NUTRITION AND FOOD SCIENCES BS

More Information

Advising Requirement
Advising is mandatory for this program. Consult your department advisor or program coordinator for information.

E-advising Tools
Students are encouraged to use the interactive e-advising tools that have been designed to help them graduate within four years. These tools can be accessed through the Student Center.

The Bachelor of Science in Nutrition and Food Sciences prepares students to apply their knowledge and skills for careers that require a registered dietitian nutritionist (RDN) credential, other nutrition-related careers, and careers in nutrition management.

The option in food and nutrition communication. Food impacts all of our lives in many ways, and students in this program explore the role of food in our lives, with a focus on nutrition and food to promote healthy living. Graduates develop skills in working in communication, such as public health and promotion, outreach and education, community nutrition, sports nutrition, and cultivating healthy living throughout the lifecycle. Majors can pursue specific areas of interest within the broad scope of food and nutrition. This option also serves students pursuing health care careers, including nursing and physician’s assistant.

The option in nutrition management. Students are prepared for exciting careers in nutrition and foodservice management in both commercial and health care settings. Graduates acquire the skills and knowledge for management of nutrition and foodservice operations, financial management, food safety and sanitation, meal planning for regular diets and various disease conditions, and marketing. This option prepares students to serve culturally diverse clientele and work with culturally diverse employees and engages students in hands-on foodservice-related experiences. Employment opportunities include but are not limited to certified dietary manager, school nutrition specialist, child nutrition director, foodservice director in a health care setting, quality assurance/food safety inspector, health inspector, food and beverage supervisor, and foodservice consultant.

The option in general dietetics. This option provides a broad educational background to develop competent and productive students in preparation for a dietetic internship (DI) leading to eligibility for the Commission on Dietetic Registration (CDR) credentialing exam to become a registered dietitian nutritionist (RDN). Students are prepared to serve a culturally diverse community by engaging in pre-professional nutrition-related activities that serve Northern California while using resources in a sustainable manner. Employment opportunities include but are not limited to hospitals or other health care facilities, sports nutrition or corporate wellness, food and nutrition-related business and industries, private practice, and community and public health settings.

Grading Requirement
All courses taken to fulfill program course requirements must be taken for a letter grade except those courses specified by the department as credit/no credit grading only.

Course Requirements for the Major: 69-75 units
Completion of the following courses, or their approved transfer equivalents, is required of all candidates for this degree. Courses in this program may complete more than one graduation requirement.

A maximum of 15 units of externship courses may be applied to a bachelor’s degree at California State University, Chico.

### Course Requirements for the Major

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 104</td>
<td>Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 211</td>
<td>Allied Health Microbiology</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 107</td>
<td>General Chemistry for Applied Sciences</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 108</td>
<td>Organic Chemistry for Applied Sciences</td>
<td>4</td>
</tr>
<tr>
<td>MATH 105</td>
<td>Introduction to Statistics</td>
<td>3</td>
</tr>
<tr>
<td>NFSC 120</td>
<td>Introduction to Food Science</td>
<td>3</td>
</tr>
<tr>
<td>NFSC 122</td>
<td>Food Safety and Sanitation</td>
<td>2</td>
</tr>
<tr>
<td>NFSC 155</td>
<td>Introduction to Nutrition and Food Sciences</td>
<td>1</td>
</tr>
<tr>
<td>NFSC 230</td>
<td>Introduction to Foodservice Administration</td>
<td>3</td>
</tr>
<tr>
<td>NFSC 320</td>
<td>Science of Food</td>
<td>3</td>
</tr>
<tr>
<td>NFSC 340</td>
<td>Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>NFSC 360</td>
<td>Nutrition Throughout the Life Cycle</td>
<td>3</td>
</tr>
<tr>
<td>NFSC 429W</td>
<td>Cultural Food (W)</td>
<td>3</td>
</tr>
<tr>
<td><strong>Major Option</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Select one of the following options:</td>
<td>29-35</td>
<td></td>
</tr>
<tr>
<td>Food and Nutrition Communication (p. 1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nutrition Management (p. 2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>General Dietetics (p. 2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Units</strong></td>
<td>69-75</td>
<td></td>
</tr>
</tbody>
</table>

### Major Option Course Requirements

Students must select one of the following options for completion of the major course requirements.

