

# BACHELOR OF SCIENCE IN NUTRITION AND DIETETICS: CONCENTRATION IN FOODS AND COMMUNITY NUTRITION

The Nutrition and Dietetics program prepares students for careers in clinical dietetics, foodservice systems management, and nutrition education in hospitals, communities, industry, or government agencies. Two concentrations are offered:

1. Dietetics & Nutrition Science
2. Foods & Community Nutrition

The Foods and Community Nutrition concentration within the B.S. in Nutrition and Dietetics supports a wider student body interested in studying within a nutrition-related major but not desiring to become a registered dietitian nutritionist (RDN).

## Program Learning Outcomes

1. Students will articulate an understanding of food safety, management, and business theories as they apply to foodservice systems.
2. Students analyze the impact of public policy, multidisciplinary teams, and healthcare systems on nutrition practice.
3. Students will use scientific research, current information technologies, and critical thinking skills to support evidence-based practice in the field of nutrition and dietetics.
4. Students will engage in professional communication skills such as counseling techniques, oral presentations, and written documentation to effectively meet the needs of diverse populations.
5. Students use the Nutrition Care Process to enhance the nutritional status and quality of life of diverse individuals, groups, and populations throughout the lifecycle.
6. Students will demonstrate competency in required biological and physical science courses to create a foundation for upper-division curricula and future professional practice.
7. Students will identify and evaluate issues of social responsibility, scope of practice, professional behavior and expectations, and Code of Ethics.

## Mandatory Advising

The program offers all Nutrition & Dietetics majors the ability to work with an advisor to prepare a Graduation Plan, an outline of the course sequence. See the department office (Burk Hall 329) for information to include in the advising folder. Students should consult the course description in the current Bulletin for prerequisites and corequisites. Students who wish credits earned at another institution to be accepted in lieu of courses offered for the major at SF State must obtain acceptance from their advisor and the department chair.

## Nutrition and Dietetics (B.S.): Concentration in Foods and Community Nutrition (47 units)

### Core Requirements (38 units)

Code	Title	Units
CHEM 115	General Chemistry I: Essential Concepts of Chemistry	5
HTM 560	Hospitality Human Resource Management	3
MATH 124	Elementary Statistics	3
NUTR 253	Nutrition, Health, and Disease	3
NUTR 353GW	Foodservice Systems Management - GVAR	3
NUTR 357	Principles of Food Preparation	3
NUTR 453	Nutrition in the Life Cycle	3
NUTR 457	Management of Quantity Food Purchasing and Production	3
NUTR 551	Nutrition Education and Communication	3
NUTR 557	Experimental Food Study	3
NUTR 651	Community Nutrition and Assessment	3
PSY 200	General Psychology	3

### Professional Requirement (3 units)

Code	Title	Units
FCS 600	Professional Development	3

### Recommended Electives (6 units)

Select two:

Code	Title	Units
AFRS 370	Health, Medicine, and Nutrition in the Black Community	3
BIOL 210 & BIOL 211	General Microbiology and Public Health and General Microbiology and Public Health Laboratory	4
BIOL 212 & BIOL 213	Principles of Human Physiology and Principles of Human Physiology Laboratory	4
BIOL 220	Principles of Human Anatomy	4
BIOL 326	Disease!	3
BUS 216	Foundations in Business Communications	3
ECON 101	Introduction to Microeconomic Analysis	3
ECON 102	Introduction to Macroeconomic Analysis	3
ENVS 130	Environmental Studies	3
FCS 220	Young Children and Families	3
FCS 223	Infants, Toddlers, and Families	3
FCS 426	Family Stress, Coping, and Resilience	3
FCS 543	Sustainability in the Textile, Housing, and Food Industries	3
GEOG 427	Agriculture and Food Supply	4
HH 380	Holistic Health: Western Perspectives	3
HH 381	Holistic Health: Eastern Perspectives	3
HH 382	Holistic Health: Human Nature and Global Perspectives	3
HTM 110	Introduction to Hospitality and Tourism Management	3
IBUS 130	Globalization and Business in the 21st Century	3
KIN 331	Peak Performance	3

KIN 355	Science, Sport, and Fitness	3
LABR 250	Introduction to the Study of Labor	3
LABR 251	Know Your Work Rights	3
LTNS 210	Latina/Latino Health Care Perspectives	3
MGMT 405	Introduction to Management and Organizational Behavior	3
NUTR 356	Foods and World Culture	3
PH 405	Introduction to Community/Public Health	3
PH 410	Organization and Function of Health Services	3
PH 420	Epidemiology	3
PH 425	Introduction to Research and Statistics in Health	3
PH 455	Community Organizing and Community Building for Health	3
PH 520	Structural Oppression and Social Foundations of Health	3
RRS 303	Health and Wellness among Pacific Islanders	3
RRS 304	Decolonize Your Diet: Food Justice and Gendered Labor in Communities of Color	3

## General Education Requirements

Requirement	Course Level	Units	Area Designation
Oral Communication	LD	3	A1
Written English Communication I	LD	3	A2
Critical Thinking	LD	3	A3
Physical Science	LD	3	B1
Life Science	LD	3	B2
Lab Science	LD	1	B3
Mathematics/Quantitative Reasoning	LD	3	B4
Arts	LD	3	C1
Humanities	LD	3	C2
Arts or Humanities	LD	3	C1 or C2
Social Sciences	LD	3	D1
Social Sciences: US History	LD	3	D2
Social Sciences: US & CA Government	LD	3	D3
Lifelong Learning and Self-Development (LLD)	LD	3	E
Physical and/or Life Science	UD	3	UD-B
Arts and/or Humanities	UD	3	UD-C
Social Sciences	UD	3	UD-D

### SF State Studies

Courses certified as meeting the SF State Studies requirements may be upper or lower division in General Education (GE), a major or minor, or an elective.

