

BS IN NUTRITION AND FOOD

Units required for Major: 54

Total units required for BS: 120

Program Description

The major prepares students for careers in the field of nutrition, food management, and community nutrition, and food sustainability. The major emphasizes the role of nutrition and food in individual and family health, cultural and behavioral influences on food selection, and the management of commercial and noncommercial food systems.

Minimum Grade Requirement

A minimum grade of "C-" is required for all prerequisite courses within and outside the Department.

Program Requirements

Code	Title	Units
Required Core Courses (29 Units)		
BIO 10	Basic Biological Concepts ¹	3
CHEM 1A	General Chemistry I ¹	5
or CHEM 6A	Introduction to General Chemistry	
NUFD 9	Food Safety and Sanitation	3
NUFD 10	Nutrition And Wellness	3
NUFD 11	Principles of Food Preparation	3
NUFD 100	Research: Methods and Application in Nutrition and Food	3
NUFD 168	Senior Seminar	3
PSYC 2	Introductory Psychology ¹	3
STAT 1	Introduction to Statistics ¹	3
Required Upper Division Courses (25 Units)		
NUFD 107	Nutrition Education, Communication, and Counseling	3
NUFD 110	Food Production and Sustainability	4
NUFD 113	Nutrition And Metabolism	3
NUFD 114	Cultural and Social Aspects of Food	3
NUFD 115	Nutrition: Pre-conception Through Childhood	3
NUFD 119	Nutrition: Adolescence Through Older Adulthood	3
Select two of the following:		6
NUFD 112	Current Topics in Nutritional Sciences  ¹	
NUFD 116	Food Service Management	
NUFD 117	Community Nutrition	
NUFD 118A	Medical Nutrition Therapy I	
NUFD 120	Practical Application in Sports Nutrition	
NUFD 121	Nutrition Assessment, Methods and Support	
Total Units		54

¹ Course also satisfies General Education (GE)/Graduation Requirement.

Note: CHEM 1A, CHEM 1B, and CHEM 20 are recommended for students who plan to complete the dietetics concentration or graduate studies in nutrition.

General Education Requirements ¹

Code	Title	Units
Area A: Basic Subjects (9 Units)		
A1	Oral Communication	3
A2	Written Communication	3
A3	Critical Thinking	3
Area B: Physical Universe and Its Life Forms		
B1	Physical Science ²	0
B2	Life Forms ²	0
B3	Lab (Note: Lab experience to be taken with one of the following: B1, B2 or B5) ²	0
B4	Math Concepts ²	0
B5	Additional Course (Any B to reach 12 units) - Take upper-division course to complete Area & upper division requirements. ²	0
Area C: Arts and Humanities (12 Units)		
C1	Arts	3
C2	Humanities	3
C1/C2	Area C Course	3
C1/C2	Area C Course - Take upper-division course to complete Area & upper division requirements.	3
Area D: The Individual and Society (3 Units)		
Area D Course		3
Area D Course ²		0
Area D Course - Take upper-division course to complete Area & upper division requirements.		0
Area E: Understanding Personal Development		
Area E Course ²		0
Area F: Ethnic Studies		
Area F Course		
Total Units		24

¹ To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<http://catalog.csus.edu/colleges/academic-affairs/general-education/>). **Note:** There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (<http://www.csus.edu/acad/>), by phone (916) 278-1000, or email (advising@csus.edu).

² Required in Major; also satisfies GE.

Graduation Requirements ¹

Code	Title	Units
Graduation Requirements (required by CSU) (9 Units)		
	American Institutions: U.S. History	3
	American Institutions: U.S. Constitution & CA Government	3
	Writing Intensive (WI)	3
Graduation Requirements (required by Sacramento State) (12 Units)		
	English Composition II	3
	Race and Ethnicity in American Society (RE)	3
	Foreign Language Proficiency Requirement ²	6

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- ² If not satisfied before entering Sacramento State, it may be satisfied in General Education Area C2 (Humanities). "C- or better required." The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here: <https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html> (<https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html>)