



Pitt State

Family and Consumer Sciences (Nutrition and Wellness), Bachelor of Science

Name: _____
ID: _____

Catalog 2024-25

This academic degree map is a term-by-term course schedule designed for you to graduate in four years. The sample schedule below serves as a general guideline to building a full-time schedule for each term. Earning a degree requires that you complete (1) the required General Education courses, (2) the course requirements of your major and (3) any requirements PSU has designated for a Bachelor degree. Courses and special notes are specified to keep you on track to graduate in four years. Where open elective is listed, it means that you may take a course of your choosing, perhaps a course in an area outside of your major, but be sure to discuss this with your advisor.

This map is not a substitute for academic advisement – contact your advisor if you have any questions throughout the term and as you begin planning for the next. The University Catalog is also available as a resource with a complete list of requirements for all degrees offered at PSU.

Recommended 4-years to graduation plan

Code	Semester 1 - FRESHMAN YEAR	Credit	NOTES
ENGL 101	English Composition (SGE) ⁰¹⁰	3	C or better
UGS 150	Gorilla Gateway (SGE) ⁰⁷⁰	2	
FCS 100	Career Management in FCS	1	
Bucket 030	Math & Statistics (SGE) ⁰³⁰	3	
PSYC 155	General Psychology (SGE) ⁰⁵⁰ Suggested	3	
Bucket 060	Arts & Humanities (SGE) ⁰⁶⁰	3	
TOTAL CREDIT HOURS		15	

Code	Semester 2 - FRESHMAN YEAR	Credit	NOTES
COMM 207	Speech Communication (SGE) ⁰²⁰	3	
FCS 285	Lifespan Human Development	3	
Bucket 060	Arts & Humanities (SGE) ⁰⁶⁰	3	
Bucket 050	Social & Behavioral Science (SGE) ⁰⁵⁰	3	
FCS 230	Consumer Ed and Personal Finance	3	
TOTAL CREDIT HOURS		15	

	Semester 3 - SOPHOMORE YEAR	Credit	
ENGL 299	Intro to Research Writing (SGE) ⁰¹⁰	3	C or better
Bucket 070	Institutionally Designated (SGE) ⁰⁷⁰	3	
FCS 203	Nutrition and Health	3	
100+	Open Elective	3	
100+	Open Elective	3	
TOTAL CREDIT HOURS		15	

	Semester 4 - SOPHOMORE YEAR	Credit	
Bucket 040	Natural & Physical Sciences (SGE) ⁰⁴⁰	4-5	
Bucket 070	Institutionally Designated (SGE) ⁰⁷⁰	1	
100+	N&W Restricted Elective	3	
100+	Minor Course	3	
100+	Open Elective	3	
TOTAL CREDIT HOURS		14-15	

	Semester 5 - JUNIOR YEAR	Credit	
FCS 305	Community Nutrition	3	
300+	Minor Course	3	
300+	Minor Course	3	
300+	Minor Course	3	
300+	Minor Course	3	
TOTAL CREDIT HOURS		15	

	Semester 6 - JUNIOR YEAR	Credit	
FCS 270	Practicum in FACS	1	
FCS 430	Family Resource Management	3	
FCS 406	Sports Nutrition	3	
300+	Minor Course	3	
300+	Minor Course	3	
100+	Open Elective	2	
TOTAL CREDIT HOURS		15	

	Semester 7 - SENIOR YEAR	Credit	
FCS 405	Advanced Nutrition and Wellness	3	
FCS 470	Professional and Social Skills	3	
FCS 480	Dynamics of Family Relationships	3	
FCS 571	Directed Readings in FCS	1-3	
100+	Minor Course	3	
100+	Open Elective	3	
TOTAL CREDIT HOURS		16-18	

	Semester 8 - SENIOR YEAR	Credit	
FCS 401	Food Science and Prep Tech	3	
FCS 409	Demonstration Tech	3	
FCS 570	Professional Internship	2-4	
FCS 572	Senior Seminar in FCS	1	
100+	Open Elective	3	
100+	Open Elective	3	
TOTAL CREDIT HOURS		15-17	

Writing to Learn: Typically one from general education and one in major coursework.

Systemwide General Education (SGE) Key

- 010 English
- 020 Communications
- 030 Math & Statistics
- 040 Natural & Physical Sciences
- 050 Social & Behavioral Sciences
- 060 Arts & Humanities
- 070 Institutionally Designated