Sequence of Courses for a Student Majoring in
***Nutrition* - (NUTR – Option III) PRE-HEALTH TRACK**
Department of Nutritional Sciences – Texas Christian University

First Year (Courses are listed by number, title, and credit hour for each semester)

Fall Semester		Spring Semester		Summer	
NTDT 10003 Contemporary Issues in Nutrition (NSC, GA)	3	NTDT 10103 Food Preparation	3	PHYS 10154 Physics I w/ lab	4
CHEM 10113 General Chemistry	3	NTDT 20403 Nutrition	3	PHYS 10164 Physics II w/ lab	4
SCIE 20601 Intro to Pre-Health	1	CHEM 10123/10122 General Chemistry Lec/Lab	5		
SOCI 20213 Introductory Sociology	3	ENGL 10803 Intro Composition (WCO)	3		
BIOL 10503 Unity and Cells	3	BIOL 10513 Diversity and Organisms	3		

Total Credit Hours 16 (Fall) + 17 (Spring) = 33 Credit Hours for First Year

Second Year (Courses are listed by number, title, and credit hour for each semester)

Fall Semester		Spring Semester		Summer	
NTDT 21163 Food and Culture (CA)	3	NTDT 30123 Nutrition Throughout the Life Cycle (WEM)	3	Core, if needed	3
CHEM 30123 Organic Chemistry	3	NTDT 30331 Medical Terminology	1		
ECON 10223 Microeconomics OR ECON 10233 Macroeconomics (SSC)	3	CHEM 30133 Organic Chemistry II	3		
MATH 10043 Elementary Statistics (MTH)	3	ENGL 20803 Intermed Composition (WCO)	3		
BIOL 10523 Intro Bio Investigation	3	PSYC 10123 General Psychology (CA)	3		
		BIOL 30603 Cell/Molec/Dev Biology	3		

Total Credit Hours 15 (Fall) + 16 (Spring) = 31 Credit Hours for Second Year

Third Year (Courses are listed by number, title, and credit hour for each semester)

Fall Semester		Spring Semester		Summer
NTDT 30303 Communication and Education for Food, Nutrition, and Dietetics (OCO)	3	NTDT elective, if needed	3	Core, if needed
NTDT 30133 Meal Management (FALL) OR NTDT 50223 Culinary Medicine Seminar (SPRING)	3	NTDT 30333 Medical Nutrition Therapy I	3	
NTDT 30144 Quantity Foods	4	NTDT 40403 Research Methods in Nutrition (WEM)	3	
NTDT 30233 Essentials of Dietetics Practice	3	BIOL 20214 Physiology OR BIOL 40403 Mammalian Physiology	4	
NTDT 40343 Nutritional Biochemistry OR BIOL 40513 Fundamentals of Biochemistry	3	BIOL 30304 Microbiology	4	

Total Credit Hours 16 (Fall) + 17 (Spring) = 33 Credit Hours for Third Year

Fourth Year (Courses are listed by number, title, and credit hour for each semester)

Fall Semester		Spring Semester		Summer
NTDT 40333 Medical Nutrition Therapy II	3	NTDT 50363 Community Nutrition (CSV)	3	
NTDT elective, if needed	3	NTDT elective, if needed	3	
CORE or Pre-Health	3	CORE or Pre-Health	3	
CORE or Pre-Health	3	CORE or Pre-Health	3	
CORE or Pre-Health	3	CORE or Pre-Health	3	

Total Credit Hours 15 (Fall) + 15 (Spring) = 30 Credit Hours for Fourth Year

Minimum Credit Hours for Program 120 Minimum Credit Hours for Graduation 120

Number of weeks in semester excluding examination time 14-15

*47 NTDT hours required – Pre-Health track students will need 3 NTDT elective hours if NTDT 40343 is taken, and 6 NTDT elective hours if BIOL 40513 is taken

NTDT Electives

NTDT 30163 Sports Nutrition (spring)
NTDT 30313 Food Systems Management (spring)
NTDT 30643 Veganism, Sustainability and Plant-Based Food Studies (every odd fall)
NTDT 40413 Business Principles (spring)
NTDT 40603 Nutrition Counseling (spring)
NTDT 50103 Clinical Applications of AI in Healthcare
NTDT 50323 Gut Microbiota and Health (fall)

