

# Nutrition B.S.

The Bachelor of Science in Nutrition program is for students who are interested in pursuing a career in nutrition. The rise in preventable chronic diseases has led to an increased demand for more nutrition professionals in our communities. The program will provide students with nutritional knowledge that will allow them to assist others in reducing the risk of chronic disease through nutrition education and behavior change. Graduates may seek employment in a variety of settings including but not limited to schools, sports nutrition, corporate wellness, public health, private practice, community nutrition, education, research, culinary nutrition and more.

## TRACK ONE: DIETETICS

Description: The Dietetics track is an ACEND accredited Didactic Program in Dietetics (DPD). This track is designed for students desiring to become Registered Dietitian Nutritionists (RDNs). Program courses focus on the scientific basis of nutrition and allows students to develop dietetics related knowledge and skills, preparing them for their next steps in the RDN pathway. *The B.S. in Nutrition (Dietetics) DPD program requires submission of an application.*

### Track 1: Dietetics

See the Core Curriculum Requirements (<https://coursecatalog.tamuc.edu/undergrad/core-curriculum-requirements/>) 42

Students must have a grade of "C" or better in all major and support courses. Students MUST have and maintain a 2.5 overall and major GPA in order to take 300- and 400- level classes in the program.

### Nutrition Core

NUTR 201	Food Preparation	3
NUTR 205	Orientation to Dietetics Profession	1
NUTR 210	Nutrition Through the Life Cycle	3
NUTR 220	Food and Culture	3
NUTR 310	Community Nutrition	3
NUTR 320	Food Science	4
NUTR 331	Nutrition	3
NUTR 336	Nutritional Physiology	3
NUTR 340	Nutrition Education and Counseling	3
NUTR 350	Nutrition Assessment	1
NUTR 435	Research Methods in Nutrition	3

### Required Courses for Dietetics Track

NUTR 325	Food Systems Management	3
NUTR 420	Quantity Foods	4
NUTR 425	Business Principles in Dietetics	3
NUTR 431	Advanced Nutrition I - Macronutrients	3
NUTR 432	Advanced Nutrition II - Micronutrients	3
NUTR 450	Medical Nutrition Therapy I	3
NUTR 451	Medical Nutrition Therapy II	3
NUTR 460	Senior Seminar	1

### Required Support Courses for Dietetics Track

BIOL 2420	General Microbiology	4
BSC 2401	Hum Anatomy/Physiology I (*)	4
BSC 2402	Hum Anatomy/Physiology II (*)	4
CHEM 1311	General and Quantitative Chemistry I (*)	3
CHEM 1111	General and Quantitative Chemistry Laboratory I (*)	1
CHEM 1312	General and Quantitative Chemistry II	3
CHEM 1112	General and Quantitative Chemistry Laboratory II	1
CHEM 2323	Organic Chemistry I	3
CHEM 2123	Organic Chemistry Laboratory I	1
CHEM 2325	Organic Chemistry II	3
CHEM 2125	Organic Chemistry Laboratory II	1
PSY 2301	Introduction to Psychology (*)	3
COMS 1315	Fundamentals of Public Speaking	3

MGT 305	Principles of Management	3
MATH 453	Essentials of Statistics	3
<b>Total Hours</b>		<b>120</b>

\* This course can be used to satisfy the Core Curriculum Requirements

## TRACK TWO: WELLNESS

Description: The Wellness track provides students a foundation in nutrition science combined with related public health studies. This track is for students who wish to pursue careers in nutrition related areas such as health education, community or school nutrition, or corporate wellness. Students may also choose to continue on to graduate programs in nutrition or related fields.

