

NUTRITION, B.A.

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
NUT 3040	Nutrition in Women's Wellbeing	2
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
PSY 3025	Clinical and Community Interventions	4
PSY 3045	Group Dynamics	3