# **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.
- Plan and implement advanced educational principles for nutrition behavior change and communicate effectively with diverse populations.
- 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.

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## Concentrations

Choose one required concentration from:

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

### **Counseling Concentration**

Code	Title	Units
Lower-Division R	equirements	
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 Laborator	4 y
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
<b>Upper-Division</b> R	equirements	
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 Re	equirements		
BIO 1030 and BIO 1030L	Human Anatomy and Physiology I (FE) and Human Anatomy and Physiology I Laboratory (FE)		
BIO 1040 and BIO 1040L	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laborator	4 'y	
BIO 2010 and BIO 2010L	Cell Biology and Biochemistry (FE) and Cell Biology and Biochemistry Laboratory (FE	4 E)	
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 Re	equirements		
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
NUT 3040	Nutrition in Women's Wellbeing	2
NUT 4090	Special Studies in Nutrition	1-4
PSY 3025	<b>Clinical and Community Interventions</b>	4
PSY 3045	Group Dynamics	3

## Sports and Fitness Concentration

Code	Title	Jnits
Lower-Division R	equirements	
BIO 1030 and BIO 1030L	Human Anatomy and Physiology I (FE) and Human Anatomy and Physiology I Laboratory (FE)	
BIO 1040 and BIO 1040L	Human Anatomy and Physiology II L and Human Anatomy and Physiology II Laboratory	
BIO 2010 and BIO 2010L	Cell Biology and Biochemistry (FE) and Cell Biology and Biochemistry Laboratory (FE)	4
CHE 1003 Introduction to General, Organic, and Biological and CHE 1003L 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 R	equirements	
NUT 3030	Community Nutrition	3
NUT 3031	Community Nutrition Practicum	1
NUT 3035	Nutrition Research Through the Life Cycle	
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
<b>Concentration</b> Co	Durses	
Lower-Division R	equirements:	
KIN 2001	Fundamentals of Fitness Assessment and Development	2
Upper-Division R	equirements	
KIN 3030	Nutrition for Exercise and Sport Performance	3
KIN 3001 and KIN 3001L		
KIN 3040 and KIN 3040L	Physiology of Exercise and Physiology of Exercise Lab	4
PSY 3021	Abnormal Psychology	3
Total Units	6	5-67

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

nits	PSY 3025	Clinical and Community Interventions	4
2	PSY 3045	Group Dynamics	3