



Associate in Science in Allied Health Sciences (OSUIT) to Bachelor of Science in Nutritional Sciences, Option: Allied Health (OSU)

Available in Stillwater

OSU Institute of Technology (years 1 and 2) – 2025-26

Year One – OSUIT

Fall

OSUIT Equivalent or Substitute	OSU Requirement	✓
ORIE 1011 – College Strategies	UNIV 1111	
ENGL 1113 – Freshman Comp I	ENGL 1113	
POLS 1113 – US Government	POLS 1113	
NSCI 1113 – Intro to Nutrition	NSCI 2013 (N)	
MATH 1513 – Precalculus I	MATH 1513 (Q)	
BIOL 1114 – General Biology	BIOL 1111 (LN) + BIOL 1113 (N)	
Semester Credit Hours: 17		

Spring

OSUIT Equivalent or Substitute	OSU Requirement	✓
ENGL 1213 Freshman Comp II	ENGL 1213	
HIST 1483 – US History to 1865 or HIST 1493 – US History since 1865	HIST 1483 (H) or HIST 1493 (DH)	
PSYC 1113 – Intro to Psychology	PSYC 1113 (S)	
Humanities (3 credit hours)	Humanities (H)	
CHEM 1314 – General Chemistry I	CHEM 1314 (LN)	
Semester Credit Hours: 16		

Year Two – OSUIT

Fall

OSUIT Equivalent or Substitute	OSU Requirement	✓
STAT 2013 – Elementary Statistics	STAT 2013 (Q)	
SPCH 1113 – Intro to Speech Communication	SPCH 2713 (S)	
Humanities (3 credit hours)	Humanities (H)	
HHP 1113 – Personal Health	HLTH 2603 (S)	
CS 1013 – Computer Literacy	CS 1003 (Controlled Elective)	
Semester Credit Hours: 15		

Spring

OSUIT Equivalent or Substitute	OSU Requirement	✓
NURS 2303 – Medical Terminology	HHP 2802 + HHP 1--1	
BIOL 2124 – General Microbiology	MICR 2123 (N) & MICR 2132 (LN)	
CHEM 1515 – General Chemistry II	CHEM 1515 (LN)	
Semester Credit Hours: 12		

Before transferring to OSU, have the OSUIT Registrar send an official transcript to the OSU Admissions Office with any degrees earned noted on the transcript. If you have not completed the requirements for an associate degree, talk with your OSU Academic Advisor about Reverse Transfer options to use OSU coursework to complete your associate degree.

Oklahoma State University (years 3 and 4) – 2025-26

Year Three – Oklahoma State University

Fall

OSU Requirement	✓
NSCI 2011 – Applied Principles of Human Nutrition	
NSCI 3223 – Nutrition Across the Life Span	
NSCI 3440 – Nutritional Sciences Pre-Professional Experience (1 hour)	
EDHS 3111 – First Year Seminar Supplement	
BIOL 3204 – Physiology	
UNIV 2511 – Introduction to Health Careers	
Controlled Elective (4 credit hours)	
Semester Credit Hours at OSU: 15	

Spring

OSU Requirement	✓
NSCI 3011 – Nutrition and Evidence-based Practice I	
CHEM 3012 – Survey of Organic Chemistry Laboratory	
CHEM 3013 – Survey of Organic Chemistry	
NSCI 3543 – Food and the Human Environment	
Controlled Elective (3 credit hours)	
Controlled Elective (3 credit hours)	
Semester Credit Hours at OSU: 15	

Year Four – Oklahoma State University

Fall

OSU Requirement	✓
NSCI 3021 – Nutrition and Evidence-based Practice II	
NSCI 4123 – Human Nutrition and Metabolism I	
NSCI 4023 – Nutrition in the Pathophysiology of Chronic Disease	
BIOL 3214 – Human Anatomy	
HDFS 2113 – Lifespan Human Development	
Controlled Elective (3 credit hours)	
Semester Credit Hours at OSU: 17	

Spring

OSU Requirement	✓
NSCI 4021 – Nutrition and Evidence-based Practice III	
NSCI 4373 – Principles of Nutrition Education & Behavior Change	
NSCI 4143 – Human Nutrition and Metabolism II	
Controlled Elective (3 credit hours)	
Controlled Elective (3 credit hours)	
Semester Credit Hours at OSU: 13	

Note: This plan is only one example of how a student may successfully complete degree requirements in four years.