The Option in Food and Nutrition Communication: 29-30 units
Students must complete a GE Oral Communication (Area A1) (https://catalog.csuchico.edu/colleges-departments/undergraduate-education/general-education/#A1) course before enrolling in the following NFSC required courses.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>NFSC 303</td>
<td>Nutrition and Physical Fitness</td>
<td>3</td>
</tr>
<tr>
<td>NFSC 318</td>
<td>Nutrition and Disease</td>
<td>3</td>
</tr>
<tr>
<td>NFSC 345W</td>
<td>Diet Supplements and Functional Foods (W)</td>
<td>3</td>
</tr>
<tr>
<td>NFSC 365</td>
<td>Nutrition Counseling and Education</td>
<td>3</td>
</tr>
<tr>
<td>NFSC 455</td>
<td>Futures in Nutrition and Food Science</td>
<td>1</td>
</tr>
<tr>
<td>NFSC 465</td>
<td>Community Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>NFSC 489</td>
<td>Externship</td>
<td>1</td>
</tr>
<tr>
<td>or NFSC 489C</td>
<td>Center for Healthy Communities Externship</td>
<td></td>
</tr>
<tr>
<td>PHHA 369</td>
<td>Health Promotion Techniques</td>
<td>3</td>
</tr>
</tbody>
</table>

Select one of the following:

1. **E-advising Tools**
2. **Advising Requirement**
3. **Major Option Course Requirements**
4. **Course Requirements for the Major: 69-75 units**
5. **More Information**
Area of Study
Select one of the following areas: 6-7
Lifecycle Nutrition (p. 2)
Media and Writing (p. 2)
Sports Nutrition (p. 2)

Total Units 29-30

1 Students are required to take 1 unit of externship in one of the areas of study. Please see the designated advisor of one of the core areas described below for recommendations on externship placements.

Area of Study
The following courses, or their approved transfer equivalents, are required depending upon the area of study chosen. Students must select one of the following areas of study for completion of the major course requirements.

Lifecycle Nutrition Area of Study: 6 units

Course | Title | Units
--- | --- | ---
NFSC 468 | Child Nutrition | 3
NFSC 469 | Nutrition and Aging | 3

Select one of the following:

CHLD 252 | Child Development | 3
CHLD 354 | The School-Aged Child | 3
PHHA 541 | Health in the Later Years | 3
SWRK 474 | Policy and Programs for Older Adults | 3

Total Units 6

Media and Writing Area of Study: 6 units

Course | Title | Units
--- | --- | ---
JOUR 130W | Professional Writing for Public Audiences (W) | 6
JOUR 255 | Digital Literacy and Media Technology | 3
JOUR 260W | Writing for Mass Media (W) | 3
JOUR 325W | Magazine Writing (W) | 3
MADT 103W | Writing for Screen Media (W) | 3
MADT 206 | Introduction to Commercial Photography and Digital Imaging | 3
MADT 219 | Social Media Technologies | 3
MADT 371 | Media and Learning | 3

Total Units 6

Sports Nutrition Area of Study: 6-7 units

Course | Title | Units
--- | --- | ---
KINE 323 | Physiology of Exercise | 6-7
KINE 482 | Exercise Pathophysiology | 6-7
NFSC 403 | Sports Nutrition | 6-7

Total Units 6-7

The Option in Nutrition Management: 30 units

Course | Title | Units
--- | --- | ---
ACCT 201 | Introduction to Financial Accounting | 3
MKTG 305 | Survey of Marketing | 3
NFSC 318 | Nutrition and Disease | 3
NFSC 430 | Foodservice Procurement and Management | 3
NFSC 431W | Foodservice Equipment and Production Systems (W) | 3
NFSC 455 | Futures in Nutrition and Food Science | 1
NFSC 489 | Externship | 2
or NFSC 489C | Center for Healthy Communities Externship | 1
NFSC 530 | Nutrition Program Management and Administration | 3
RHPM 420 | Budgeting and Finance in Recreation, Hospitality, and Parks Management | 3

