

# MS IN NUTRITION AND FOOD

The Sacramento State Master of Nutrition and Food program prepares students for leadership and advocacy in nutrition programs and policy. Students apply nutrition and food research to improve individual and community health by developing strategies to promote food access, health equity and dietary change.

The 30-unit program includes specialized coursework in nutrition science, advanced community nutrition, behavioral nutrition, and food and nutrition policy plus a wide array of interdisciplinary electives to be tailored to interests and career goals.

The Master of Nutrition and Food program is designed to:

- provide career advancement opportunities in federal, state and local food access and nutrition education agencies,
- complement the Sacramento State's Dietetic Internship for those on the path to become Registered Dietitian Nutritionists.\*

\*Note: The Sacramento State Dietetic Internship, requires a separate application. More information about the Internship can be found at: [www.csus.edu/facs/dietetic-internship](http://www.csus.edu/facs/dietetic-internship) (<http://www.csus.edu/facs/dietetic-internship/>).

## Admission Requirements

Applicants must possess a bachelor's degree with a minimum 3.0 GPA for the last 60 units attempted.

## Prerequisites

Prerequisites or their equivalents at other colleges or universities as determined by the Graduate Coordinator

Code	Title	Units
NUFD 113	Nutrition And Metabolism	3
NUFD 115 or NUFD 119	Nutrition: Pre-conception Through Childhood Nutrition: Adolescence Through Older Adulthood	3
NUFD 117 or NUFD 107	Community Nutrition Nutrition Education, Communication, and Counseling	3
NUFD 116 or NUFD 110	Food Service Management Food Production and Sustainability	3-4
STAT 1 or NUFD 100	Introduction to Statistics Research: Methods and Application in Nutrition and Food	3
<b>Total Units</b>		<b>15-16</b>

## Minimum Units and Grade Requirement for the Degree

Units required for the MS: 30  
Minimum Cumulative GPA: 3.0

## Admission Requirements

All prospective graduate students, including Sacramento State graduates, must file the following with the Office of Graduate Studies (<http://www.csus.edu/gradstudies/>):

- an application for admission;
- one set of official transcripts from all colleges and universities attended (other than Sacramento State);

- personal statement; and
- two reference forms.

For more admissions information and application deadlines please visit the Office of Graduate Studies website.

## Advancement to Candidacy

Each student must file an application for Advancement to Candidacy, indicating a proposed program of graduate study. This procedure should begin as soon as the classified graduate student has:

- removed any deficiencies in admission requirements;
- completed at least 12 units of 200-level courses in the graduate program with a minimum 3.0 GPA;
- selected a Thesis or Project committee;
- obtained the committee's approval of a proposal for the thesis or project; and
- completed a Graduate Writing Intensive (GWI) course in their discipline within the first two semesters of coursework at California State University, Sacramento.

The student will complete the Advancement to Candidacy form after planning a degree program in consultation with a Nutrition and Food advisor and members of the student's thesis/project committee. The completed form is then returned to the Office of Graduate Studies for approval.

## Program Requirements

Code	Title	Units
<b>Required Core Courses (18 Units)</b>		
NUFD 200	Research Methods	3
NUFD 213	Advanced Nutrition with Community Program Applications	3
NUFD 222	Advanced Community Nutrition and Nutrition Education	3
NUFD 224	Advanced Community Nutrition and Policy	3
NUFD 225	Food Production and Sustainability Policy	3
NUFD 500	Culminating Experience	3
<b>Electives (12 Units)</b>		
<i>Select 12 units from the following:<sup>1</sup></i>		
ANTH 174	Anthropology of Food	
ANTH 274	Environmental Anthropology	
ECON 110	Cost Benefit Analysis	
ECON 130	Public Finance	
ECON 132	State and Local Government Finance	
ECON 150	Labor Economics	
ECON 152	Economics of Education	
ECON 153	Health Economics	
ENVS 130	Environmental Toxicology	
ENVS 135	California Water and Society	
ENVS 144	Sustainability Science & Policy	
ENVS 147	Urban Agriculture and Aquaponics	
ENVS 149	Agroecology	
GERO 101	Older Adult Services and Strategies	
GERO 102	Social Policy for an Aging Society	
GERO 221	Strategies for Optimal Aging	

GERO 222	Interprofessional Approaches to Health Care in Older Adults
ETHN 203	Contemporary Ethnic Studies Issues
ETHN 204	Foundations & Theories
ETHN 116	Asian American Politics and Public Policy
ETHN 117	Black Political Thought
ETHN 133	Crosscultural Aging in America 🌐
ETHN 142	Native American Tribal Governments
ETHN 152	American Indians, Sovereignty and US Laws
ETHN 161	Chicano/Latino Politics and Public Policy
POLS 284	Urban Politics
POLS 280	California Politics
POLS 270	Political Behavior and Political Processes: California and Beyond
POLS 180	California State and Local Government
POLS 171	Environmental Politics and Policy
POLS 170	Public Policy Development
POLS 169A	Science, Technology, and Politics
POLS 167	American Political Development
POLS 159D	Politics, Immigration, and Citizenship
POLS 155	United States Congress
PPA 200	Introduction to Public Policy and Administration ✍️
PPA 210	Political Environment of Policy Making
PPA 240A	Public Management and Administration I
PPA 240B	Public Management and Administration II
PPA 270	Introduction to Collaborative Policy Making
PPA 272	Collaborative Governance Advanced Practice
PSYC 142	Community Psychology
PSYC 171	Applied Behavior Analysis
PSYC 240	Seminar in Behavioral Neuroscience
PSYC 251	Developmental Processes
SOC 144	Sociology of Health and Illness
SOC 220	Seminar: Social Change
SOC 230	Seminar: Social Organization
WGS 133	Gender & Health
NUFD 221A	Advanced Clinical Nutrition A <sup>2</sup>
NUFD 221B	Advanced Clinical Nutrition B <sup>2</sup>
NUFD 223	Advanced Foodservice Management and Administration <sup>2</sup>
NUFD 295	Field Study

**Total Units****30**

<sup>1</sup> Select electives with advisor approval. No more than 6 units of courses numbered 100-199 may be counted toward the degree.

<sup>2</sup> Option for MS/DI Students Only