NUTRITION AND FOOD SCIENCE (NFSC)

See Course Description Symbols and Terms (https://catalog.csuchico.edu/academic-standards-policies/course-description-symbols-terms/) for an explanation of course description terminology and symbols, the course numbering system, and course credit units.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Classification</th>
<th>Prerequisite</th>
<th>General Education</th>
<th>Grade Basis</th>
<th>Repeatability</th>
<th>Typically Offered</th>
<th>Course Attributes</th>
</tr>
</thead>
<tbody>
<tr>
<td>NFSC 100</td>
<td>Basic Nutrition</td>
<td>3</td>
<td>GE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Fall and spring</td>
<td>Graded</td>
</tr>
<tr>
<td></td>
<td><strong>Typically Offered:</strong> Fall and spring</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Physiological, social, and psychological factors affecting food intake are examined, as well as relationships of nutrients to health throughout life. Sustainable food practices are explored. 3 hours lecture. (004273)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>General Education:</strong> Lifelong Learning and Self-Development (E)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Grade Basis:</strong> Graded</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Repeatability:</strong> You may take this course for a maximum of 3 units</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Course Attributes:</strong> Lower Division</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NFSC 120</td>
<td>Introduction to Food Science</td>
<td>3</td>
<td>Lower Division</td>
<td>004273</td>
<td></td>
<td></td>
<td></td>
<td>Fall and spring</td>
<td>Graded</td>
</tr>
<tr>
<td></td>
<td><strong>Typically Offered:</strong> Fall and spring</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>An elementary study of the chemical, physical and sensory properties of foods. An emphasis on food science principles as they relate to food preparation, ingredient function and interaction, purchasing, storage, nutrient preservation, safety and sanitation. 2 hours discussion, 3 hours laboratory. (004271)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Grade Basis:</strong> Graded</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Repeatability:</strong> You may take this course for a maximum of 3 units</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Course Attributes:</strong> Lower Division</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NFSC 122</td>
<td>Food Safety and Sanitation</td>
<td>2</td>
<td>Lower Division</td>
<td>020596</td>
<td></td>
<td></td>
<td></td>
<td>Fall only</td>
<td>Graded</td>
</tr>
<tr>
<td></td>
<td><strong>Typically Offered:</strong> Fall only</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Knowledge of national (FDA’s Food Code and statewide (California Retail Food Code) health and sanitation principles for retail food facilities. A student may receive a ServSafe® Certification from the National Restaurant Association certification if he or she receives a minimum of 75% on the respective examinations. Good Agricultural Practices are reviewed alongside various food safety topics. 2 hours lecture. (020596)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Grade Basis:</strong> Graded</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Repeatability:</strong> You may take this course for a maximum of 2 units</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Course Attributes:</strong> Lower Division</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NFSC 155</td>
<td>Introduction to Nutrition and Food Sciences</td>
<td>1</td>
<td>Lower Division</td>
<td>020288</td>
<td></td>
<td></td>
<td></td>
<td>Fall and spring</td>
<td>Credit/No Credit</td>
</tr>
<tr>
<td></td>
<td><strong>Typically Offered:</strong> Fall and spring</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Introduction to professional associations, legislation, and career opportunities in the Nutrition and Food Sciences major and an introduction to campus resources. 1 hour lecture. (020288)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Grade Basis:</strong> Credit/No Credit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Repeatability:</strong> You may take this course for a maximum of 1 unit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Course Attributes:</strong> Lower Division</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NFSC 198</td>
<td>Special Topics</td>
<td>1-3</td>
<td>Lower Division</td>
<td>006374</td>
<td></td>
<td></td>
<td></td>
<td>Fall and spring</td>
<td>Graded</td>
</tr>
<tr>
<td></td>
<td><strong>Typically Offered:</strong> Fall and spring</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>This course is for special topics, which may be offered for 1.0 to 3.0 units. Typically the topic is offered on a one-time-only basis and may vary from term to term and be different for different sections. See the Class Schedule for the specific topic being offered. 3 hours supervision. (006374)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Grade Basis:</strong> Graded</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Repeatability:</strong> You may take this course more than once</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Course Attributes:</strong> Lower Division</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NFSC 200</td>
