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.

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<td>You may take this course for a maximum of 3 units</td>
<td>Fall and spring</td>
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<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></td>
<td>Lower Division</td>
<td>You may take this course for a maximum of 3 units</td>
<td>Fall and spring</td>
<td>Graded</td>
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<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></td>
<td>Lower Division</td>
<td>You may take this course for a maximum of 3 units</td>
<td>Fall and spring</td>
<td>Graded</td>
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<td>NFSC 230</td>
<td>Introduction to Foodservice Administration</td>
<td>3</td>
<td>GE</td>
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<td>Lower Division</td>
<td>You may take this course for a maximum of 3 units</td>
<td>Fall and spring</td>
<td>Graded</td>
<td>Upper-Division Scientific Inq/Quant Reason (UDB); Social Sciences (D)</td>
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<tr>
<td>NFSC 303</td>
<td>Nutrition and Physical Fitness</td>
<td>3</td>
<td>GE</td>
<td></td>
<td>Upper Division</td>
<td>You may take this course for a maximum of 3 units</td>
<td>Fall and spring</td>
<td>Graded</td>
<td>Critical Thinking (A3); GE Mathematics/Quantitative Reasoning (B4)</td>
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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)

Typically Offered: Fall and spring

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. (021256)

Typically Offered: Fall and spring

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)

Typically Offered: Fall and spring

Analyzes and evaluates current practices and theories regarding nutrition and its relationship to athletics, weight control, and physical exercise. 3 hours lecture. (004288)

Typically Offered: Fall and spring

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)

Typically Offered: Fall and spring

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)

Typically Offered: Fall and spring

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)

Typically Offered: Fall and spring

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)
**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-relations between food systems and major chronic diseases affecting the 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

Course Attributes: Upper Division

**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 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** 3 Units
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 3 Units
Prerequisite: NFSC 320.
Typically Offered: Inquire at department
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 4 units
Course Attributes: Upper Division

NFSC 429W Cultural Food (W) 3 Units USD, W, GW
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; U.S. Diversity; Writing Course; Graduation Writing Assessment

NFSC 430 Foodservice Procurement and Management 3 Units
Prerequisite: NFSC 120, NFSC 122, NFSC 230.
Typically Offered: Fall and spring
Principles of purchasing for commercial and institution foodservice. A study of the types of food, their distribution, and laws affecting sales and quality; purchase procedures for other supplies and equipment. Preparation of purchase specifications, factors affecting cost control, budgeting, and theories of internal control. 2 hours activity, 2 hours lecture. (004326)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Upper Division

NFSC 431W Foodservice Equipment and Production Systems (W) 3 Units W, GW
Prerequisite: GE Written Communication (A2) requirement, NFSC 430.
Typically Offered: Fall and spring
Application of meal production, recipe adaptation and costing, employee and production schedules, environmental health control, in-service training, and logic models. Survey of various foodservice operations. 2 hours discussion, 3 hours laboratory. (004332)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Upper Division; Writing Course; Graduation Writing Assessment

NFSC 440 Advanced Human Nutrition 4 Units
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 1 Unit
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 1 Unit
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 1 Unit
Prerequisite: Faculty permission.
Typically Offered: Fall and spring
Provides nutrition counseling experience in a peer-led nutrition and exercise program. 3 hours laboratory. (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 3 Units
Prerequisite: NFSC 360, NFSC 365 (may be taken concurrently).
Typically Offered: Fall and spring
Familiarizes 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 3 Units
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 3 Units
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
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. 8 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 489H 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 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 530 Nutrition Program Management and Administration 3 Units
Prerequisite: NFSC 431 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 Principles of Motivational Interviewing in Nutrition Counseling 3 Units
Prerequisite: KINE 320W or NFSC 365 or faculty permission.
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
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 instructor 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: Spring 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 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