Art Degree Total 65

**Southern Illinois University Edwardsville
Bachelor of Science Degree**

Fall Year 3

SIUE Course		Hours
NUTR 205	Food Science	3
NUTR 319	Nutrition Biochemistry	3
NUTR 327	Lifecycle Nutrition	3
ELE XXX	Elective	3
BIOL 250	Bacteriology	4
Total		16

Spring Year 3

SIUE Course		Hours
NUTR 210	Food and Culture	3
NUTR 401	Nutrition Ed & Counseling	3
NUTR/ KIN 355	Sports Nutrition & Supplements	3
IS XXX	Interdisciplinary Studies	3
KIN 211	Medical Terminology	3
Total		15

Fall Year 4

SIUE Course		Hours
NUTR 408	Food Service Management	3
NUTR 409	Large Quantity Prep	3
NUTR 411	Intro to Medical Nutrition Therapy	3
ELE XXX	Elective	3
ELE XXX	Elective	3
Total		15

Spring Year 4

SIUE Course		Hours
NUTR 410	Food Service Management II	3
NUTR 464	Senior Assigment in Nutrition	3
KIN 412	Biology CVD & Metabolic Disease	3
NUTR 421	Medical Nutrition Therapy II	3
ELE XXX	Elective	2
Total		14

Bachelor Total 125

¹Students need one course in non-western culture and one in Human Relations for Associate degree.

⁴Courses require a grade of "C" or better.

³Math course depends on post graduate work. Please see advisor.

⁴Students pursuing a post graduate Dietetics Program should take CHEM 105/106.

⁵Course requires a "B" grade or better.

⁶Students must take both courses to equate to SIUE's Intro Nutr

*Students must complete 50% or more of degree requirements at SIUE.

**Southwestern Illinois College
Pathway - Nutrition**

Electives are to be determined by desired post graduate careers or continued education in the following areas: consulting-private practice, food/nutrition business industry, food service, management, research and education, pharmaceutical sales, sports and wellness nutrition, corporate wellness, medical, chiropractic, occupational therapy, physical therapy, **public health, **accelerated nursing programs.

**SIUE has these two programs.

*A course that satisfies both the ERGU and EREG requirement will only one and not both.

Students must obtain a Masters degree in an accredited program to become a Registered Dietician (RD).

Admission requirements to the Nutrition program: HES 170 (B or higher), CHEM 101 or 105 (C or higher), BIOL 101 or 105 (C or higher).

Although a minor is not required for students majoring in Nutrition, it is strongly recommended that students consider one. Options for a double major, double minor, or single minor are available. Courses taken at SWIC to meet SWIC's general education requirement (including electives) can be used for the minor(s) or additional major. Students should begin planning early for one of these options.