<td>Health at Every Size: A Non-Diet Approach to Wellness</td>
<td>3</td>
<td>GE, USD</td>
<td>021134</td>
<td></td>
<td></td>
<td></td>
<td>Fall and spring</td>
<td>Graded</td>
</tr>
<tr>
<td></td>
<td><strong>Typically Offered:</strong> Fall and spring</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>This course provides an overview of the Health at Every Size paradigm. Topics include size discrimination, social and cultural influences on body dissatisfaction and the adoption of enjoyable physical activity, and mindful eating. 3 hours lecture. (021134)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>General Education:</strong> Social Sciences (D)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Grade Basis:</strong> Graded</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Repeatability:</strong> You may take this course for a maximum of 3 units</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NFSC 200W</td>
<td>Health at Every Size: A Non-Diet Approach to Wellness (W)</td>
<td>3</td>
<td>GE, USD, W</td>
<td>021526</td>
<td></td>
<td></td>
<td></td>
<td>Fall and spring</td>
<td>Graded</td>
</tr>
<tr>
<td></td>
<td><strong>Typically Offered:</strong> Fall and spring</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>This course provides an overview of the Health at Every Size paradigm. Topics include size discrimination, social and cultural influences on body dissatisfaction and the adoption of enjoyable physical activity, and mindful eating. 3 hours lecture. (021526)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>General Education:</strong> Social Sciences (D)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Grade Basis:</strong> Graded</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Repeatability:</strong> You may take this course for a maximum of 3 units</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Course Attributes:</strong> Lower Division; US Diversity; Writing Course</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NFSC 230</td>
<td>Introduction to Foodservice Administration</td>
<td>3</td>
<td>Lower Division</td>
<td>004294</td>
<td></td>
<td></td>
<td></td>
<td>Fall and spring</td>
<td>Graded</td>
</tr>
<tr>
<td></td>
<td><strong>Typically Offered:</strong> Fall and spring</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Study of management tools and practices ranging from conceptual to applied as they relate to all aspects of the field of nutrition and food services. 3 hours discussion. (004294)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Grade Basis:</strong> Graded</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Repeatability:</strong> You may take this course for a maximum of 3 units</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Course Attributes:</strong> Lower Division</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NFSC 303</td>
<td>Nutrition and Physical Fitness</td>
<td>3</td>
<td>GE</td>
<td>004288</td>
<td></td>
<td></td>
<td></td>
<td>Fall and spring</td>
<td>Graded</td>
</tr>
<tr>
<td></td>
<td><strong>Typically Offered:</strong> Fall and spring</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Analyzes and evaluates current practices and theories regarding nutrition and its relationship to athletics, weight control, and physical exercise. 3 hours lecture. (004288)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>General Education:</strong> Upper-Division Scientific Inq/Quant Reason (UBD); Health and Wellness Pathway</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Grade Basis:</strong> Graded</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Repeatability:</strong> You may take this course for a maximum of 3 units</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Course Attributes:</strong> Upper Division</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
NFSC 310  Global Nutrition  3 Units  GC, GE
Prerequisite: GE Oral Communication (A1); GE Written Communication (A2); GE Critical Thinking (A3); GE Mathematics/Quantitative Reasoning (B4) requirements, or consent of the instructor.
Typically Offered: Fall and spring
This course examines the relationships among human dietary patterns, human biology, and societies. Topics covered include the prevalence of hunger and malnutrition, factors contributing to malnutrition, and the ecology of obesity and chronic diseases in both developing and industrialized nations. Inter-relationships between food systems and major chronic diseases affecting the world population are also examined. Special attention is given to a critical analysis of the biological, environmental and socio-cultural determinants of nutrition-related issues around the world and strategies for addressing those issues. 3 hours lecture.  (020508)

