



NORTHERN ILLINOIS UNIVERSITY

College of Health and Human Sciences

## Bachelor of Science in Nutrition, Health, & Wellness:

### Transfer Guide for Illinois Community College Students<sup>1</sup>

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This transfer guide is designed as an advising tool to facilitate a smooth transition between institutions by identifying relevant course work recommended to be completed prior to transfer.

Community college students are encouraged to

- Complete an A.A. or A.S. degree prior to transfer
- Utilize the *NIU Articulation Handbook* for information regarding the transferability of courses.  
<http://www.niu.edu/admissions/transfer/plan/credits/index.shtml>
- Consult with the College of Health and Human Sciences and/or review the websites for their intended majors for detailed information about special requirements, program admission requirements, and course requirements. [www.chhs.niu.edu](http://www.chhs.niu.edu)

The mission of the School of Health Studies at Northern Illinois University is to generate and transmit knowledge that supports families and individuals in meeting human needs for self-development, social interaction, resource allocation, clothing, food and nutrition, and hospitality. All programs lay the groundwork for graduate study.

Students in the Nutrition, Dietetics, and Hospitality Management undergraduate major study all aspects of nutrition, foods, and hospitality. The *Nutrition, Health, and Wellness* emphasis prepares students for careers in community nutrition and dietetic internships and meets the requirements of the Didactic Program in Dietetics (DPD) of the Academy of Nutrition and Dietetics (the Academy). The program is accredited by the Accreditation Council for Education of Nutrition and Dietetics (ACEND). Students completing the emphasis in *Nutrition, Health, and Wellness* can qualify as Registered Dietitians by completing an accredited dietetic internship after graduation and passing the RD exam.

**Transfer students with at least junior standing and expecting to complete this major in two years, must have CHEM 230 and BIOS 103/105 completed prior to transfer.** The Nutrition, Health, and Wellness course work begins with NUTR 309, which is offered only in the fall

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<sup>1</sup> Based on requirements in the 2018/19 *Undergraduate Catalog*

semester and has a prerequisite of CHEM 230 (organic chemistry) and BIOS 103 + 105 (general biology + lab) and a co-requisite of BIOS 357 (anatomy & physiology). Therefore, students who enter NIU in a fall semester with an emphasis in Nutrition, Health, and Wellness, who have completed an A.A. or A.S. degree, and have course work completed in CHEM 110, CHEM 111, CHEM 230 and BIOS 103 + 105 can usually expect to complete the NIU program in two years. Without these specific courses, it will take a minimum of three years to graduate. Students entering NIU in the spring semester, with all of the course work as noted above, will take NUTR 309 the following fall and can usually expect to graduate in 2.5 years.

### **Special Requirements:**

Students must have a current Certified Food Protection Manager (CFPM) Certificate prior to enrolling in NUTR 200A and NUTR 200B; obtain certification in first aid and cardiac pulmonary resuscitation (CPR), and must pass a 2-step tuberculin (TB) test prior to enrolling in HOSP 320. In addition, students must get 60 hours of hands-on work experience in the food service field prior to enrolling in HOSP 320.

### **Major in Nutrition, Dietetics, & Wellness:**

#### **Courses Recommended Prior to Transfer**

BIOS 103 General Biology (3)  
BIOS 105 General Biology lab (1)  
BIOS 213 Introductory Bacteriology (3)  
or BIOS 313 Microbiology (4)  
CHEM 110 Chemistry (3), and CHEM 111, Chemistry Laboratory (1)  
or CHEM 210, General Chemistry I (3) and CHEM 212, General Chemistry Laboratory I (1)  
CHEM 230 Introductory Organic Chemistry (3)  
or CHEM 330 General Organic Chemistry I (3)  
ECON 260 Principles of Microeconomics (3)  
EPFE 201 Education as an Agent for Change (3)  
or EPS 300 Educational Psychology (3)  
MATH 210 Finite Mathematics (3)  
PSYC 102 Introduction to Psychology (3)  
STAT 208 Basic Statistics (3)  
or STAT 301 Elementary Statistics (4)  
ANTH 120 Anthropology and Human Diversity (3)  
or SOCI 170 Introduction to Sociology (3)

#### **Courses to be Completed at NIU**

BIOS 357 Human Anatomy and Physiology (5)  
HLTH 498 Professional Seminar in Health Studies (1-3)  
HSCI 460 Research in Health and Human Sciences (3)  
HOSP 320 Quantity Food Production (4)  
MGMT 333 Principles of Management (3)  
NUTR 200A Principles of Food Preparation (3)  
NUTR 200B Food Preparation Laboratory (2)  
NUTR 309 Science of Nutrition (3)  
NUTR 310 Applied Nutrition (3)  
NUTR 409 Nutrition Education for Health Promotion (3)  
NUTR 410 Community Nutrition (3)  
NUTR 429 Strategies for Modifying Nutrition Behavior

**Select one of the following areas of study:**

**Nutrition, Health & Wellness (8-11)**

NUTR 419: Nutrition for Health Promotion and Chronic Disease Prevention (3)

NUTR 497, Internship in Nutrition, Health, and Wellness (1-15)

***Choose one or the following (2-5):***

NUTR 306, Nutrition in Relation to Health and Exercise (3)

NUTR 404, Nutrition and Community Food Systems (2-5)

NUTR 406, Global Food & Nutrition Services (3)

NUTR 424, Cultural and National Food Patterns (3)

NUTR 427, Catering Operations Practicum (2-3)

NUTR 428, Nutrition and Aging (3)

**Dietetics with DPD (9)**

CHEM 370, Introduction to Biochemistry (3)

NUTR 415, Medical Nutrition Therapy I (3)

NUTR 416, Medical Nutrition Therapy II (3)

Specific information about admission requirements to Northern Illinois University and to programs in the College of Health and Human Sciences can be found in the current [NIU Undergraduate Catalog](#). Contact the Office of Admissions to obtain an application for admission. For additional information on programs in the college, contact [HHSAdvisingHelp@niu.edu](mailto:HHSAdvisingHelp@niu.edu)

- ❖ College of Health and Human Sciences (815) 753-1891
- ❖ Department of Military Science (815) 753-6239
- ❖ School of Allied Health and Communicative Disorders
  - Speech-Language Pathology, Audiology and Rehabilitation Counseling (815) 753-1484
- ❖ School of Family and Consumer Sciences (815) 753-1543
- ❖ School of Health Studies
  - Medical Laboratory Sciences (815) 753-1382
  - Nutrition, Dietetics & Wellness (815) 753-1384
  - Public Health: (815) 753-1384
- ❖ School of Interdisciplinary Health Professions
  - Health Sciences and Rehabilitation & Disability Services (815) 753-1891
- ❖ School of Nursing
  - Nursing: (815) 753-1231
- ❖ Gerontology Program (815) 753-1891
- ❖ Office of Admissions (815) 753-0446

Visit our website: <http://www.chhs.niu.edu/>