

# Nutrition Option Course Planning

For students entering in the 2017-2018 academic year

## General Requirements:

### Composition Requirements:

**(3-6 Units)**

- ENGL 101 – Freshman Composition 3\_\_\_\_
- ENGL 102 – Freshman Composition 3\_\_\_\_
- or*
- ENGL 109H – Advanced First Year Composition 3\_\_\_\_

### Mathematics Requirement:

**(3 Units)**

- MATH 109C or MATH 112 - College Algebra 3\_\_\_\_

### Statistics Requirement:

**(3 Units)**

- MATH 163 / MATH 263 / SBS 200 / ISTA 116 3\_\_\_\_

### Second Language:

**(0-8 Units)**

Complete *one* of the following:

- a. Pass a language proficiency exam at 2<sup>nd</sup> semester level \_\_\_\_\_
- b. Complete courses through 2<sup>nd</sup> semester proficiency \_\_\_\_\_

### General Education:

#### Tier I: **(12 Units)**

- A. Individuals and Societies (150’s) \_\_\_\_\_ 3\_\_\_\_
- \_\_\_\_\_ 3\_\_\_\_
- B. Traditions and Cultures (160’s) \_\_\_\_\_ 3\_\_\_\_
- \_\_\_\_\_ 3\_\_\_\_

#### Tier II: **(9-12 Units)**

- A. Arts \_\_\_\_\_ 3\_\_\_\_
- \_\_\_\_\_ 3\_\_\_\_
- B. Humanities \_\_\_\_\_ 3\_\_\_\_
- \_\_\_\_\_ 3\_\_\_\_
- C. Individuals and Societies \_\_\_\_\_ 3\_\_\_\_
- \_\_\_\_\_ 3\_\_\_\_
- Diversity Emphasis \_\_\_\_\_ 3\_\_\_\_

### Mid Career Writing Assessment:

Satisfied by a grade of A or B in 2<sup>nd</sup> semester English Comp. \_\_\_\_\_

### General Sciences:

**(32-36 Units)**

- CHEM 151 – General Chemistry I 4\_\_\_\_
- CHEM 152 – General Chemistry II 4\_\_\_\_
- CHEM 241A – Organic Chemistry I 3\_\_\_\_
- CHEM 241B – Organic Chemistry II 3\_\_\_\_
- BIOC 384 – Foundations in Biochemistry 3\_\_\_\_
- BIOC 385 – Metabolic Biochemistry 3\_\_\_\_
- MCB 181R – Introductory Biology I 3\_\_\_\_
- MCB 181L – Introductory Biology Lab I 1\_\_\_\_
- 
- MIC 205A – General Microbiology 3\_\_\_\_
- MIC 205L – General Microbiology Lab 1\_\_\_\_
- or*
- ACBS 380 – Food Safety and Microbiology 4\_\_\_\_
- 
- PSIO 201 – Human Anatomy & Physiology I 4\_\_\_\_
- PSIO 202 – Human Anatomy & Physiology II 4\_\_\_\_
- or*
- PSIO 380 – Fundamentals of Human Physiology 4\_\_\_\_

## Nutrition Major:

### Nutrition Requirements:

**(26 Units)**

- NSC 101 – Intro to Human Nutrition (F/Sp/Su/W) 3\_\_\_\_
- NSC 225 – Found. Skills in Nutritional Sciences (F/Sp) 2\_\_\_\_
- NSC 260 – Nutrition Comm. & Scientific Lit. (F/Sp) 3\_\_\_\_
- NSC 301 – Nutrition and the Lifecycle (F/Sp/Su) 3\_\_\_\_
- NSC 308 – Nutrition and Metabolism (F/Sp/Su) 3\_\_\_\_
- NSC 351R – Fundamentals of Food Science (F/Su) 3\_\_\_\_
- NSC 395A – Experiential Learning in NSC (F/Sp) 2\_\_\_\_
- NSC 396A – Career Seminar (F/Sp) 1\_\_\_\_
- NSC 408 – Nutritional Biology (F/Sp) 3\_\_\_\_
- NSC 410 – Applied Nutrition and Disease (F/Sp) 3\_\_\_\_

(F = Fall | Sp = Spring | Su = Summer | W = Winter)

#### Track Courses

(Choose from approved electives list)

#### Upper Division

(May be any 300/400’s and above course)

<u>Course</u>	<u>30 Units</u>	<u>Course</u>	<u>18 Units</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
<b>Total Units:</b>	_____	<b>Total Units:</b>	_____
<b>Units Left:</b>	_____	<b>Units Left:</b>	_____

Total Units Required for Degree = 120

Total Upper Division Units Required for Degree = 42

Total Units in Residency Required for Degree = 56

#### Other courses in NSC:

**Units:**

- NSC 255 – Food and Culture (Sp/Su/W) 3
- NSC 311 – Obesity Prevention (Sp) 3
- NSC 315 – Sports Nutrition (Sp/Su) 3
- NSC 320 – Physical Activity & Health Promo. (F/Sp) 3
- NSC 351L – Food Science Lab (F/ Sp) 1
- NSC 358R – Inst. Food Management (Sp) 2
- NSC 358L – Inst. Food Management Lab (Sp) 1
- NSC 375 – Diet Genes, and Disease (Su) 3
- NSC 376 – Bioactive Compounds (Su) 3
- NSC 415R – Advanced Sports Nutrition (F) 3
- NSC 415L – Advanced Sports Nutrition Lab (F) 1
- NSC 420 – Nutritional Ed. & Counseling (Sp) 2
- NSC 444 – Community Nutrition (Sp) 3
- NSC 445 – Human Body Composition (F) 3
- NSC 455 – Mediterranean Study Abroad (Su) 6
- NSC 458 – Food Service Org. & Mgt. (F) 3
- NSC 475 – Nutrigenomics (F) 3

(F = Fall, Sp = Spring, Su = Summer, W = Winter)