General Education: Upper-Division Scientific Inq/Quant Reason (UDB); Agriculture, Food, and Environment Pathway; Global Studies Pathway
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Upper Division; Global Cultures; Sustainable Course

NFSC 318  Nutrition and Disease  3 Units
Prerequisite: NFSC 340.
Typically Offered: Fall and spring
This course is designed to develop skills in the use of clinical nutrition in the prevention and treatment of diet-related health problems, such as cardiovascular disease, diabetes, hypertension, and kidney disease. 3 hours lecture.  (020608)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Upper Division

NFSC 320  Science of Food  3 Units
Prerequisite: CHEM 107 or CHEM 111, NFSC 120.
Typically Offered: Fall only
Application of principles and methods of physical and sensory analysis of food; effects of functional ingredients, processing, and biotechnology on the food supply. Group research projects are conducted, presented, and evaluated. 2 hours discussion, 3 hours laboratory.  (004293)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Upper Division

NFSC 340  Human Nutrition  3 Units
Prerequisite: BIOL 104, CHEM 108.
Typically Offered: Fall and spring
Physiological and chemical roles of proteins, lipids, carbohydrates, minerals, vitamins, and water in the functioning of the human body. Factors affecting the digestion of foods, use of nutrients, and the body’s need for nutrients. 3 hours discussion.  (004296)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Upper Division

NFSC 345W  Diet Supplements and Functional Foods (W)  3 Units  W
Prerequisite: NFSC 340.
Typically Offered: Spring only
Scientific overview of popular dietary supplements and food phytochemicals and their relation to human health and disease. Current government regulations are also considered. 3 hours lecture.  (020289)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Upper Division; Writing Course

NFSC 360  Nutrition Throughout the Life Cycle  3 Units
Prerequisite: BIOL 104; NFSC 100 or NFSC 340.
Typically Offered: Fall and spring
A survey of nutritional needs from conception to death, including the relationship of nutrients to health and well-being and factors which affect food selection of different population groups. 3 hours discussion.  (004298)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 3 units

NFSC 365  Nutrition Counseling and Education  3 Units
Prerequisite: NFSC 360 (may be taken concurrently).
Typically Offered: Fall and spring
Communication skills for nutrition counseling and nutrition education; strategies and techniques for nutrition education; including the development, implementation and evaluation of nutrition education interventions; client-centered nutrition counseling techniques to promote behavior change. 3 hours seminar.  (004335)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Upper Division

NFSC 389  Nutrition Fieldwork  1-3 Units
Prerequisite: faculty permission.
Typically Offered: Fall and spring
This course is directed fieldwork for 1-3 units. You must register directly with a supervising faculty member. The course provides students with field experience in a variety of campus or community programs. You may be required to purchase professional liability insurance. 0 hours independent study.  (020993)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 15 units
Course Attributes: Upper Division

NFSC 390  Research Methods in Nutrition and Food Sciences  2 Units
Prerequisite: MATH 105.
Typically Offered: Spring only
This course introduces students to research methods and design in the field of nutrition. Students critically evaluate evidence-based literature; including interpretation of results, statistical analysis, and application of research to nutritional science. 2 hours lecture.  (022370)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 2 units
Course Attributes: Upper Division

NFSC 398  Special Topics  1-3 Units
Typically Offered: Fall and spring
This course is for special topics offered for 1.0-3.0 units. Typically the topic is offered on a one-time-only basis and may vary from term to term and be different for different sections. See the Class Schedule for the specific topic being offered. 3 hours supervision.  (006376)
Grade Basis: Graded
Repeatability: You may take this course more than once
Course Attributes: Upper Division

NFSC 399  Special Problems  1-3 Units
Typically Offered: Fall and spring
This course is an independent study of special problems offered for 1.0-3.0 units. You must register directly with a supervising faculty member. 9 hours supervision.  (006377)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 6 units
Course Attributes: Upper Division
NFSC 403  Sports Nutrition  
Prerequisite: CHEM 108 or KINE 323, NFSC 303 or NFSC 340.  
Typically Offered: Fall only  
Integration of nutrition, physiology, and biochemistry in the examination of the relationship among nutrition, fitness, and exercise performance. Emphasis is on the application of current research finding in regards to nutrition and athletic performance. 3 hours lecture. (015977)  
Grade Basis: Graded  
Repeatability: You may take this course for a maximum of 3 units  
Course Attributes: Upper Division  

NFSC 425  Advanced Food Science  
Typically Offered: NFSC 320  
Development of knowledge and skills in food chemistry, microbiology, processing, packaging, and sensory evaluation, with an emphasis on current food industry practices. 3 hours lecture. (021729)  
Grade Basis: Graded  
Repeatability: You may take this course for a maximum of 3 units  
Course Attributes: Upper Division  

