

Degree Map

A.A. in Liberal Arts and Sciences - Nutrition Concentration – Catalog Year 2025-26

The number of credits you take each year will determine when you graduate. To graduate on time, you are strongly encouraged to enroll in at least 30 credits toward your degree during the calendar year, including fall and spring semesters and winter and summer sessions. This degree map is designed for students who place into **ENGL-101** and **MA-119** or **MA-321**. An additional map is available for students who must complete developmental math or English. Please see the degree website or your advisor for more information.

Courses in **Bold Text** are prerequisites for later courses or only offered in the Fall or Spring semester and should be taken where indicated in the sequence.

Fall Semester #1

Courses	Credits	Prerequisites and Corequisites ¹
ENGL-101 English Composition I (Required Core 1A: English Composition)	3	Prerequisite: Complete developmental requirements in English
Required Core 1B: Mathematical and Quantitative Reasoning Choose one course, MA-321 or MA-119 is recommended ²	3	Prerequisite: Complete developmental requirements in math
SP-211 Speech Communication ³	3	Check individual courses for prerequisites and corequisites
One Modern Language course - placement required ⁴	3-4	Check individual courses for prerequisites and corequisites
HE-102 Health, Behavior, and Society	2	None
One 1 credit course from the PE-400, PE-500, or DAN-100 series	1	None
Total credits for the term	15-16	

Spring Semester #1

Courses	Credits	Prerequisites and Corequisites ¹
ENGL-102 English Composition II (Required Core 1A: English Composition)	3	Prerequisite: ENGL-101 or placement
Nutrition Concentration: HE-103 Fundamentals of Human Nutrition	3	None
One Modern Language course (next in sequence) ⁴	3-4	Prerequisite: Grade of C or better in previous course
One course from Flexible Core 2A, 2B, 2C, 2D, or 2E ⁵	3	Check individual courses for prerequisites and corequisites
One course from Flexible Core 2A, 2B, 2C, 2D, or 2E ⁵	3	Check individual courses for prerequisites and corequisites
Total credits for the term	15-16	

Fall Semester #2

Courses	Credits	Prerequisites and Corequisites ¹
One course from the ENGL-200 series	3	Prerequisite: ENGL-102
Nutrition Concentration: Take one course from the table below	1-3	See table below
One course from Required Core 1C: Life & Physical Sciences	3-4	Check individual courses for prerequisites and corequisites
Science Laboratory course ⁷	0-1	Corequisite: 3-credit Science course in Required Core 1C
One course from Flexible Core 2A, 2B, 2C, 2D, or 2E ⁵	3	Check individual courses for prerequisites and corequisites
One course from Flexible Core 2A, 2B, 2C, 2D, or 2E ⁵	3	Check individual courses for prerequisites and corequisites
Total credits for the term	14-16	

Spring Semester #2

Courses	Credits	Prerequisites and Corequisites ¹
Nutrition Concentration: Take one or two courses from the table below	2-5	See table below
HIST-110, HIST-111, or HIST-112 ⁶	3	Corequisite: ENGL-101
One course from Flexible Core 2A, 2B, 2C, 2D, or 2E ⁵	3	Check individual courses for prerequisites and corequisites
One course from Flexible Core 2A, 2B, 2C, 2D, or 2E ⁵	3	Check individual courses for prerequisites and corequisites
One 1 credit course from the PE-400, PE-500, or DAN-100 series	1	None
Free electives, to reach 60 credits	0-1	Check individual courses for prerequisites and corequisites
Total credits for the term	12-16	
Total credits required for the A.A.	60	

Notes:

1. Prerequisites for a course must be passed before taking the course. Corequisites must be passed before taking the course or taken in the same term as the course.
2. Students planning to pursue a bachelor's degree that requires statistics are recommended to take MA-119 instead of MA-321.
3. If SP-211 is taken to satisfy Flexible Core 2B, one course from HIST-100 series is recommended. If two History courses have been taken in the common core, one additional course from PSYC-100 series is recommended.
4. Two sequential courses in the same language are required. Please visit the [Department of Modern Languages and Cultures](#) for placement into the first course.
5. Students must complete one course from each of the Flexible Core categories (2A, 2B, 2C, 2D, and 2E) and one additional course from any one of the categories.
6. If HIST-110, HIST-111, or HIST-112 is taken for Flexible Core 2A, take a second HIST-100 course instead. If two history courses have been taken, one additional course from Anthropology, Economics, Sociology, Political Science, or Psychology is recommended.
7. This course is not required for students who take a 4-credit STEM variant course in Required Core 1C.

Students must complete a minimum of 48 Liberal Arts and Sciences courses for this program. [Please see the catalog](#) for course subjects that fall into that category.

All students must complete two (2) WI designated classes to fulfill degree requirements.

Nutrition Concentration – Students must take HE-103 (Fundamentals of Human Nutrition) and 5-6 credits of additional courses from the following table.

Take 5-6 Credits From:

Courses	Credits	Prerequisites and Corequisites
HE-114 Principles and Practices of Public Health	3	None
IS-151 The Health of the Nation	2	None
PE-540 Introduction to Physical Fitness	1	None
HE-203 Public Health Internship	2	Prerequisites: HE-103; IS-151 or HE-114