Select one of the following: 3

NFSC 468 | Child Nutrition | 3
NFSC 469 | Nutrition and Aging | 3

Total Units 30

The Option in General Dietetics: 35 units

Registered dietitians nutritionists (RDNs) are food and nutrition experts who have met these criteria to earn the RDN credential:

1. Completed a minimum of a bachelor’s degree or master’s degree at a U.S. regionally accredited university or college and coursework approved by the Commission on Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND). Courses in the option in general dietetics meet the requirements of the Academy of Nutrition and Dietetics for an accredited Didactic Program in Dietetics (DPD).
2. Completed a post-baccalaureate ACEND accredited supervised practice program.
3. Pass a national registration exam.

The Commission on Dietetics Registration (CDR) has mandated that beginning January 1, 2024, a minimum of a graduate degree will be required to sit for the RDN credential exam.

See Prerequisites for Admission to the Option in General Dietetics (p. 4) for additional information.

Course | Title | Units
--- | --- | ---
CHEM 350 | Introductory Biochemistry | 3
CHEM 350L | Introductory Biochemistry Laboratory | 1
NFSC 345W  Diet Supplements and Functional Foods (W)  3
NFSC 365  Nutrition Counseling and Education  3
NFSC 430  Foodservice Procurement and Management  3
NFSC 431W  Foodservice Equipment and Production Systems (W)  3
NFSC 440  Advanced Human Nutrition  4
NFSC 457  Futures in Dietetics  1
NFSC 465  Community Nutrition  3
NFSC 470  Medical Nutrition Therapy I  4
NFSC 471  Medical Nutrition Therapy II  4
PSYC 101  Principles of Psychology  3

Total Units 35

1 It is highly recommended that CHEM 350 be in progress or completed the semester students apply for admission to the option.

Clinical Nutrition

Students preparing for advanced degrees or careers in nutrition research should complete the required units of the Option in General Dietetics and also complete the following courses, which include a Chemistry minor.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 303</td>
<td>Human Genetics</td>
<td>3</td>
</tr>
<tr>
<td>or BIOL 360</td>
<td>Genetics</td>
<td></td>
</tr>
<tr>
<td>BIOL 416</td>
<td>Vertebrate Physiology</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 270</td>
<td>Organic Chemistry I</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 320</td>
<td>Quantitative Analysis</td>
<td>4</td>
</tr>
<tr>
<td>CHEM 370</td>
<td>Organic Chemistry II</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 370L</td>
<td>Organic Chemistry Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>CHEM 451</td>
<td>Biochemistry I</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 453L</td>
<td>Biochemistry Laboratory</td>
<td>1</td>
</tr>
</tbody>
</table>

Total Units 23

Electives Requirement

To complete the total units required for the bachelor’s degree, select additional elective courses from the total University offerings. You should consult with an advisor regarding the selection of courses which will provide breadth to your University experience and possibly apply to a supportive second major or minor.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>NFSC 489</td>
<td>Externship</td>
<td>1-6</td>
</tr>
<tr>
<td>NFSC 489C</td>
<td>Center for Healthy Communities Externship</td>
<td>1-6</td>
</tr>
</tbody>
</table>

Honors in the Major

Honors in the Major is a program of independent work in your major. It requires 6 units of honors course work completed over two semesters.

The Honors in the Major program allows you to work closely with a faculty mentor in your area of interest on an original performance or research project. This year-long collaboration allows you to work in your field at a professional level and culminates in a public presentation of your work. Students sometimes take their projects beyond the University for submission in professional journals, presentation at conferences, or academic competition. Such experience is valuable for graduate school and professional life. Your honors work will be recognized at your graduation, on your permanent transcripts, and on your diploma. It is often accompanied by letters of commendation from your mentor in the department or the department chair.