NFSC 429W  Cultural Food (W)  
Prerequisite: GE Written Communication (A2) requirement, NFSC 120, senior standing.  
Typically Offered: Spring only  
Study of world food patterns, including food customs of peoples of different ethnic backgrounds. Emphasis upon nutritional significance. Survey of social, economic, religious, and aesthetic aspects of food customs. 2 hours discussion, 3 hours laboratory. (004330)  
Grade Basis: Graded  
Repeatability: You may take this course for a maximum of 3 units  
Course Attributes: Upper Division; US Diversity; Writing Course; Graduation Writing Assessment  

NFSC 432  Foodservice Procurement and Production Management  
Prerequisite: NFSC 120, NFSC 122, NFSC 230.  
Typically Offered: Fall only  
Application of procedures and principles of menu planning, operation of foodservice equipment, recipe adaptation and costing, employee and production schedules, environmental health control, regulating agencies, in-service training, and marketing techniques. Principles of purchasing for commercial and non-commercial foodservice including purchase specifications, factors affecting cost control, and theories of internal control. Experience in a variety of foodservice systems 3 hours laboratory, 3 hours lecture. (022369)  
Grade Basis: Graded  
Repeatability: You may take this course for a maximum of 4 units  
Course Attributes: Upper Division  

NFSC 440  Advanced Human Nutrition  
Prerequisite: CHEM 350 or CHEM 451 with a grade of C or higher, NFSC 340.  
Typically Offered: Fall only  
Theories integrated from physiology, biochemistry, and nutrition with recent developments in the discipline. Emphasis on practical significance of current research and theory. 4 hours seminar. (004331)  
Grade Basis: Graded  
Repeatability: You may take this course for a maximum of 4 units  
Course Attributes: Upper Division  

NFSC 455  Futures in Nutrition and Food Science  
Prerequisite: Senior standing.  
Typically Offered: Spring only  
Overview of career opportunities and application procedures for post-baccalaureate programs in the discipline. 1 hour lecture. (004336)  
Grade Basis: Graded  
Repeatability: You may take this course for a maximum of 1 unit  
Course Attributes: Upper Division  

NFSC 457  Futures in Dietetics  
Prerequisite: Senior standing, permission of Didactic Program Director.  
Typically Offered: Fall only  
Overview of career opportunities in dietetics and application procedures for dietetic internships and other post-baccalaureate programs in the discipline. 1 hour lecture. (020609)  
Grade Basis: Graded  
Repeatability: You may take this course for a maximum of 1 unit  
Course Attributes: Upper Division  

NFSC 460L  Nutrition Counseling Clinical  
Prerequisite: Faculty permission.  
Typically Offered: Fall and spring  
Provides nutrition counseling experience in a peer-led nutrition and exercise program. 0 hours supervision. (021845)  
Grade Basis: Credit/No Credit  
Repeatability: You may take this course for a maximum of 4 units  
Course Attributes: Upper Division  

NFSC 465  Community Nutrition  
Prerequisite: NFSC 360, NFSC 365 (may be taken concurrently).  
Typically Offered: Fall and spring  
Acquaints the student with nutrition programs, approaches, and policies that relate the science of nutrition to the promotion of improved health status among individuals and groups. Principles of community organization, engaged citizenship, policy development, health care systems, sustainable food systems, and issues related to global food insecurity and hunger are addressed. 3 hours lecture. (004333)  
Grade Basis: Graded  
Repeatability: You may take this course for a maximum of 3 units  
Course Attributes: Upper Division  

NFSC 468  Child Nutrition  
Prerequisite: NFSC 360 or faculty permission.  
Typically Offered: Inquire at department  
Examines the relationship of food and nutrition with social, cultural and behavioral factors in child and adolescent development. Topics include nutrition and learning, nutrition education, eating disorders, sports nutrition, public policy, food safety and child nutrition programs. 3 hours lecture. (020611)  
Grade Basis: Graded  
Repeatability: You may take this course for a maximum of 3 units  
Course Attributes: Upper Division  

