Berkeley Rausser
College of Natural Resources

Nutritional Sciences & Toxicology | Sample Schedules

Nutritional Science is made up of two distinct major specializations: Physiology and Metabolism, and Toxicology. You can read below for more information on each:

NMB Major Overview | NMB Major Snapshot
NS-PM Major Overview | NS-PM Major Snapshot
NS-T Major Overview | NS-T Major Snapshot

Notes for all specializations:

- **If you were admitted to Rausser College as a Nutritional Science BS student**, then you will be required to declare one of the specializations in the major. You will be eligible to declare according to the required subset of prerequisites for each specialization outline on this document. This is also the guideline for any other students already in Rausser College who wish to switch to Nutritional Science.
    - *The Toxicology plan is only available to students admitted Fall 2023 or before.*
- **If you were admitted to Rausser College *or* chose to declare Nutrition & Metabolic Biology (NMB),** then you do *not* need to pursue declaration requirements. You simply need to complete all university, college, and major requirements to graduate.
- To transfer into Rausser College of Natural Resources from another UC Berkeley College, you can read more about the general Change of College process here, including this chart on which of the prerequisites need to be submitted before you can declare one of the specializations in Nutritional Science & Toxicology or the Nutrition & Metabolic Biology major.
- Most students who begin at UC Berkeley as a first year/freshman are ready to declare their major specialization after completion of the required prerequisite courses at the end of their second (sophomore) year, but it can also happen later or earlier depending on a student's planning.

Additional notes about the program plans below:

- **These are sample degree plans. Repeat: these are just samples!** Different plans may be appropriate depending on what requirements you may already have met before you arrive at Berkeley or have yet to satisfy. They all assume that the student has completed the American History and American Institutions requirements prior to admission, but if you need one or both of these requirements, they can be incorporated accordingly.
- If you will not have any transfer credit (university level or test credit like AP, IB, etc) and will not take any summer classes, then you will need to average 15 units per academic semester to reach 120 units required by UC Berkeley to graduate. The plans below may vary slightly in the unit total by semester, but you can work with your advisor to make sure that the number of units you are completing each term aligns with what you will need to graduate.
- The minimum number of units for Rausser College students in each semester is 12 units, unless a student has been approved by the college for a reduced course load in a particular semester.
- Students are strongly advised to work with an academic advisor to determine a personal program plan. Your program plan will differ depending on previous credit received, your course schedule, and available offerings.

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The following plans start with CHEM 1A/1AL in semester 1. For students who will be starting with CHEM 32, please see page 6 of this document

4 Year Plan | Nutrition & Metabolic Biology (CHEM 1A/1AL start)

1st Year Fall	Units	1st Year Spring	Units
CHEM 1A	3	CHEM 3A	3
CHEM 1AL	2	CHEM 3AL	2
NUSCTX 10	3	MATH 16A	3
American Cultures / Reading and Comp. A	4	American Cultures / Reading and Comp. A or B	4
Elective(s)	1-2	Humanities/Social Science	3
Total Units	**13-14**	Total Units	**15**

2nd Year Fall	Units	2nd Year Spring	Units
CHEM 3B	3	BIOLOGY 1A	3
CHEM 3BL	2	BIOLOGY 1AL	2
MCELLBI 32	3	PHYSICS 8A (lab component included)	4
MCELLBI 32L	2	American Cultures / Reading and Comp. B	4
MATH 16B	3	Elective(s)	2
Elective(s)	2		
Total Units	**15**	Total Units	**15**

3rd Year Fall	Units	3rd Year Spring	Units
MCELLBI 102	4	NUSCTX 160	4
NUSCTX 103	4	STAT 2 / STAT C8 / STAT 20 / PBHLTH 142	4
Upper Division Biology Elective*	3	Upper Division Biology Elective*	3
Humanities/Social Science	3	Humanities/Social Science	3
		Elective	3
Total Units	**14**	Total Units	**16**

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4rd Year Fall	Units	4rd Year Spring	Units
Upper Division Biology Elective*	4	NUSCTX 190	1
Upper Division Elective	3	Upper Division Biology Elective*	4
Upper Division Elective	3	Upper Division Biology Elective*	4
Humanities/Social Science	3	Elective(s)	5-6
Total Units	**13**	**Total Units**	**14-15**

**Two of your Upper Division Biology Electives must be within the NUSCTX department. 1 of your Upper Division Biology Electives must be an approved upper division lab or research course.*

4 Year Plan | Physiology & Metabolism (CHEM 1A/1AL start)

This major is for students that were admitted to UC Berkeley Fall 2024 or before.

