

**Degree: A.S. in Hospitality & Tourism Management**

**Option: Nutrition, Fitness & Health**

69 credit hours required for graduation

**A. General Education Requirements (24 cr. hrs.)**

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| _____ (3) CIS 204                          | _____ (3) PSY 120                          |
| _____ (3) COM 114                          | _____ (3) SOC 100                          |
| _____ (3) ENGL 100 and/or 104 <sup>1</sup> | _____ (3) STAT 130                         |
| _____ (3) ENGL 105                         | _____ (3) Humanities Elective <sup>2</sup> |

<sup>1</sup> Placement in ENGL 108 requires additional 3 credit hours in writing intensive electives

<sup>2</sup> Any A&D, LIT, FLL, HIST, MUS, PHIL, THTR or interdisciplinary humanities course(s)

**B. Requirements for Nutrition, Fitness and Health (45 cr. hrs.)**

**A grade of "C" or better is required in all F&N, FM & HTM courses**

**All of the following:**

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|--------------------|---|-----------|---------------------|
| _____ (4) BIOL 213 | Human Anatomy & Physiology I  |           |                     |
| _____ (4) BIOL 214 | Human Anatomy & Physiology II <sup>3</sup>                                  |           |                     |
| _____ (3) CHM 119  | General Chemistry   |           |                     |
| _____ (1) F&N 105  | Issues in Foods & Nutrition   |           |                     |
| _____ (3) F&N 203  | Foods: Their Selection & Preparation  |           |                     |
| _____ (3) F&N 261  | Nutrition for Health, Fitness, & Sports                                     |           |                     |
| _____ (3) F&N 303  | Essentials of Nutrition   |           |                     |
| _____ (3) FM 100   | Individual Wellness Strategies <sup>4</sup> :                               | _____ (1) | _____ (1) _____ (1) |
| _____ (3) FM 219   | Issues and Problems in Health   |           |                     |
| _____ (3) FM 268   | Physiology of Exercise <sup>5</sup>   |           |                     |
| _____ (3) FM 300   | Practicum in Health, Fitness & Nutrition <sup>6</sup>                       |           |                     |
| _____ (3) HTM 141  | Financial Accounting for the Service Industry <b>-OR-</b>                   |           |                     |
| _____ MGMT 200     | Introduction to Accounting <sup>7</sup>                                     |           |                     |
| _____ (3) HTM 212  | Organization & Management in the Hospitality & Tourism Industry <b>-OR-</b> |           |                     |
| _____ HTM 312      | Human Resources Management in the Service Industry                          |           |                     |
| _____ (3) HTM 315  | Club Management & Operations  |           |                     |
| _____ (3) Elective | Restricted to BIOL, CHM, F&N, HTM, or FM                                    |           |                     |

<sup>3</sup> Prerequisite: BIOL 213

<sup>4</sup> Must be three different types

<sup>5</sup> Prerequisite: CHM 119

Pre- or Co-requisites: BIOL 213 or 214; F&N 261 or 360

<sup>6</sup> Prerequisite: F&N 303, FM 268, Class 4

<sup>7</sup> Prerequisite: MA 153

Revised 3-8-07



Student \_\_\_\_\_

PUC ID # \_\_\_\_\_

CODE: NFH