SOUTH DAKOTA STATE UNIVERSITY

Bachelor of Science
Major: Nutrition and Dietetics
2025-2026 Sample 4-Year Plan
Total Degree Requirements: 120 credits

Student _____ **Student ID#** _____ **Student Phone #** _____

Advisor _____ **Minimum GPA** 2.00 **Minor/Career Interest(s)** _____

Students are not limited to this plan; it is meant to be used as a guide for planning purposes in consultation with your advisor. The sample schedule is one possible path to completing your degree within four years. For official program requirements, please refer to the Undergraduate Catalog.

FIRST YEAR

Fall

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHEM 106	Chemistry Survey (SGR #6)	p. MATH 095 or higher	3		
CHEM 106L	Chemistry Survey Lab (SGR #6)	p. MATH 095 or higher	1		
EHS 119	EHS Seminar		2		
ENGL 101	Composition I (SGR #1)		3		
MATH 114	College Algebra (SGR #5)		3		
NUTR 111	Food, People and the Environment		3		
		Total Credit Hours	15		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
CHEM 108	Organic and Biochemistry (SGR #6)	p. CHEM 106/106L or CHEM 112/112L	4		
CHEM 108L	Organic and Biochemistry Lab (SGR #6)	p. CHEM 106/106L or CHEM 112/112L	1		
HDFS 210	Lifespan Development (SGR #3)		3		
HLTH 220	Social Determinants of Health		3		
SGR #4	Arts & Humanities (SGR #4)		3		
Elective	Elective		1		
		Total Credit Hours	15		

SECOND YEAR

Fall

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
BIOL 221	Human Anatomy		3		
BIOL 221L	Human Anatomy Lab		1		
CMST 101	Foundations of Communication (SGR #2)		3		
MICR 231	General Microbiology	p. CHEM 106/106L or CHEM 112/112L	3		
MICR 231L	General Microbiology Lab	p. CHEM 106/106L or CHEM 112/112L	1		
NURS 201	Medical Terminology	Online	1		
NUTR 315	Human Nutrition	p. CHEM 106/106L or CHEM 107/107L or CHEM 112/112L	3		
		Total Credit Hours	15		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
BIOL 325	Physiology & Lab	p. BIOL 221/221L and CHEM 106/106L or CHEM 112/112L	3		
BIOL 325L	Physiology Lab	p. BIOL 221/221L and CHEM 106/106L or CHEM 112/112L	1		
ENGL 201	Composition II (SGR #1)	p. ENGL 101	3		
SGR #3	Social Sciences (SGR #3)	Select from the designated list of courses to fulfill civics requirement	3		
SGR #4	Arts & Humanities (SGR #4)		3		
		Total Credit Hours	13		

Information Subject to Change. This is not a contract.

p. = Course Prerequisite
Semester: F = Fall, S = Spring, SU = Summer

THIRD YEAR

Fall

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
HMGT 251	Foodservice Sanitation		1		
HMGT 380	Foodservice Operations & Purchasing Management		3		
HSC 200	Integrative Holistic Healthcare	Online	3		
MGMT 360	Organization and Management		3		
NUTR 141	Food Principles		3		
NUTR 141L	Food Principles Lab		1		
NUTR 322	Nutrition Assessment	p. NUTR 315	3		
NUTR 487	Professionalism I		1		
		Total Credit Hours	18		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
HMGT 381	Quantity Food Production & Service	p. NUTR 141/141L, HMGT 251 (or concurrently) & HMGT 380	1		
HMGT 381L	Quantity Food Production & Service Lab	p. NUTR 141/141L, HMGT 251 (or concurrently) & HMGT 380	3		
NURS 323	Introduction to Pathophysiology	p. BIOL 325	3		
NUTR 323	Nutrition Across the Lifecycle	p. NUTR 315	3		
NUTR 422	Advanced Human Nutrition & Metabolism	p. NUTR 315 & BIOL 325/325L	4		
STAT 281	Introduction to Statistics	p. MATH 103 or higher	3		
		Total Credit Hours	17		

FOURTH YEAR

Fall

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
HLTH 479	Health Promotion Programming & Evaluation		2		
NUTR 341	Food Science for Nutrition & Dietetics	p. NUTR 141/141L	3		
NUTR 341L	Food Science for Nutrition & Dietetics Lab	p. NUTR 141/141L	1		
NUTR 423	Medical Nutrition Therapy I	p. NUTR 322, NUTR 422	3		
NUTR 460	Nutrigenomics and Molecular Nutrition	p. BIOL 325/325L, NUTR 315, & NUTR 422 or CHEM 464	3		
NUTR 488	Professionalism II	p. NUTR 487	1		
		Total Credit Hours	13		

Spring

Prefix + Number	Course Title	Prerequisites/Comments	Credits	Semester	Grade
EHS 319	Life, Love and Money		2		
HLTH 405 or CHRD 475	Health Coaching Concepts and Skills or Motivational Interviewing & Wellness Counseling	Online	3		
HLTH 475	Principles of Community Health Education		3		
LDR 435	Organizational Leadership & Team Development		3		
NUTR 425	Medical Nutrition Therapy II	p. NUTR 423	3		
		Total Credit Hours	14		

COMMENTS/NOTES

Students from all academic majors can pursue graduation with Fishback Honors College distinction. View the Honors program requirements.

A minimum final grade of "C" is required in all NUTR prefix required courses in the major to graduate.

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p. = Course Prerequisite
Semester: F = Fall, S = Spring, SU = Summer