

# BS IN NUTRITION AND FOOD (DIETETICS)

Units required for Major: 82

Total units required for BS: 120

## Program Description

The major prepares students for careers in the field of nutrition, food management, community nutrition, and food sustainability. The program 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.

**Note:** By completing the required core courses in the Dietetics Concentration, GE Area B (12 units) requirements are met.

## Pre-Major Requirements

To declare the Dietetics Concentration, freshman or transfer students admitted to the BS in Nutrition and Food are required to complete the following grade and core course requirements, and then submit a Major Change form to the Family and Consumer Sciences Department Office along with all transcript copies:

1. An overall GPA of 2.75
2. Completion of the following required core courses (28 units) with a "C" or better. Only first or second attempts will be considered.

Code	Title	Units
BIO 10	Basic Biological Concepts	3
CHEM 1A	General Chemistry I	5
CHEM 1B	General Chemistry II	5
NUFD 9	Food Safety and Sanitation	3
NUFD 10	Nutrition And Wellness	3
NUFD 11	Principles of Food Preparation	3
NUFD 113	Nutrition And Metabolism	3
STAT 1	Introduction to Statistics	3

## Program Requirements

Code	Title	Units
<b>Required Lower Division Core Courses (23 Units)</b>		
BIO 10	Basic Biological Concepts <sup>1</sup>	3
CHEM 1A	General Chemistry I	5
NUFD 9	Food Safety and Sanitation	3
NUFD 10	Nutrition And Wellness <sup>1</sup>	3
NUFD 11	Principles of Food Preparation	3
PSYC 2	Introductory Psychology <sup>1</sup>	3
STAT 1	Introduction to Statistics <sup>1</sup>	3
<b>Required Upper Division Core Courses (59 Units)</b>		
NUFD 100	Research: Methods and Application in Nutrition and Food	3
NUFD 107	Nutrition Education, Communication, and Counseling	3
NUFD 110	Food Production and Sustainability	4
NUFD 113	Nutrition And Metabolism <sup>1</sup>	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
NUFD 168	Senior Seminar	3
<b>Concentration</b>		<b>34</b>
<b>Total Units</b>		<b>82</b>

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

## Concentration in Dietetics (34 units)

Code	Title	Units
<b>Required Lower Division Courses (12 Units)</b>		
BIO 39	Microbiology for Allied Health Students	4
CHEM 1B	General Chemistry II	5
CHEM 20	Organic Chemistry Lecture–Brief Course	3
<b>Required Upper Division Courses (22 Units)</b>		
BIO 131	Systemic Physiology	4
CHEM 161	General Biochemistry	3
NUFD 116	Food Service Management	3
NUFD 117	Community Nutrition	3
NUFD 118A	Medical Nutrition Therapy I	3
NUFD 118B	Medical Nutrition Therapy II	3
NUFD 121	Nutrition Assessment, Methods and Support	3
<b>Total Units</b>		<b>34</b>

## General Education Requirements <sup>1</sup>

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

**Area F: Ethnic Studies**

Area F Course

**Total Units** **24**

<sup>1</sup> 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](mailto:advising@csus.edu)).

<sup>2</sup> Required in Major; also satisfies GE.

**Graduation Requirements** <sup>1</sup>

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

<sup>1</sup> 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/>).  
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<sup>2</sup> 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>)