NFSC 469  Nutrition and Aging  
Prerequisite: NFSC 360 or faculty permission.  
Typically Offered: Inquire at department  
Designed to provide an overview of the physiological, socioeconomic, psychological, and environmental factors affecting the nutritional status and requirements of older adults. Policies and programs related to health care and nutrition services for older Americans are also addressed. 3 hours lecture. (020612)  
Grade Basis: Graded  
Repeatability: You may take this course for a maximum of 3 units  
Course Attributes: Upper Division  

University Catalog 2024-2025 3
NFSC 470 Medical Nutrition Therapy I 4 Units
Prerequisite: NFSC 440 (may be taken concurrently).
Typically Offered: Fall only
Investigation of the physiological and biochemical changes imposed on the body by certain disorders as well as by dietary modifications, and analysis of nutritive value of diets prescribed for treatment of disease as part of the nutrition care process. Adaptation of dietary patterns of individuals to special needs. 2 hours activity, 3 hours lecture. (015979)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 4 units
Course Attributes: Upper Division

NFSC 471 Medical Nutrition Therapy II 4 Units
Prerequisite: NFSC 470
Typically Offered: Spring only
A continuation of the investigation of the physiological and biochemical changes imposed on the body by certain disorders as well as by dietary modifications, and analysis of nutritive value of diets prescribed for treatment of disease as part of the nutrition care process. Adaptation of dietary patterns of individuals to special needs. 2 hours activity, 3 hours lecture. (020613)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 4 units
Course Attributes: Upper Division

NFSC 475L Nutrition Practicum Clinical 1 Unit
Prerequisite: Faculty permission.
Typically Offered: Fall and spring
Provides fieldwork experience in a healthcare-based nutrition program. 3 hours laboratory. (021588)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 4 units
Course Attributes: Upper Division

NFSC 489 Externship 1-6 Units
Typically Offered: Fall and spring
This course is an externship offered for 1.0-6.0 units. You must register directly with a supervising faculty member. The externship provides students with preprofessional experience and is designed as a transition to professional practice wherein the student applies learned theory to actual practice. Students may be required to purchase professional liability insurance. 9 hours supervision. (004353)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 15 units
Course Attributes: Upper Division

NFSC 489C Center for Healthy Communities Externship 1-6 Units
Typically Offered: Fall and spring
This course is an externship offered by the Center for Healthy Communities (CHS) for 1.0-6.0 units. You must submit an application to the CHC to register. The externship provides students with preprofessional community-based experience and is designed as a transition to professional practice wherein the student applies learned theory to actual practice. 0 hours supervision. (021637)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 15 units
Course Attributes: Upper Division

NFSC 498 Special Topics 3 Units
Typically Offered: Fall and spring
This course is for special topics offered for 1.0-3.0 units. Typically the topic is offered on a one-time-only basis and may vary from term to term and be different for different sections. See the Class Schedule for the specific topic being offered. 3 hours discussion. (006378)
Grade Basis: Graded
Repeatability: You may take this course more than once
Course Attributes: Upper Division

NFSC 499 Special Problems 1-3 Units
Prerequisite: Faculty permission.
Typically Offered: Fall and spring
This course is an independent study of special problems offered for 1.0-3.0 units. You must register directly with a supervising faculty member. 3 hours supervision. (006379)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 6 units
Course Attributes: Upper Division

NFSC 499H Honors Senior Thesis or Project 3 Units
Prerequisite: NFSC 100 or NFSC 340; selected screening courses by content area, all with grades which place student in top five percent; interview; faculty permission.
Typically Offered: Fall and spring
An independent study involving substantial research for a thesis or project culminating in a public presentation. Students will enroll in NFSC 499H twice. 9 hours supervision. (004357)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 6 units
Course Attributes: Upper Division

NFSC 530 Nutrition Program Management and Administration 3 Units
Prerequisite: NFSC 432 or faculty permission.
Typically Offered: Inquire at department
Study and application of program and organizational management within the fields of food and nutrition, such as community nutrition and health programs, clinical nutrition administration, and school and hospital foodservice administration. 3 hours lecture. (021446)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Upper Division

