Samford University
School of Public Health

Student Name: _____
SU ID: _____

B.S. in Culinary and Wellness Nutrition Management*

Plan of Study †

Freshman Year

Fall	Class		Grade	Spring	Class		Grade
NUTR 220	Nutrition Science for Health Professions	3		MATH 150	Precalculus ***or*** higher	3	
UCG 101	University Common Ground	1		NUTR 110	Food Preparation	4	
UCT 101	Core Texts I	3		UCT 102	Core Texts II	3	
UCW 101	Core Writing	3		UCW 102	Core Writing Seminar	3	
	IA: Human Experience	3			IA: Social World	3	
	Credits	13			Credits	16	

Sophomore Year

Fall	Class		Grade	Spring	Class		Grade
ACCT 211	Accounting Concepts I	3		BIOL 221	Anatomy & Physiology I	3	
CHEM 205	Foundations of Chem	3		BIOL 222	Anatomy & Physiology I Lab	1	
CHEM 206	Foundations of Chem Lab	1		NUTR 305	Introduction to Culinary Medicine/Nutrition	4	
ECED 307	Foundations of Leadership	3		NUTR 350	Community Nutrition Edu	3	
NUTR 270	The Nutrition Profession	2		UCBF 101	Biblical Founations: OT	3	
NUTR 310	Lifecycle Nutrition	3		UCHW 120	Dimensions of Wellness	2	
	Credits	15			Credits	16	

Junior Year

Fall	Class		Grade	Spring	Class		Grade
BIOL 223	Anatomy & Physiology II	3		NUTR 312	Food, Culture & Society	4	
BIOL 224	Anatomy & Physiology II Lab	1		NUTR 414	Experimental Foods	4	
NUTR 371	Dir Professional Practicum	2		NUTR 498	Research Methods in Nutr	2	
NUTR 412	Quantity Food Prod/Mgmt	4			SC: Global Engagement	3	
UCBF 102	Biblical Foundations: NT	3			General Elective*	3	
	General Elective*	3			Credits	16	
	Credits	16					

Senior Year

Fall	Class		Grade	Spring	Class		Grade
KINE 305	Exercise Physiology	3		KINE 477	Sports Nutrition	3	
NUTR 413	Food Service Org/Mgmt	3		NUTR 420	Nutr Science Communication	3	
NUTR 499	Senior Seminar in Nutr	2			General Elective*	3	
	IA: Creative Expression	3			General Elective*	3	
	General Elective*	3			General Elective*	3	
	Credits	14			Credits	15	

**Minor or cognate required. Students should work with SPH Advisor to determine course placement in plan of study.*

121 Total Credits

†This plan of study is provided as a guide – each student works with an advisor to create a customized plan of study based upon their individual timeline and goals.

v. 06/16/2026