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<b>Nutrition Core</b>		
NUTR 201	Food Preparation	3
NUTR 205	Orientation to Dietetics Profession	1
NUTR 210	Nutrition Through the Life Cycle	3
NUTR 220	Food and Culture	3
NUTR 310	Community Nutrition	3
NUTR 320	Food Science	4
NUTR 331	Nutrition	3
NUTR 336	Nutritional Physiology	3
NUTR 340	Nutrition Education and Counseling	3
NUTR 350	Nutrition Assessment	1
NUTR 435	Research Methods in Nutrition	3
<b>Required Courses Wellness Track</b>		
HHPH 360	Health Psychology and Behavioral Strategies	3
HHPH 410	Program Planning in Public Health	3
HHPH 420	Program Implementation and Evaluation in Public Health	3
HHPH 472	Stress Management	3
HHPH 495	Applied Practice Experience	3
FRA Elective		1
<b>Required Support Courses Wellness Track</b>		
BIOL 2420	General Microbiology	4
BSC 2401	Hum Anatomy/Physiology I (*)	4
BSC 2402	Hum Anatomy/Physiology II (*)	4
COMS 1315	Fundamentals of Public Speaking	3
CHEM 1305	Introductory Chemistry I (*)	3
CHEM 1105	Introductory Chemistry Laboratory I (*)	1
CHEM 1307	Introductory Chemistry II	3
CHEM 1107	Introductory Chemistry Laboratory II	1
PSY 2301	Introduction to Psychology (*)	3
MATH 453	Essentials of Statistics	3
<b>Minor Required</b>		<b>18</b>
<b>Total Hours</b>		<b>120</b>

\* This course can be used to satisfy the Core Curriculum Requirements

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
MATH 1314	College Algebra	3
ENG 1301	College Reading & Writing	3
BSC 2401	Hum Anatomy/Physiology I	4
HIST 1301	History of the United States through Reconstruction	3

NUTR 201	Food Preparation	3
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
ENG 1302	Written Argument/Research	3
HIST 1302	History of the United States Since Reconstruction	3
BSC 2402	Hum Anatomy/Physiology II	4
PSCI 2305	United States Government and Politics	3
HHPH 331		
<b>Hours</b>		<b>13</b>
<b>Second Year</b>		
<b>Fall</b>		
NUTR 205	Orientation to Dietetics Profession	1
Language, Philosophy, Culture		3
CHEM 1311	General and Quantitative Chemistry I	3
CHEM 1111	General and Quantitative Chemistry Laboratory I	1
BIOL 2420	General Microbiology	4
PSY 2301	Introduction to Psychology	3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
HHPH 334		
CHEM 1312	General and Quantitative Chemistry II	3
CHEM 1112	General and Quantitative Chemistry Laboratory II	1
HHPH 339		3
PSCI 2306	Texas Government and Politics	3
COMS 1315	Fundamentals of Public Speaking	3
<b>Hours</b>		<b>13</b>
<b>Third Year</b>		
<b>Fall</b>		
CHEM 2323	Organic Chemistry I	3
CHEM 2123	Organic Chemistry Laboratory I	1
HHPH 336		
MGT 305	Principles of Management	3
NUTR 325	Food Systems Management	3
NUTR 310	Community Nutrition	3
<b>Hours</b>		<b>13</b>
<b>Spring</b>		
CHEM 2325	Organic Chemistry II	3
CHEM 2125	Organic Chemistry Laboratory II	1
NUTR 350	Nutrition Assessment	1
NUTR 320	Food Science	4
NUTR 420	Quantity Foods	4
<b>Hours</b>		<b>13</b>
<b>Fourth Year</b>		
<b>Fall</b>		
NUTR 450	Medical Nutrition Therapy I	3
HHPH 431		
MATH 453	Essentials of Statistics	3
NUTR 425	Business Principles in Dietetics	3
NUTR 460	Senior Seminar	1
<b>Hours</b>		<b>10</b>
<b>Spring</b>		
NUTR 451	Medical Nutrition Therapy II	3
HHPH 432		
NUTR 435	Research Methods in Nutrition	3
NUTR 340	Nutrition Education and Counseling	3
Creative Arts		3
<b>Hours</b>		<b>12</b>
<b>Total Hours</b>		<b>105</b>