Some common features of Honors in the Major program are:

- You must take 6 units of Honors in the Major course work. All 6 units are honors classes (marked by a suffix of H), and at least 3 of these units are independent study (399H, 499H, 599H) as specified by your department. You must complete each class with a minimum grade of B.
- You must have completed 9 units of upper-division course work or 21 overall units in your major before you can be admitted to Honors in the Major. Check the requirements for your major carefully, as there may be specific courses that must be included in these units.
- Your cumulative GPA should be at least 3.5 or within the top 5% of majors in your department.
- Your GPA in your major should be at least 3.5 or within the top 5% of majors in your department.
- Most students apply for or are invited to participate in Honors in the Major during the second semester of their junior year. Then they complete the 6 units of course work over the two semesters of their senior year.
- Your honors work culminates with a public presentation of your honors project.

While Honors in the Major is part of the Honors Program, each department administers its own program. Please contact your major department or major advisor to apply.

See Bachelor’s Degree Requirements (https://catalog.csuchico.edu/undergraduate-requirements/bachelors-degree-requirements/) for complete details on general degree requirements. A minimum of 39 units, including those required for the major, must be upper division.

General Education Requirements: 48 units

See General Education (https://catalog.csuchico.edu/colleges-departments/undergraduate-education/general-education/) and the Class Schedule (http://www.csuchico.edu/schedule/) for the most current information on General Education Requirements and course offerings.

Diversity Course Requirements: 6 units

You must complete a minimum of two courses that focus primarily on cultural diversity. At least one course must be in U.S. Diversity (USD) and at least one in Global Cultures (GC). See Diversity Requirements (https://catalog.csuchico.edu/undergraduate-requirements/diversity-requirements/) for a full list of courses. Most courses taken to satisfy these requirements may also apply to General Education (https://catalog.csuchico.edu/colleges-departments/undergraduate-education/general-education/).

Upper-Division Writing Requirement

Writing Across the Curriculum (EM 17-009 (http://www.csuchico.edu/prs/EMs/2017/17-009.shtml/)) is a graduation requirement and may be demonstrated through satisfactory completion of four Writing (W) courses, two of which are designated by the major department. See Mathematics/Quantitative Reasoning and Writing Requirements (https://catalog.csuchico.edu/undergraduate-requirements/).
Nutrition and Food Sciences BS

mathematicsquantitative-reasoning-writing-requirements/) for more
details on the four courses. The first of the major designated Writing (W)
courses is listed below.

**The Option in Food and Nutrition Communication and**
**The Option in General Dietetics**

- NFSC 345W Diet Supplements and Functional Foods (W)

**The Option in Nutrition Management**

- NFSC 431W Foodservice Equipment and Production Systems (W)

The second major-designated Writing course is the Graduation Writing
Assessment Requirement (GW) (EO 665 (https://calstate.policystat.com/
policy/9585618/latest/)). Students must earn a C- or higher to
receive GW credit. The GE Written Communication (A2) (https://
catalog.csuchico.edu/colleges-departments/undergraduate-education/
general-education/#A2) requirement must be completed before a student
is permitted to register for a GW course.

**Notice to Prospective Applicants for**
**Option in General Dietetics**

A supplemental dietetics application must be submitted by March 1. A
dietetics application is available from the Nutrition and Food Sciences
Department office. In addition to the application, students must provide
transcripts of all previous college or university level work, a resume, two
letters of recommendation, and a one-page written personal statement
about their career goals. Applications are reviewed by a committee that
ranks all applications for placement. Students not selected for the option
are encouraged to meet with an NFSC faculty advisor. Students not
selected may reapply once.

**Prerequisites for Admission to the Option**
**in General Dietetics**

1. The cumulative grade point average for all college-level work must be
a minimum of 2.75.
2. The following prerequisites must be completed with a grade of C
or higher: BIOL 104, BIOL 211, CHEM 107, CHEM 108, MATH 105,
and NFSC 340.
3. It is highly recommended that CHEM 350 be in progress or completed
the semester students apply for admission to the option.