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 assistants.

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: 67-75 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.

### Major Option Course Requirements

<table>
<thead>
<tr>
<th>Course Core</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>
</tbody>
</table>

#### Major Option

Select one of the following options: 27-35 units

- Food and Nutrition Communication (p. 1)
- Nutrition Management (p. 2)
- General Dietetics (p. 2)

Total Units: 67-75

### 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: 28-29 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 Nutrition and Food Sciences (NFSC) required courses.

<table>
<thead>
<tr>
<th>Course Foundation</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 390</td>
<td>Research Methods in Nutrition and Food Sciences</td>
<td>2</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>
</tbody>
</table>

or NFSC 489C Center for Healthy Communities Externship

Select one of the following: 3 units
CMST 233  Foundations of Interpersonal Communication
CMST 235  Intercultural Communication Theories and Practice
NFSC 560  Motivational Interviewing for Allied Health
PHHA 369  Public Health Communication Techniques

Area of Study (p. 2)
Select one of the following areas:
   Lifecycle Nutrition (p. 2)
   Media and Writing (p. 2)
   Sports Nutrition (p. 2)

Total Units  28-29

1 Students are required to take one 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
Select one of the following:  3
   NFSC 468  Child Nutrition
   NFSC 469  Nutrition and Aging
Select one of the following:  3
   CHLD 252  Child Development
   CHLD 354  The School-Aged Child
   PHHA 541  Health in the Later Years
   SWRK 474  Policy and Programs for Older Adults

Total Units  6

Media and Writing Area of Study: 6 units
Course   Title Units
Select two of the following:  6
   JOUR 130W  Professional Writing for Public Audiences (W)
   JOUR 255  Digital Literacy and Media Technology
   JOUR 260W  Writing for Media (W)
   JOUR 325W  Magazine Writing (W)
   MADT 103W  Writing for Screen Media (W)
   MADT 206  Introduction to Commercial Photography and Digital Imaging
   MADT 219  Social Media Technologies
   MADT 371  Media and Learning

Total Units  6

Sports Nutrition Area of Study: 6-7 units
Course   Title Units
Select two of the following:  6-7
   KINE 323  Exercise Physiology
   KINE 482  Exercise Pathophysiology
   NFSC 403  Sports Nutrition

Total Units  6-7

The Option in Nutrition Management: 27-28 units
Course   Title Units
   ACCT 201  Introduction to Financial Accounting  3
   MKTG 305  Survey of Marketing  3
   NFSC 318  Nutrition and Disease  3
   NFSC 432  Foodservice Procurement and Production Management  4
   NFSC 455  Futures in Nutrition and Food Science  1
   NFSC 489  Externship 1  2
   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
   NFSC 469  Nutrition and Aging

Select one of the following:  2-3
   BCOM 300W  Communication in Business (W)
   BLAW 414  Labor Law and Collective Bargaining
   MGMT 304  Human Resource Management
   MKTG 371  Consumer Behavior
   NFSC 390  Research Methods in Nutrition and Food Sciences
   NFSC 499H  Honors Senior Thesis or Project
   NFSC 560  Motivational Interviewing for Allied Health
   PHHA 331  The Healthcare Delivery System
   PHHA 541  Health in the Later Years
   SWRK 474  Policy and Programs for Older Adults

Total Units  27-28

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 US 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.
research project. This year-long collaboration allows you to work in your
faculty mentor in your area of interest on an original performance or
The Honors in the Major program allows you to work closely with a
honors coursework completed over two semesters. Honors in the Major is a program of independent work in your major. It
requires six units of honors coursework completed over two semesters. 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.

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 US 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-academic-success/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/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**

- Any upper-division Writing (W) course.

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-academic-success/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.