



PATHWAYS GENERAL EDUCATION

Pathways is the general education curriculum at Virginia Tech. As a central component of the undergraduate experience, the Pathways curriculum will allow you to examine the world from multiple perspectives and integrate your knowledge across various disciplines. Along with the coursework required for your major, you will complete credits from nine Pathways concepts (seven core concepts and two integrative concepts).

Core Concepts

You will complete a total of 45 credits across seven Pathways core concepts. The number of credits required per concept is listed below.

1 Discourse

9 credits
6 Foundational (1f)
3 Advanced (1a)

**2 Critical Thinking
in the Humanities**

6 credits

**3 Reasoning in the
Social Sciences**

6 credits

**4 Reasoning in the
Natural Sciences**

6 credits

**5 Quantitative and
Computational Thinking**

9 credits
3 Foundational (5f)
3 Advanced (5a)
3 Foundational OR Advanced

**6 Critique and Practice in
Design and the Arts**

6 credits
3 Design (6d)
3 Arts (6a)

**7 Critical Analysis of Identity
and Equity in the United States**

3 credits
*may be double-counted with
another core concept*

Integrative Concepts

Each Pathways course also meets at least one integrative concept, ensuring that you complete your general education with competency in both ethical reasoning and intercultural and global awareness.

Ethical Reasoning
Throughout

Intercultural and Global Awareness
Throughout

Pathways Requirements for the Human Nutrition, Foods and Exercise Major

Some Pathways requirements are met through your in-major classes, and those not satisfied within your major can be fulfilled by a Pathways minor!

***Which general education requirements
are satisfied by your major?***

- Discourse (1f & 1a)
- Reasoning in the Social Sciences (3)
- Reasoning in the Natural Sciences (4)
- Quantitative and Computational Thinking (5f & 5a)

But what about your other requirements?

- Critical Thinking in the Humanities (2)
- Critique and Practice in Design and the Arts (6d & 6a)
- Critical Analysis of Identity & Equity in the US (7)

How to Choose a Pathways Minor for a Human Nutrition, Foods and Exercise Major

Wondering how a Pathways minor can complement your major? The chart below maps out which credits are met within your major.* See the section below for Pathways minors that can help you fill in the gaps.

*Requirements may vary by degree option. Consult the checksheet or speak with your advisor

		Concepts fulfilled by major requirements	Concepts not fulfilled by major requirements
CONCEPT			
1			
2			
3			
4			
5			
6			
7			
Foundational	✓	3 credits	✓
Advanced	✓	3 credits	✓
Foundational	✓	3 credits	✓
Design	3 credits	3 credits	3 credits
Arts	3 credits		

Minors That Are a Good Fit for Your Human Nutrition, Foods and Exercise Major

The Pathways minors listed below offer the most opportunity to fulfill the concepts not met within your major. Click on the name to learn more about each minor, or explore all Pathways minors at pathways.prov.vt.edu/minors/showcase.

- [Appalachian Cultures and Environments](#)
- [Disabilities Studies](#)
- [Event and Experience Management](#)
- [Global Food Security and Health](#)
- [Health Communication](#)
- [Organizational Leadership](#)
- [Visual Arts and Society](#)

