

**Nutrition and Dietetics, B.S., Curriculum
Effective Fall Quarter 2016**

Freshman Year

Chemistry 120: Introduction to Inorganic Chemistry (3)
Chemistry 121: Introduction to Organic Chemistry and Biochemistry (3)
Chemistry 122: Chemistry Laboratory (1)
Communications 101: Principles of Communication Studies (3)
English 101: Freshman Composition I (3)
English 102: Freshman Composition II (3)
First Year Experience 100: The Experience (1)
Food & Nutrition 103: Human Nutrition and Weight Control (1)
Food & Nutrition Elective: Typically, FNU 253: Sports Nutrition (3)
History 102: World History (3)
Mathematics 100 or 101: College Algebra (3)
Sociology 201: Introduction to Sociology (3)

Sophomore Year

Biological Sciences 225: Human Anatomy and Physiology I (3)
Biological Sciences 226: Human Anatomy and Physiology I Lab (1)
Biological Sciences 227: Human Anatomy and Physiology II (3)
Food & Nutrition 201: Food Cost Accounting (or Accounting 201) (3)
Food & Nutrition 203: Human Nutrition (3)
Food & Nutrition 210: Introduction to Nutrition Professions (3)
Food & Nutrition 220: Life Cycle Nutrition (3)
Food & Nutrition 232: Basic Food Science (3)
Food & Nutrition 299: Research for Nutrition Professionals (3)
Human Ecology 257: Survey of Human Ecology (3)
Statistics 200: Basic Statistics (3)

Junior Year

Biological Sciences 214: Survey of Microbiology (4)
Electives (6)
English 303: Technical Writing (3)
Food & Nutrition 402: Human Nutritional Biochemistry I (3)
Food & Nutrition 403: Community Nutrition (3)
Food & Nutrition 404: Human Nutritional Biochemistry II (3)
Food & Nutrition 412: Advanced Food Science (3)
Health Information Management 103: Introduction to Medical Terminology (3)
Psychology 102: General Psychology (3)

Senior Year

Electives (12) **(NON-RD ONLY)***
Fine Arts Elective: Art, Dance, Music or Theater Appreciation (3)
Food & Nutrition 302: Quantity Foods Field Experience (3)
Food & Nutrition 414: Nutrition Assessment (3) **(RD ONLY)**
Food & Nutrition 423: Medical Nutrition Therapy I (3) **(RD ONLY)**
Food & Nutrition 443: Medical Nutrition Therapy II (3) **(RD ONLY)**
Food & Nutrition 463: Medical Nutrition Therapy III (3) **(RD ONLY)**
Food & Nutrition 472: Food Systems Management (3)
Human Ecology 357: Professional Issues in Human Ecology (2)
Management 310: Management of Organizations (3)
Marketing 300: Marketing Principles and Policies (3)

*Non-RD electives are toward approved minor with at least 9 hours at 300/400 level

Description of Required Nutrition and Dietetics Courses

103: Human Nutrition and Weight Control. 0-1-1 (3) Pass/Fail. Personalized weight control program based on recommended nutrients, behavior modification and energy balance.

201: Food Cost Accounting. 0-3-3. An overview of the fundamental knowledge of financial management, managerial accounting, and operational cost controls for foodservice professionals with a focus on controlling food service costs.

203: Human Nutrition. 0-3-3. Functions of various nutrients and their interrelationships in children and adults with emphasis on personal food habits and selection.

210: Introduction to Nutrition Professions. 0-3-3. An introduction to the nutrition and dietetics professions including foods and foodservice management. Topics include ethics, standards of practice and professional performance, and trends.

220: Life Cycle Nutrition. 0-3-3. Evaluation of variations in nutrition requirements in all stages of the life cycle, including prenatal, infant, childhood, adolescent, adult, and geriatric nutrition.

232: Basic Food Science. 3-2-3. Use of food science principles in food selection and preparation procedures. Introduction to food science research.

253: Sports Nutrition. 0-3-3. Nutrient needs and food related issues in exercise for wellness and training for competitive athletes.

299: Research for Nutrition Professionals. 0-3-3. An introduction to the food and nutrition research methods processes, including proposal development, data analysis, study conclusions, and computer applications.

302: Quantity Foods Field Experience. 4-2-3. Preq., FNU 232. Equipment and production in the food service industry; field experience in food service facilities.

402: Human Nutritional Biochemistry I. 0-3-3. Preq., FNU 302, BISC 227, CHEM 121. Food sources and utilization of carbohydrates, proteins and fats in humans.

403: Community Nutrition. 0-3-3. Preq., FNU 203 and 220. Prevention and treatment of nutrition problems common to individuals, families, and communities. Includes survey of federal, state and local nutrition programs for various age groups.

404: Human Nutritional Biochemistry II. 0-3-3. Preq., FNU 402. Food sources and utilization of vitamins, minerals and water in humans.

412: Advanced Food Science. 3-2-3. Preq., FNU 232, CHEM 121. Study of the chemical and physical nature of foods. Individual investigations of selected problems.

414: Nutrition Assessment. 3-2-3. Coreq., FNU 402. Planning, implementation and evaluation of nutrition needs and provision of individualized client care.

423: Medical Nutrition Therapy I : Diabetes, Cancer & Heart Disease. 3-2-3. Preq., FNU 402 and 414. Medical nutrition therapy for cardiovascular disease, diabetes, cancer, food

allergies, and AIDS.

443: Medical Nutrition Therapy II: GI, Renal Disease and Nutrition Support. 3-2-3. Preq., FNU 423. Enteral and parenteral nutrition; medical nutrition therapy for gastrointestinal, liver and kidney diseases.

463: Medical Nutrition Therapy III: Clinical Applications. 3-2-3. Coreq., FNU 443. Structured experiences in nutrition and dietetics to develop assessment, interviewing and nutrition education skills.

472: Food Systems Management. 0-3-3. Preq., FNU 302. Study of the principles of organization and management applied to institutional food service.