

NUTRITION, B.A.

Program Learning Outcomes

Students who complete the program in Nutrition will be able to:

1. Demonstrate critical thinking skills and analytical abilities to identify and solve problems in nutritional science.
2. Critically evaluate and interpret research for various life-cycle stages and develop practical approaches to address specific nutrition-related conditions and diseases within the life-span.
3. Plan and implement advanced educational principles for nutrition behavior change and communicate effectively with diverse populations.
4. Evaluate the effects of societal, cultural, ethical and financial dynamics upon diet trends, dietary choices, and food preparation methods among individuals, families and societies.
5. Develop and articulate a professional philosophy and personal code of ethics aimed at improving professional career.

Concentrations

Choose one required concentration from:

- Counseling (p.)
- Food (p.)
- Sports and Fitness (p.)

Counseling Concentration

Code	Title	Units
Lower-Division Requirements		
BIO 1030 and BIO 1030L	Human Anatomy and Physiology I (FE) and Human Anatomy and Physiology I Laboratory (FE)	4
BIO 1040 and BIO 1040L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	4
BIO 2010 and BIO 2010L	Cell Biology and Biochemistry (FE) and Cell Biology and Biochemistry Laboratory (FE)	4
CHE 1003 and CHE 1003L	Introduction to General, Organic, and Biological Chemistry (FE) and Introduction to General, Organic, and Biological Chemistry Lab (FE)	5
NUT 1010	Fundamentals of Food	2
NUT 2025	Fundamentals of Nutrition	3
PHL 2011	Ethics (FE)	3
SWF 1000	Living Justly in Contemporary Society (FE)	3
Upper-Division Requirements		
NUT 3030	Community Nutrition	3
NUT 3031	Community Nutrition Practicum	1
NUT 3035	Nutrition Research Through the Life Cycle	3
NUT 3065	Advanced Nutrition	3
NUT 4014	Practices in Nutrition Education and Dietary Counseling	2
NUT 4080	Internship in Nutrition	2-4
NUT 4097	Senior Seminar	2
SWF 3006	Research Basics	3
SWF 3015	Health and Well-Being (FE)	2

Concentration Courses		
PSY 3020	Social Psychology	3
PSY 3021	Abnormal Psychology	3
PSY 3025	Clinical and Community Interventions	4
PSY 3041	Group Counseling	1-3
PSY 3080	Family Development and Family Therapies	3
Total Units		63-67

Recommended Courses for Counseling Concentration:

Code	Title	Units
NUT 3040	Nutrition in Women's Wellbeing	2
NUT 4090	Special Studies in Nutrition	1-4
PSY 3045	Group Dynamics	3

Food Concentration

Code	Title	Units
Lower-Division Requirements		
BIO 1030 and BIO 1030L	Human Anatomy and Physiology I (FE) and Human Anatomy and Physiology I Laboratory (FE)	4
BIO 1040 and BIO 1040L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	4
BIO 2010 and BIO 2010L	Cell Biology and Biochemistry (FE) and Cell Biology and Biochemistry Laboratory (FE)	4
CHE 1003 and CHE 1003L	Introduction to General, Organic, and Biological Chemistry (FE) and Introduction to General, Organic, and Biological Chemistry Lab (FE)	5
NUT 1010	Fundamentals of Food	2
NUT 2025	Fundamentals of Nutrition	3
PHL 2011	Ethics (FE)	3
SWF 1000	Living Justly in Contemporary Society (FE)	3
Upper-Division Requirements		
NUT 3030	Community Nutrition	3
NUT 3031	Community Nutrition Practicum	1
NUT 3035	Nutrition Research Through the Life Cycle	3
NUT 3065	Advanced Nutrition	3
NUT 4014	Practices in Nutrition Education and Dietary Counseling	2
NUT 4080	Internship in Nutrition	2-4
NUT 4097	Senior Seminar	2
SWF 3006	Research Basics	3
SWF 3015	Health and Well-Being (FE)	2
Concentration Courses		
MKT 3032	Principles of Marketing	3
MKT 3033	Consumer and Organizational Buying Behavior	3
NUT 3003	Cultural Foods	2
NUT 4035	Food Service Management	2
NUT 4055	Food Science	3
Total Units		62-64

Recommended Courses for Food Concentration:

Code	Title	Units	PSY 3025	Clinical and Community Interventions	4
NUT 3040	Nutrition in Women's Wellbeing	2	PSY 3045	Group Dynamics	3
NUT 4090	Special Studies in Nutrition	1-4			
PSY 3025	Clinical and Community Interventions	4			
PSY 3045	Group Dynamics	3			

Sports and Fitness Concentration

Code	Title	Units
Lower-Division Requirements		
BIO 1030 and BIO 1030L	Human Anatomy and Physiology I (FE) and Human Anatomy and Physiology I Laboratory (FE)	4
BIO 1040 and BIO 1040L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	4
BIO 2010 and BIO 2010L	Cell Biology and Biochemistry (FE) and Cell Biology and Biochemistry Laboratory (FE)	4
CHE 1003 and CHE 1003L	Introduction to General, Organic, and Biological Chemistry (FE) and Introduction to General, Organic, and Biological Chemistry Lab (FE)	5
NUT 1010	Fundamentals of Food	2
NUT 2025	Fundamentals of Nutrition	3
PHL 2011	Ethics (FE)	3
SWF 1000	Living Justly in Contemporary Society (FE)	3
Upper-Division Requirements		
NUT 3030	Community Nutrition	3
NUT 3031	Community Nutrition Practicum	1
NUT 3035	Nutrition Research Through the Life Cycle	3
NUT 3065	Advanced Nutrition	3
NUT 4014	Practices in Nutrition Education and Dietary Counseling	2
NUT 4080	Internship in Nutrition	2-4
NUT 4097	Senior Seminar	2
SWF 3006	Research Basics	3
SWF 3015	Health and Well-Being (FE)	2
Concentration Courses		
Lower-Division Requirements:		
KIN 2001	Fundamentals of Fitness Assessment and Development	2
Upper-Division Requirements		
KIN 3030	Nutrition for Exercise and Sport Performance	3
KIN 3001 and KIN 3001L	Fitness Assessment and Exercise Prescription and Fitness Assessment and Exercise Prescription Lab	4
KIN 3040 and KIN 3040L	Physiology of Exercise and Physiology of Exercise Lab	4
PSY 3021	Abnormal Psychology	3
Total Units		65-67

Recommended Courses for Sports and Fitness Concentration:

Code	Title	Units
NUT 3040	Nutrition in Women's Wellbeing	2
NUT 4090	Special Studies in Nutrition	1-4