1st Year Fall	Units	1st Year Spring	Units
CHEM 1A	3	CHEM 3A	3
CHEM 1AL	2	CHEM 3AL	2
NUSCTX 10	3	MATH 16A	3
American Cultures / Reading and Comp. A	4	American Cultures / Reading and Comp. A or B	4
Elective(s)	1-2	Humanities/Social Science	3
Total Units	**13-14**	Total Units	**15**

2nd Year Fall	Units	2nd Year Spring	Units
CHEM 3B	3	BIOLOGY 1A	3
CHEM 3BL	2	BIOLOGY 1AL	2
MCELLBI 32	3	PHYSICS 8A (lab component included)	4
MCELLBI 32L	2	American Cultures / Reading and Comp. B	4
MATH 16B	3	Elective(s)	2
Elective(s)	2		
Total Units	**15**	Total Units	**15**

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3rd Year Fall	Units	3rd Year Spring	Units
MCELLBI 102	4	NUSCTX 160	4
NUSCTX 103	4	STAT 2 / STAT C8 / STAT 20 / PBHLTH 142	4
Upper Division Biology Elective	3	Upper Division Biology Elective	3
Humanities/Social Science	3	Humanities/Social Science	3
		Elective	3
Total Units	**14**	Total Units	**16**

4rd Year Fall	Units	4rd Year Spring	Units
Upper Division Biology Elective	4	NUSCTX 170	4
Upper Division Elective	3	NUSCTX 190	1
Upper Division Elective	3	Upper Division Biology Elective	4
Humanities/Social Science	3	Elective(s)	5-6
Total Units	**13**	**Total Units**	**14-15**

4 Year Plan | Toxicology (CHEM 1A/1AL start)

1st Year Fall	Units	1st Year Spring	Units
CHEM 1A	3	CHEM 3A	3
CHEM 1AL	2	CHEM 3AL	2
American Cultures / Reading and Comp. A	4	NUSCTX 11	3
MATH 16A	3	MATH 16B	3
Elective(s)	1-2	American Cultures / Reading and Comp. A or B	4
Total Units	**13-14**	Total Units	**15**

2nd Year Fall	Units	2nd Year Spring	Units

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CHEM 3B	3	BIOLOGY 1A	3
CHEM 3BL	2	BIOLOGY 1AL	2
MCELLBI 32	3	PHYSICS 8A (lab component included)	4
MCELLBI 32L	2	STAT 2 / STAT C20 / STAT C8 / PBHLTH 142	4
American Cultures / Reading and Comp. B	3-4	Elective(s)	2-3
Elective(s)	1-2		
Total Units	**14-16**	**Total Units**	**15-16**

3rd Year Fall	Units	3rd Year Spring	Units
MCELLBI 102	4	Upper Division Biology Elective	4
NUSCTX 103 or MCELLBI 136	4	Upper Division Elective	3-4
Humanities/Social Science	4	Humanities/Social Science	4
Elective(s)	2-4	Elective(s)	3-4
Total Units	**14-16**	Total Units	**14-16**

4rd Year Fall	Units	4rd Year Spring	Units
MCELLBI 120	4	NUSCTX 160	4
Upper Division Biology Elective	3	NUSCTX 190	1
Upper Division Biology Elective	3	NUSCTX 170	4
Upper Division Elective	3-4	Humanities/Social Science	3
		Elective(s)	6
Total Units	**13-14**	**Total Units**	**13-18**

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The following plans start with CHEM 32 in semester 1

4 Year Plan | Nutrition & Metabolic Biology (CHEM 32 start)

1st Year Fall	Units	1st Year Spring	Units
CHEM 32	2	CHEM 1A	3
MATH 16A	3	CHEM 1AL	2
NUSCTX 10	3	MATH 16B	3
American Cultures / Reading and Comp. A	4	American Cultures / Reading and Comp. A or B	4
Elective(s)	1-2	Humanities/Social Science	3
Total Units	**13-14**	Total Units	**15**

2nd Year Fall	Units	2nd Year Spring	Units
CHEM 3A	3	BIOLOGY 1A	3
CHEM 3AL	2	BIOLOGY 1AL	2
MCELLBI 32	3	PHYSICS 8A (lab component included)	4
MCELLBI 32L	2	STAT 2 / STAT C8 / STAT 20 / PBHLTH 142	4
American Cultures / Reading and Comp. B	4	Elective(s)	2
Elective(s)	2		
Total Units	**16**	Total Units	**15**