NFSC 560 Motivational Interviewing for Allied Health 3 Units
Typically Offered: Fall and spring
This course focuses on developing communication skill for nutrition counseling with Motivational Interviewing (MI) and other nutrition counseling techniques using the principles of Eating Competence, Health at Every Size and Intuitive Exercise. 2 hours activity, 2 hours lecture. (021844)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Upper Division

University Catalog 2024-2025
NFSC 600 Research Methods in Nutritional Sciences 4 Units
Prerequisite: MATH 105 or MATH 315. Recommended: MATH 615.
Typically Offered: Fall only
An examination of quantitative and qualitative research methods via the analysis of data and the design and implementation of original research and evaluation studies. Activities are designed to develop skills in research design, sampling design, instrumentation, data collection, statistics analysis, presentation and interpretation of results, and the presentation of original research via poster boards and journal manuscripts. 3 hours laboratory, 3 hours lecture. (006380)
Grade Basis: Graduate Graded
Repeatability: You may take this course for a maximum of 4 units
Course Attributes: Graduate Division; Laptop required

NFSC 601 Nutritional Epidemiology 2 Units
Prerequisite: NFSC 600 (may be taken concurrently).
Typically Offered: Fall only
An examination of research methods used in nutritional epidemiological studies and a critical review of the current state of knowledge regarding diet and other lifestyle-related indicators as factors in disease. 2 hours seminar. (022133)
Grade Basis: Graduate Graded
Repeatability: You may take this course for a maximum of 2 units
Course Attributes: Graduate Division

NFSC 643 Advanced Topics in Macro and Micronutrients 4 Units
Prerequisite: NFSC 440, biochemistry.
Typically Offered: Spring only
Review of current scientific literature in select aspects of protein, carbohydrates, lipids, and micronutrients and their use by the body. 4 hours lecture. (022134)
Grade Basis: Graduate Graded
Repeatability: You may take this course for a maximum of 4 units
Course Attributes: Graduate Division

NFSC 644 Nutritional Genomics 2 Units
Prerequisite: NFSC 440, biochemistry.
Typically Offered: Spring only
Review of current scientific literature in select topics related to nutritional genomics. 2 hours seminar. (022135)
Grade Basis: Graduate Graded
Repeatability: You may take this course for a maximum of 2 units
Course Attributes: Graduate Division

NFSC 663 Public Health Nutrition 3 Units
Prerequisite: NFSC 465 or faculty permission.
Typically Offered: Fall only
A multidisciplinary examination of nutritional health promotion and disease prevention for individual, groups and populations. NOTE: The literacy requirement for graduate students in the MS in Nutritional Science must be met in this class. 3 hours lecture. (022136)
Grade Basis: Graduate Graded
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Graduate Division

NFSC 664 Nutrition Communication and Leadership 2 Units
Prerequisite: NFSC 663 (may be taken concurrently).
Typically Offered: Fall only
This course focuses on how skills and abilities in leadership and management can be developed and applied by individuals in order to make a difference in organizations, communities, and societies. This course also explores communication styles and the challenges involved when leaders attempt to affect change to achieve a goal. 2 hours lecture. (022137)
Grade Basis: Graduate Graded
Repeatability: You may take this course for a maximum of 2 units
Course Attributes: Graduate Division

NFSC 667 International Issues in Nutrition 2 Units
Prerequisite: NFSC 429W, biochemistry.
Typically Offered: Fall only
Review of international issues that influence nutritional status of individuals and populations, with emphasis on contemporary problems in less developed countries. 2 hours seminar. (004366)
Grade Basis: Graduate Graded
Repeatability: You may take this course for a maximum of 2 units
Course Attributes: Graduate Division

NFSC 671 Advanced Clinical Nutrition 3 Units
Prerequisite: NFSC 471, biochemistry or instructor permission.
Typically Offered: Spring only
A course designed to provide master's students with the opportunity to apply the theories and principles of medical nutrition therapy into clinical practice. 3 hours lecture. (022138)
Grade Basis: Graduate Graded
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Graduate Division

NFSC 680A Dietetics Professional Practicum I 1 Unit
Prerequisite: Graduate Standing and acceptance into the combined Master's and Dietetic Internship program.
Typically Offered: Fall only
In consultation with the Dietetic Internship Director, dietetic interns meet and document core knowledge and competencies in the practice area of foodservice administration. 0 hours independent study. (022393)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 1 unit
Course Attributes: Graduate Division

