## NUTRITION SCIENCE FIRST SEMESTER COURSE OPTIONS

Prior to registration, please use this guide to select the courses you would like to take. You should make two lists.

1. List of courses that would give you a schedule of at least $\mathbf{1 5}$ hours (usually $\mathbf{5}$ courses)
2. List of alternate courses in case any of the courses on your first list are unavailable.

Please check your ECU email account for information regarding academic advisor assignment. Advisor assignment happens after you pay your enrollment deposit. If you have not been contacted by an advisor a week after registering, email ppac@ecu.edu.

CHOOSE YOUR FALL COURSES: To graduate in four years, plan to register for a 15-16 semester hour schedule every fall and spring semester. To be full-time for tuition purposes register for at least 12 semester hours.

Step 1: Click HERE to open a step-by-step, screenshot tutorial on how to register for classes.
Step 2: Register for PRIORITY course(s) in your major. If courses are full please move on to Step 3 and continue to check for open seats in your priority course(s) through the first week of classes.


Step 3: In addition to your priority courses, (8-12 semester hours), select 3-8 semester hours from the course options below to reach a 15-16 hour schedule.

| Course Subject | Course Title |  | Semester Hours |
| :---: | :---: | :---: | :---: |
| English | ENGL 1100: Foundations of College Writing |  | 3 |
| Anthropology (choose one) | ANTH 1050: Global Understanding ANTH 2200: Cultural Anthropology |  | 3 |
| Psychology | PSYC 1000: Introductory Psychology |  | 3 |
| Sociology | SOCI 2110: Introduction to Sociology |  | 3 |
| Health | HLTH 1000: Health in Modern Society OR RCTX 2200: Principles \& Practices of Stress Management |  | 2-3 |
| Fine Arts | Any General Education Fine Arts course | Click HERE for list of General Education course options | 3 |
| Humanities | Any General Education Humanities course |  | 3 |
|  |  |  | 3 |

Step 4: Add yourself to a wait list (if available) for any course you would like to take that is closed. To learn how wait lists work, click HERE.

## NEED HELP?

- General Education Course Options: Click HERE
- Math Course Placement Information: Click HERE
- Registration Errors Explained: Click HERE
- Don't see what you need? Contact Us: E-mail us from your ECU account at: ppac@ecu.edu. Be sure to include your Banner ID and your specific questions.
- Will you be bringing in AP/IB and/or early college/transfer credit from high school?
o AP/IB Placement Credit
o Course Equivalency list
O 4-Year Major Guides
- Interested in a Pre-Professional Program (such as medical, dental, pharmacy, physician assistant, or physical therapy school, etc)? If so, visit: https://ppac.ecu.edu for more information.

