

Student: _____
 ID #: _____ Major: _____



The 4 Cs Core Curriculum Guide

Credits required: 30-36 credits

Academic Year 2026-2027

Requirements within each of the 4 Cs	Met	Credits	Gr	Cr	Tm
COMPETENCY (9-15 credits)	<input type="checkbox"/>				
FYS 100 - First Year Seminar (waived for Transfer students with 15 cr.)		3			
ENG 110 - Introduction to College Writing (can be met by transfer or higher placement)		3			
ENG 120 - College Research Writing		3			
COM 105 - Professional Presentations		3			
Mathematics - MAT 104 or above (3 credits)		3			
COMMUNITY AND COMPASSION (15 credits – 3 credits/group)	<input type="checkbox"/>				
See My Mount Mary Scheduling tools for category course list.	<input type="checkbox"/>				
Artistic Inquiry (ai)		3			
Global Perspectives (gp)		3			
GP includes a world language requirement: Met / Unmet					
Human Connection (hc)		3			
Civic Engagement (ce)		3			
Scientific Inquiry (si)		3			
COMMITMENT (6 credits)	<input type="checkbox"/>				
BUS 205 - Personal Finance		3			
Theology - Any core Theology course (3 credits)		3			
OTHER GRADUATION REQUIREMENTS (Additional information in the University catalog.)	<input type="checkbox"/>				
120 total credits required for graduation					

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EXERCISE SCIENCE PROGRAM (3 + 2 DIETETICS)

MAJOR

Credits required: 68 Undergraduate and 38 Graduate

Academic Year 2026-2027

Note: 3.0 GPA in the major and overall.

Course Code	Course Title	Credits	Gr	Cr	Tm
BIO 100	Introduction to Cell and Molecular Biology and Lab	4			
BIO 234	Anatomy and Physiology I and Lab	4			
BIO 235	Anatomy and Physiology II and Lab	4			
BIO 325	Microbiology and Lab	4			
CHE 113	General Chemistry I and Lab	4			
CHE 206	Organic and Biochemistry and Lab	4			
DTS 201	Intro to Food Science	3			
DTS 250	Nutrition Principles	4			
DTS 362	Quantity Food Procurement & Production	3			
DTS 354	Applied Nutrition	3			
DTS 465	Intro to Community Nutrition	3			
EXS 265	Fitness Formats and Trends	3			
EXS 275	Strength Training & Conditioning Methods	3			
EXS 355	Exercise Testing and Prescription	4			
EXS 385	Modern Health and Wellness	3			
MAT 111	College Algebra II	4			
PSY 103	Introduction to Psychology	3			
PSY 323	Health Psychology	3			
OCT 201	Medical Terminology	1			
MAT 216 or PSY 310	Statistics or Behavioral Science Statistics	4			
	Required Dietetics Graduate Courses:				
DTS 505	Advanced Nutrition / Macro/Micronutrients	3			
DTS 520	Management and Leadership	3			
DTS 564	Medical Nutrition Therapy I	4			
DTS 566	Medical Nutrition Therapy II	4			
DTS 570	Community Nutrition Program Management	2			
DTS 574	Nutrition Research I	3			
DTS 576	Nutrition Communication and Education	2			
DTS 575	Counseling Skills	2			
DTS 604	Leadership in Dietetics	3			
DTS 675	Seminar – Management or Community	1			
DTS 676	SEL in Medical Nutrition Therapy I	2			
DTS 677	SEL Management OR Community	2-3			
DTS 678	Seminar in Medical Nutrition Therapy II	1			
DTS 680	SEL in MNT 2	2			
DTS 681	SEL in MNT Relief	1			
DTS 715	Research Design & Analysis I	1			

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DTS 716	Research Design & Analysis II	1			
DTS 770	Applied Grad Research	1-2			