

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			
Human Connection (hc)		3			
Civic Engagement (ce)		3			
Scientific Inquiry (si)		3			
Global Perspectives (gp)		3			
GP includes a world language requirement: Met / Unmet					
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 unless an accelerated program					

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**PSYCHOLOGICAL SCIENCE
 PRE-DIETETICS CONCENTRATION**

MAJOR

Credits required: 90

Academic Year 2026-2027

Note: Need to earn a “BC” or better in DTS courses. Need to earn a “C” or better in other courses required for the major. Before taking DTS 564, students have the option of taking an online medical terminology course (OCT 201) or a departmental medical terminology exam to demonstrate competency in this area. In the senior year of the undergraduate degree, students enter master’s level courses in which students need to earn a minimum of a “B”. To progress into the Integrated Masters of Science in Nutrition and Dietetics program, a minimum overall grade point average of 3.0 is required.

Course Code	Course Title	Credits	Gr	Cr	Tm
PSY 103	Introductory Psychology	3			
PSY 201	Professional Skills in Psychology	3			
PSY 250	Introduction to Research Methods	3			
PSY 310	Behavioral Science Statistics	4			
Select 1 course from EACH of the following three groups:					
Sociocultural group					
PSY 212	Cultural Psychology	3			
PSY 256	Social Psychology	3			
PSY 350	Psychology of Emotion	3			
PSY 365	Psychology of Personality	3			
Developmental/Applied group					
PSY 214	Developmental Psychology	3			
PSY 220	Industrial/Organizational Psychology	3			
PSY 230	Health Psychology	3			
PSY 325	Psychological Disorders and Mental Health	3			
PSY 340	Foundations of Sports Psychology	3			
Cognitive/Biological group					
PSY 245	Cognitive Psychology	3			
PSY 280	Behavioral Neuroscience	3			
PSY 330	Psychopharmacology	3			
PSY 360	Psychology of Learning	3			
Additional required courses:					
BIO 100	Introduction to Cell and Molecular Biology	4			
BIO 234	Anatomy & Physiology I	4			
BIO 325	Microbiology	4			
CHE 113	General Chemistry I	4			
CHE 206	Organic and Biochemistry	4			
DTS 152	The Profession of Dietetics	1			
DTS 201	Food Science	3			
DTS 250	Nutrition Principles	4			
DTS 354	Applied Nutrition	3			
DTS 362	Quantity Food Procurement and Production	4			

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DTS 465	Introduction to Community Nutrition	3			
DTS 505	Advanced Human Nutrition: Macronutrients, Micronutrients	3			
DTS 520	Food & Nutrition Systems Management	1			
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	2			
DTS 575	Counseling Skills	2			
DTS 576	Nutrition Communication and Education	2			
DTS _____	Dietetics Electives	3			
MAT 111	Algebra II	4			
SOC 101	Introductory Sociology	3			