

LA SIERRA UNIVERSITY

HEALTH SCIENCE: NUTRITION BS

Total Units Required: 190 units

Required Course Listings

This breakdown shows a Health Science: Nutrition BS Pathway to be completed in 4 years at La Sierra University. All courses with a star (★) indicate a prerequisite or multiple prerequisites for the class. Courses with a dagger (†) are only offered in years ending with an odd number (e.g. 2022-2023 school year) and courses with a double dagger (‡) are only offered in years ending with an even number (e.g. 2023-2024 school year). By following the suggested/required sequencing all necessary prerequisite courses will be fulfilled. Please consult the Bulletin, Records, or your Guided Pathways Advisor for more information about prerequisites.

Major Requirements (88 units)		
Course	Course Title	Units
BIOL 131	Human Anatomy & Physiology I	5
BIOL 132	Human Anatomy & Physiology II★	5
HLSC 104	Seminar in Health Science	1
HLSC 214	Dimensions of Wellness★	4
HLSC 225	Nutrition Theory & Practice	4
HLSC 275	Critical Scholarship in Health Science★	4
HLSC 314	Dynamics of Health Education	4
HLSC 316	Maternal & Child Health★	4
HLSC 317	Health, Society & the Consumer★	4
HLSC 340	Lifestyle Diseases★	4
HLSC 350	Health Science Colloquium★	1
HLSC 364	Research Methods for Health Science★	4
HLSC 460	Nutrition Application★	4
HLSC 465	Applied Community Nutrition★	4
HLSC 467	Principles of Epidemiology★	4
elct 3/400	Upper Division Elective	4
CHEM 111	General Chemistry I	4
CHEM 111L	General Chemistry I Lab	1
CHEM 112	General Chemistry II★	4
CHEM 113	General Chemistry III★	4
CHEM 113L	General Chemistry III Lab★	1
CHEM 281	Organic Chemistry I★	4
CHEM 281L	Organic Chemistry I Lab★	1
CHEM 282	Organic Chemistry II★	4
CHEM 282L	Organic Chemistry II Lab★	1
MATH 155	Introductory Statistics	4

General Education Requirements (102 units)		
Course	Course Title	Units
UNST 101	First Year Seminar	3
ENGL 111	College Writing I	3
ENGL 112	College Writing II★	3
ENGL 113	College Writing III★	3
WDLG 151	World Language I	4
WDLG 152	World Language II★	4
WDLG 153	World Language III★	4
HLSC 120	Lifetime Fitness	2
SSCI 20X-SL	SSCI Theme Course (with Service Learning)	4
THM1 X00	Theme I Elective	4
HUMN 10X	HUMN Theme Course	4
THM2 3/400	Theme II Elective Upper Division★	4
THM2 X00	Theme II Elective	4
RLGN 304	Adventism in Global Perspective★	4
RELB X00	Theme IIIBiii - Scripture Elective	4
THM3 3/400	Theme III Elective Upper Division★	4
THM3 X00	Theme III Elective	4
NSCI 40X-SL	NSCI Theme Course (with Service Learning)★	4
UNST 404G-SL	Senior Seminar: Religion, Values & Social Responsibility in Health & Movement (with Service Learning)★	4
MATH 121	College Algebra	4
THM2 X00	Theme II Elective	4
elct 3/400	Upper Division Elective	4
elct X00	Elective	20

Sequencing

Health Science: Nutrition BS Pathway in 4 years at La Sierra University.

Year 1			Year 1			Year 1		
Fall Quarter (17 units)			Winter Quarter (14 units)			Spring Quarter (12 units)		
<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>
HLSC 104	Seminar in Health Science	1	ENGL 112	College Writing II*	3	MATH 155	Introductory Statistics	4
MATH 007	Introductory Algebra	4	HLSC 120	Lifetime Fitness	2	ENGL 113	College Writing III*	3
ENGL 111	College Writing I	3	UNST 101	First Year Seminar	1	UNST 101	First Year Seminar	1
UNST 101	First Year Seminar	1	HUMN 10X	HUMN Theme Course	4	THM2 X00	Theme II Elective	4
RELB X00	Theme IIIBiii - Scripture Elective	4	THM1 X00	Theme I Elective	4			
elct X00	Elective	4						
Year 2			Year 2			Year 2		
Fall Quarter (17 units)			Winter Quarter (17 units)			Spring Quarter (16 units)		
<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>
BIOL 131	Human Anatomy & Physiology I	5	BIOL 132	Human Anatomy & Physiology II*	5	HLSC 275	Critical Scholarship in Health Science*	4
HLSC 214	Dimensions of Wellness*	4	HLSC 225	Nutrition Theory & Practice	4	WDLG 153	World Language III*	4
WDLG 151	World Language I	4	MATH 121	College Algebra	4	SSCI 20X-SL	SSCI Theme Course (with Service Learning)	4
THM3 X00	Theme III Elective	4	WDLG 152	World Language II*	4	elct X00	Elective	4
Year 3			Year 3			Year 3		
Fall Quarter (17 units)			Winter Quarter (16 units)			Spring Quarter (18 units)		
<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>
HLSC 316	Maternal & Child Health*	4	HLSC 317	Health, Society & the Consumer*	4	HLSC 314	Dynamics of Health Education	4
CHEM 111	General Chemistry I	4	CHEM 112	General Chemistry II*	4	HLSC 340	Lifestyle Diseases*	4
CHEM 111L	General Chemistry I Lab	1	THM2 3/400	Theme II Elective Upper Division*	4	HLSC 350	Health Science Colloquium*	1
RLGN 304	Adventism in Global Perspective*	4	elct X00	Elective	4	CHEM 113	General Chemistry III*	4
elct 3/400	Upper Division Elective	4				CHEM 113L	General Chemistry III Lab*	1
						elct X00	Elective	4
Year 4			Year 4			Year 4		
Fall Quarter (17 units)			Winter Quarter (17 units)			Spring Quarter (16 units)		
<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>	<u>Course</u>	<u>Course Title</u>	<u>Units</u>
HLSC 364	Research Methods for Health Science*	4	HLSC 460	Nutrition Application*	4	HLSC 465	Applied Community Nutrition*	4
CHEM 281	Organic Chemistry I*	4	HLSC 467	Principles of Epidemiology*	4	elct 3/400	Upper Division Elective	4
CHEM 281L	Organic Chemistry I Lab*	1	CHEM 282	Organic Chemistry II*	4	UNST 404G-SL	Senior Seminar: Religion, Values & Social Responsibility in Health & Movement (with Service Learning)*	4
NSCI 40X-SL	NSCI Theme Course (with Service Learning)*	4	CHEM 282L	Organic Chemistry II Lab*	1	THM3 3/400	Theme III Elective Upper Division*	4
THM2 X00	Theme II Elective	4	elct X00	Elective	4			