3rd Year Fall	Units	3rd Year Spring	Units
CHEM 3B	3	MCELLBI 102	4
CHEM 3BL	2	Upper Division Biology Elective	4
Upper Division Biology Elective	4	Upper Division Biology Elective	3
Upper Division Biology Elective	3	Humanities/Social Science	3
Humanities/Social Science	3	Elective	3

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Total Units	**14**	Total Units	**16**

4rd Year Fall	Units	4rd Year Spring	Units
NUSCTX 103	4	NUSCTX 190	1
Upper Division Elective (could be humanities)	3	NUSCTX 160	4
Upper Division Elective (could be humanities)	3	Upper Division Biology Elective	4
Humanities/Social Science	3	Elective(s)	5-6
Total Units	**13**	**Total Units**	**14-15**

4 Year Plan | Physiology & Metabolism (CHEM 32 start)

This major is for students that were admitted to UC Berkeley Fall 2024 or before.

1st Year Fall	Units	1st Year Spring	Units
CHEM 32	2	CHEM 1A	3
MATH 16A	3	CHEM 1AL	2
NUSCTX 10	3	MATH 16B	3
American Cultures / Reading and Comp. A	4	American Cultures / Reading and Comp. A or B	4
Elective(s)	1-2	Humanities/Social Science	3
Total Units	**13-14**	Total Units	**15**

2nd Year Fall	Units	2nd Year Spring	Units
CHEM 3A	3	BIOLOGY 1A	3
CHEM 3AL	2	BIOLOGY 1AL	2
MCELLBI 32	3	PHYSICS 8A (lab component included)	4
MCELLBI 32L	2	STAT 2 / STAT C8 / STAT 20 / PBHLTH 142	4
American Cultures / Reading and Comp. B	4	Elective(s)	2
Elective(s)	2		

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Total Units	**16**	Total Units	**15**

3rd Year Fall	Units	3rd Year Spring	Units
CHEM 3B	3	MCELLBI 102	4
CHEM 3BL	2	Upper Division Biology Elective	4
Upper Division Biology Elective	4	Upper Division Biology Elective	3
Upper Division Biology Elective	3	Humanities/Social Science	3
Humanities/Social Science	3	Elective	3
Total Units	**14**	Total Units	**16**

4rd Year Fall	Units	4rd Year Spring	Units
NUSCTX 103	4	NUSCTX 170	4
Upper Division Elective (could be humanities)	3	NUSCTX 190	1
Upper Division Elective (could be humanities)	3	NUSCTX 160	4
Humanities/Social Science	3	Elective(s)	5-6
Total Units	**13**	**Total Units**	**14-15**

4 Year Plan | Toxicology (CHEM 32 start)

1st Year Fall	Units	1st Year Spring	Units
CHEM 32	3	CHEM 1A	3
American Cultures / Reading and Comp. A	4	CHEM 1AL	2
MATH 16A	3	NUSCTX 11	3
Elective(s)	2-4	MATH 16B	3
		American Cultures / Reading and Comp. A or B	4
Total Units	**12-14**	Total Units	**15**

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2nd Year Fall	Units	2nd Year Spring	Units
CHEM 3A	3	BIOLOGY 1A	3
CHEM 3AL	2	BIOLOGY 1AL	2
MCELLBI 32	3	PHYSICS 8A (lab component included)	4
MCELLBI 32L	2	STAT 2 / STAT C20 / STAT C8 / PBHLTH 142	4
American Cultures / Reading and Comp. B	3-4	Elective(s)	2-3
Elective(s)	1-2		
Total Units	**14-16**	**Total Units**	**15-16**

3rd Year Fall	Units	3rd Year Spring	Units
CHEM 3B	3	MCELLBI 102	4
CHEM 3BL	2	Upper Division Biology Elective	3
Upper Division Biology Elective	4	Upper Division Elective (could be humanities)	4
Humanities/Social Science	4	Humanities/Social Science	4
Elective(s)	2-3	Electives(s)	1
Total Units	**15-16**	Total Units	**16**

4rd Year Fall	Units	4rd Year Spring	Units
NUSCTX 103	4	NUSCTX 160	4
MCELLBI 120	4	NUSCTX 190	1
Upper Division Biology Elective	3	NUSCTX 170	4
Upper Division Elective (could be humanities)	3-4	Humanities/Social Science	3
		Elective(s)	6
Total Units	**14-15**	**Total Units**	**13-15**