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Pre-Medical	Pre-Dental
BIOL 10503 Unity and Cells	BIOL 10503 Unity and Cells
BIOL 10513 Diversity and Organisms	BIOL 10513 Diversity and Organisms
BIOL 10523 Intro Bio Investigation	BIOL 10523 Intro Bio Investigation
BIOL 30603 Cell/Molec/Dev Bio	BIOL 30603 Cell/Molec/Dev Bio
BIOL 30304 Microbiology	BIOL 30304 Microbiology
BIOL 40403 Mammalian Physiology*	BIOL 30414 Human Anatomy
BIOL 40513 Fundamentals Biochem OR CHEM 50133 Biochem I AND CHEM 50143 Biochem II	BIOL 40123 Genetics
CHEM 10113 Gen Chem I	BIOL 40403 Mammalian Physiology
CHEM 10122/23 Gen Chem II w/ lab	BIOL 40513 Fundamentals Biochem OR CHEM 50133 Biochem I
CHEM 20123 Quantitative Analysis**	CHEM 10113 Gen Chem I
CHEM 30123/30121 Organic Chemistry I and lab	CHEM 10122/23 Gen Chem II w/ lab
CHEM 30133 Organic Chemistry II	CHEM 20123 Quantitative Analysis**
CHEM 30143 Organic Qualitative Analysis (counts as O Chem II lab	CHEM 30123/30121 Organic Chemistry I and lab
PHYS 10154 General Physics I w/ lab	CHEM 30133 Organic Chemistry II
PHYS 10164 General Physics II w/ lab	CHEM 30143 Organic Qualitative Analysis
PSYC 10213 Intro to Psychology	PHYS 10154 General Physics I w/ lab
SOCI 20213 Intro Sociology	PHYS 10164 General Physics II w/ lab

Pre-Optometry	Pre-Physician's Assistant
BIOL 10503 Unity and Cells	BIOL 10503 Unity and Cells
BIOL 10513 Diversity and Organisms	BIOL 10513 Diversity and Organisms
BIOL 10523 Intro Bio Investigation	BIOL 20204 Anatomy & Physiology
BIOL 30304 Microbiology	BIOL 20214 Anatomy & Physiology
BIOL 30603 Cell/Molec/Dev Bio	BIOL 30304 Microbiology
BIOL 40513 Fundamentals Biochem OR CHEM 50133 Biochem I	BIOL 30603 Cell/Molec/Dev Bio (not needed for all PA programs)***
CHEM 10122/23 Gen Chem II w/ lab	BIOL 40123 Genetics***
CHEM 20123 Quantitative Analysis**	BIOL 40513 Fundamentals Biochem
CHEM 30123/30121 Organic Chemistry I and lab	CHEM 10113 Gen Chem I
CHEM 30133 Organic Chemistry II	CHEM 10122/23 Gen Chem II w/ lab
CHEM 30143 Organic Qualitative Analysis	CHEM 20123 Quantitative Analysis**
MATH 10043 Elementary Statistics	CHEM 30123/30121 Organic Chemistry I and lab
MATH 10524 Calculus	CHEM 30133 Organic Chemistry II
PHYS 10154 General Physics I w/ lab	CHEM 30143 Organic Qualitative Analysis
PHYS 10164 General Physics II w/ lab	MATH 10043 Elementary Statistics
PSYC 10213 Intro to Psychology	MATH 10054 Precalculus w/ Trigonometry
	PHYS 10154 General Physics I w/ lab****

*Mammalian Physiology is not required by most medical schools, but it is strongly recommended prior to taking the MCAT.

**Option instead of Chem II lab

***BIOL 30603 is a prerequisite if taken at TCU

****PHYS 10154 is not required for most PA schools, but is for TCU PA

Students should check the current requirements of schools to which they intend to apply before they begin their junior year at TCU to ensure that new or unusual requirements can be met before graduation.