NFSC 680B Dietetics Professional Practicum II 1 Unit
Prerequisite: NFSC 680A.
Typically Offered: Spring only
In consultation with the Dietetic Internship Director, dietetic interns meet and document core knowledge and competencies in the practice area of clinical nutrition. 0 hours independent study. (022394)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 1 unit
Course Attributes: Graduate Division

NFSC 680C Dietetics Professional Practicum III 1 Unit
Prerequisite: NFSC 680B.
Typically Offered: Fall only
In consultation with the Dietetic Internship Director, dietetic interns meet and document core knowledge and competencies in the practice area of community nutrition. 0 hours independent study. (022395)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 1 unit
Course Attributes: Graduate Division
NFSC 681A  Dietetics Practice in Foodservice Administration  2 Units
Prerequisite: Graduate Standing and acceptance into the combined Master's and Dietetic Internship program.
Typically Offered: Fall only
Supervised practice experience in foodservice administration. Students complete a minimum of 240 hours of supervised practice experience and participate in bi-weekly meetings with the Clinical Instructor. 0 hours independent study. (022396)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 2 units
Course Attributes: Graduate Division

NFSC 681B  Dietetics Practice in Clinical Nutrition I  3 Units
Prerequisite: NFSC 681A.
Typically Offered: Spring only
Supervised practice experience in clinical nutrition. Students complete a minimum of 240 hours of supervised practice experience and participate in bi-weekly meetings with the Clinical Instructor. 0 hours independent study. (022397)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Graduate Division

NFSC 681C  Dietetics Practice in Clinical Nutrition II  3 Units
Prerequisite: NFSC 681B.
Typically Offered: Summer session only
Completion of supervised practice experience in clinical nutrition. Students complete a minimum of 280 hours of supervised practice experience and participate in bi-weekly meetings with the Clinical Instructor. 0 hours independent study. (022398)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Graduate Division

NFSC 681D  Dietetics Practice in Community Nutrition  3 Units
Prerequisite: NFSC 681C.
Typically Offered: Fall only
Completion of supervised practice experience in various community agencies. Students complete a minimum of 240 hours of supervised practice experience and participate in bi-weekly meetings with the Clinical Instructor. 0 hours independent study. (022399)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Graduate Division

NFSC 689  Graduate Internship  1-6 Units
Typically Offered: Fall and spring
This course is an internship offered for 1.0-6.0 units. You must register directly with a supervising faculty member. The internship is designed to provide semiprofessional field experience for graduate students in agencies which use application of theoretical knowledge in the discipline. May be repeated more than once for credit. 0 hours supervision. (004368)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 15 units
Course Attributes: Graduate Division

NFSC 691  Application in Nutrition Research  1 Unit
Prerequisite: NFSC 600, Graduate Standing.
Typically Offered: Fall and spring
An examination of quantitative and qualitative methods via the analysis of data in students' graduate research projects. Activities are designed to develop skills in data analysis using software programs, presentations and interpretation of results and the presentation of original research via oral presentations. 1 hour seminar. (022139)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 1 unit
Course Attributes: Graduate Division

NFSC 697  Independent Study  1-3 Units
Typically Offered: Fall and spring
This course is a graduate-level independent study offered for 1.0-3.0 units. You must register directly with a supervising faculty member. 9 hours supervision. (006382)
Grade Basis: Report in Progress: CR/NC
Repeatability: You may take this course for a maximum of 6 units
Course Attributes: Graduate Division

NFSC 697P  Professional Paper  3 Units
Typically Offered: Fall and spring
Culminating activity for the MS degree. A professional paper is written based on original research. You must register directly with a supervising faculty member. 9 hours supervision. (006386)
Grade Basis: Report in Progress: CR/NC
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Graduate Division

NFSC 699P  Research Project Paper  2 Units
Typically Offered: Spring only
Culminating activity for the combined MS/dietetic internship program. A research project paper is written based on original research conducted during the dietetic internship practicum. You must register directly with a supervising faculty member. 0 hours independent study. (022400)
Grade Basis: Credit/No Credit
Repeatability: You may take this course for a maximum of 2 units
Course Attributes: Graduate Division