

**Major Required 71 units**

AG4010 - Ethical Issues in Food, Agricultural and Apparel Industries (3) (C3 or D4)  
 BIO1150 - Basic Biology (3) (B2)  
 BIO1150L - Basic Biology Laboratory (1) (B3)  
 BIO2060 - Basic Microbiology (3)  
 BIO2060L - Basic Microbiology Laboratory (1)  
 BIO2350 - Human Physiology (3)  
 BIO2350L - Human Physiology Laboratory (1)  
 BIO3000 - Genetics and Human Issues (3) (B5)  
 CHM1210 - General Chemistry I (3) (B1)  
 CHM1210L - General Chemistry Laboratory I (1) (B3)  
 CHM1220 - General Chemistry II (3) (B1)  
 CHM1220L - General Chemistry Laboratory II (1) (B3)  
 CHM2010 - Elements of Organic Chemistry (3)  
 COM2204 - Advocacy and Argument (3) (A1)  
 ENG1103 - First Year Composition (3) (A2)  
 ENG2105 - Written Reasoning (3) (A3)  
 FST3210 - Experimental Food Science (2)  
 FST3210L - Experimental Food Science Laboratory (1)  
 FST3250 - Food Safety and Current Issues (3) (B5)  
 NTR1000 - Introduction to the Nutrition Professions (1)  
 NTR1210 - Introduction to Foods (2)  
 NTR1210L - Introduction to Foods Laboratory (1)  
 NTR2280 - Food and Culture (3) (D3)  
 NTR2350 - Nutrition (3)  
 NTR2350L - Nutrition Laboratory (1)  
 NTR3130 - Introduction to Nutrition Research (3)  
 NTR3350 - Nutrition of the Life Cycle (3)

NTR3450 - Nutrition Education and Counseling (3) *or*  
 NTR3450S - Nutrition Education and Counseling Service Learning (3)

NTR3450A - Nutrition Education and Counseling Activity (1) *or*  
 NTR3450AS - Nutrition Education and Counseling Activity Service Learning (1)

PSY2201 - Introduction to Psychology (3) (E)  
 STA1200 - Statistics with Applications (3) (B4)

*There will be a requirement for graduation - an assessment activity.*

**Subplan/Option Required 13 units**

AG1010 - Agriculture & The Modern World (3) (D3)  
 MAT1060 - Trigonometry (3) (B4)  
 MAT1200 - Calculus for Life Sciences (3) (B4)  
 PHY1210 - Physics of Motion, Fluids, and Heat (3) (B1)  
 PHY1210L - Physics of Motion, Fluids, and Heat Laboratory (1) (B3)

**Subplan/Option Electives 18 units**

Any combination of courses listed below will satisfy the required 18 units. Emphases are listed to provide guidance for helping students to choose courses of interest that best fit your career goals, but there is no requirement for choosing a specific emphasis for fulfilling these units.

**Nutrition and Health Emphasis**

AVS2211 - Drugs and Society (3) (E)  
 BIO3030 - Sexually Transmitted Diseases and Safer Sex (3) (B5)  
 BIO3090 - Biology of the Brain (3) (B5)  
 COM3327 - Intercultural Communication (3) (D4)  
 FST4240 - Food Systems in Developing Nations I (3)  
 FST4250 - Food Systems in Developing Nations II (3)  
 HRT2550 - Healthy American Cuisine (3) (E)  
 KIN2700 - Stress Management for Healthy Living (3) (E)  
 KIN3010 - Foundations of Exercise Science (3) (B5)  
 KIN3030 - Physiology of Exercise (3)  
 KIN3030L - Physiology of Exercise Laboratory (1)  
 KIN3650 - Dimensions of the Aging Process (3)  
 KIN4080 - Drugs and Society (3)  
 KIN4530 - Sports Medicine (3)  
 KIN4540 - Exercise Bioenergetics and Metabolism (3)  
 NTR4410 - Internship in Food and Nutrition (1-3)  
 NTR4420 - Internship in Food and Nutrition (1-3)  
 NTR4450 - Nutrition and International Development (3)  
 NTR4850 - Nutrition for Sport and Exercise (3)  
 PSY3325 - Multicultural Psychology (3) (D4)  
 PSY3326 - Health Psychology (3) (B5 or D4)

