

Master of Science in Nutrition and Human Performance

2025-2026 Academic Degree Plan

Student Name: _____ Date: _____

Program Total Credit Hour Requirements = 40

Science Pre-Requisites (9 credit hours)	Credit	Term & Year
Anatomy I and/ or Physiology I	3	
Biology	3	
Biochemistry 3	3	
Total Credits	9	

Core Courses (24 credit hours)	Credit(s)	Term & Year
NUTR 05202 Lifecycle Nutrition	3	
NUTR 06201 Nutritional Science	3	
NUTR 06102 Natural Therapies: Herbology and Detox	3	
NUTR 06104 Clinical Nutrition in Human Systems I (pre-req NUTR 06201)	3	
NUTR 06202 Clinical Nutrition in Human Systems II (pre-req NUTR 06104)	3	
NUTR 05301 Nutrigenetics and Nutrigenomics	3	
RMET 05101 Research Methods in Healthcare	3	
NUTR 06204 Nutrition Epidemiology & Health Promotion (pre-req NUTR 06104)	3	
Total Credits	24	

Certified Nutrition Specialist (16 credit hours)	Credit	Term & Year
NUTR 05471 Motivation interviewing and Counseling	3	
NUTR 06504 Vitamin And Mineral Metabolism	3	
NUTR 08105 Internship I (includes supervised practice experience requirement)	5	
NUTR 08106 Internship II (includes supervised practice experience requirement)	5	
Total Credits		16

To determine your eligibility to practice as a CNS in your state please visit the following website [Advocate | American Nutrition Association \(theana.org\)](https://theana.org)

Student Signature: _____ Date: _____

Advisor Signature: _____ Date: _____

*Director Signature: _____ Date: _____

**Director signature only required for approval of courses not on the standard ADP*