**Health Coach Emphasis**
**Emphasis Recommended**

NTR4850 - Nutrition for Sport and Exercise (3)  
 KIN2700 - Stress Management for Healthy Living (3) (E)  
 KIN3010 - Foundations of Exercise Science (3) (B5)

**Emphasis Other**

AVS2211 - Drugs and Society (3)  
 KIN4650 - Health Promotion Program Planning (3)  
 NTR4380 - Evaluation of Complementary Medicine (3)  
 BIO3090 - Biology of the Brain (3) (B5)  
 BIO3030 - Sexually Transmitted Diseases and Safer Sex (3) (B5)  
 COM3327 - Intercultural Communication (3) (D4)  
 FST4240 - Food Systems in Developing Nations I (3)  
 FST4250 - Food Systems in Developing Nations II (3)  
 HRT2550 - Healthy American Cuisine (3) (E)  
 KIN3030 - Physiology of Exercise (3)  
 KIN3030L - Physiology of Exercise Laboratory (1)  
 KIN3650 - Dimensions of the Aging Process (3)  
 KIN4080 - Drugs and Society (3)  
 KIN4530 - Sports Medicine (3)  
 KIN4540 - Exercise Bioenergetics and Metabolism (3)  
 NTR2030 - Health, Nutrition and the Integrated Being (3) (E)  
 NTR4410 - Internship in Food and Nutrition (1-3)  
 NTR4420 - Internship in Food and Nutrition (1-3)  
 NTR4450 - Nutrition and International Development (3)  
 PSY3325 - Multicultural Psychology (3) (D4)  
 PSY3326 - Health Psychology (3) (B5 or D4)

**Unrestricted Electives 0-3 units**

Select a sufficient number of courses so that the total from "Major Required", "Subplan/Option Required", "Subplan/Option Electives", "GE", and "Unrestricted Electives" is at least 120 units.

**General Education Requirements 48 Units**

Students should consult the Academic Programs website

<https://www.cpp.edu/~academic-programs/general-education-course-listings.shtml>

for current information regarding this requirement. Unless specific courses are required, please refer to the list of approved courses under General Education Requirements, Areas A through E.

**Area A. English Language Communication and Critical Thinking (9 units)**

At least 3 units from each sub-area

1. Oral Communication
2. Written Communication
3. Critical Thinking

**Area B. Scientific Inquiry and Quantitative Reasoning (12 units)**

At least 3 units from B1, B2, B4, and B5 including 1 unit of lab from B1 or B2 to fulfill B3

1. Physical Sciences
2. Life Sciences
3. Laboratory Activity
4. Mathematics/Quantitative Reasoning
5. Science and Technology Synthesis

**Area C. Arts and Humanities (12 units)**

At least 3 units from each sub-area and 3 additional units from sub-areas 1 and/or 2

1. Visual and Performing Arts
2. Literature, Modern Languages, Philosophy and Civilization
3. Arts and Humanities Synthesis

**Area D. Social Sciences (12 units)**

At least 3 units from each sub-area

1. U.S. History and American Ideals
2. U.S. Constitution and California Government
3. Social Sciences: Principles, Methodologies, Value Systems, and Ethics
4. Social Science Synthesis

**Area E. Lifelong Learning and Self-Development (3 units)**
**Interdisciplinary General Education 21 Units**

An alternate pattern for partial fulfillment of GE Areas A, C, and D available for students is the Interdisciplinary General Education (IGE) program. Students should see an advisor for specific GE coursework required by their major. Please refer to the University Catalog General Education Program section for additional information.

**How IGE fulfills General Education Requirements:**

Year	Completion of IGE Courses	Satisfies GE Requirements
First	IGE 1100, IGE 1200	A2 and C2
Second/Third	IGE 2100, IGE 2200	C1 and C2
	IGE 2300, IGE 2400	D1 and D3
Third/Fourth	IGE 3100	C3 or D4

**American Institutions 6 Units**

Courses that satisfy this requirement may also satisfy GE Area D1 and D2.

**American Cultural Perspectives Requirement 3 Units**

Refer to the University Catalog General Education Program section for a list of courses that satisfy this requirement. Course may also satisfy major, minor, GE, or unrestricted elective requirements.

**Graduation Writing Test**

All persons who receive undergraduate degrees from Cal Poly Pomona must pass the Graduation Writing Test (GWT). The test must be taken by the semester following completion of 60 units for undergraduates.