American Ethnic and Racial Minorities	LD or UD	3	AERM
Environmental Sustainability	LD or UD	3	ES
Global Perspectives	LD or UD	3	GP
Social Justice	LD or UD	3	SJ

Note: LD = Lower-Division; UD = Upper-Division.

## First-Time Student Roadmap (4 Year)

Find the correct roadmap (A, B, C, or D):

1. Select the row that matches your English Course choice for A2.\*
2. Select the column that matches your QR Category (found at your student center under Math Alert).
3. Click the Roadmap that lines up with your row and column.

For example, if you are taking ENG 104 as your first English course and your student center math alert says you are QR Category III, you should choose Roadmap D.

Pathway	QR Cat I/II	QR Cat III/IV
ENG 114	Roadmap A ( <a href="http://bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-dietetics-conc-foods-community-nutrition/roadmap-i-ii-eng/">http://bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-dietetics-conc-foods-community-nutrition/roadmap-i-ii-eng/</a> )	Roadmap C ( <a href="http://bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-dietetics-conc-foods-community-nutrition/roadmap-iii-iv-eng/">http://bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-dietetics-conc-foods-community-nutrition/roadmap-iii-iv-eng/</a> )
ENG 104/ENG 105	Roadmap B ( <a href="http://bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-dietetics-conc-foods-community-nutrition/roadmap-i-ii-stretch/">http://bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-dietetics-conc-foods-community-nutrition/roadmap-i-ii-stretch/</a> )	Roadmap D ( <a href="http://bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-dietetics-conc-foods-community-nutrition/roadmap-iii-iv-stretch/">http://bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-dietetics-conc-foods-community-nutrition/roadmap-iii-iv-stretch/</a> )

\*Composition for Multilingual Students: If taking ENG 209 as your first English course, choose the ENG 114 row. If taking ENG 204 for your first English course, choose the ENG 104/ENG 105 row.

## Transfer Student Roadmap (2 Year)

For students with an AS-T in **Nutrition and Dietetics**. [This roadmap opens in a new tab \(http://bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-dietetics-conc-foods-community-nutrition/adt-roadmap/\)](http://bulletin.sfsu.edu/colleges/health-social-sciences/consumer-family-studies-dietetics/bs-dietetics-conc-foods-community-nutrition/adt-roadmap/).

## General Advising Information for Transfer Students

1. Before transfer, complete as many lower-division requirements or electives for this major as possible.
2. The following courses are not required for admission but are required for graduation. Students are strongly encouraged to complete these

units before transfer; doing so will provide more flexibility in course selection after transfer.

- a course in U.S. History
- a course in U.S. & California Government

For information about satisfying the requirements described in (1) and (2) above at a California Community College (CCC), please visit <http://www.assist.org> (<http://assist.org>). Check any geographically accessible CCCs; sometimes options include more than one college. Use ASSIST to determine:

- Which courses at a CCC satisfy any lower-division major requirements for this major;
- Which courses at a CCC satisfy CSU GE, US History, and US & CA Government requirements.

Remedial courses are not transferable and do not apply to the minimum 60 semester units/90 quarter units required for admission.

Additional units for courses that are repeated do not apply to the minimum 60 units required for upper-division transfer (for example, if a course was not passed on the first attempt or was taken to earn a better grade).

Before leaving the last California Community College of attendance, obtain a summary of completion of lower-division General Education units (IGETC or CSU GE Breadth). This is often referred to as a GE certification worksheet. SF State does not require delivery of this certification to Admissions, but students should retain this document for verifying degree progress after transfer.

Credit for Advanced Placement, International Baccalaureate, or College-Level Examination Program courses: AP/IB/CLEP credit is not automatically transferred from the previous institution. Units are transferred only when an official score report is delivered to SF State. Credit is based on the academic year during which exams were taken. Refer to the University Bulletin in effect during the year of AP/IB/CLEP examination(s) for details regarding the award of credit for AP/IB/CLEP.

Students pursuing majors in science, technology, engineering, and mathematics (STEM) disciplines often defer 6-9 units of lower-division General Education in Areas C and D until after transfer to focus on preparation courses for the major. This advice does not apply to students pursuing associate degree completion before transfer.

## Transferring From Institutions Other Than CCCs or CSUs

Review SF State's lower-division General Education requirements. Note that, as described below, the four basic skills courses required for admission meet A1, A2, A3, and B4 in the SF State GE pattern. Courses that fulfill the remaining areas of SF State's lower-division GE pattern are available at most two-year and four-year colleges and universities.

Of the four required basic skills courses, a course in critical thinking (A3) may not be widely offered outside the CCC and CSU systems. Students should attempt to identify and take an appropriate course no later than the term of application to the CSU. To review more information about the A3 requirement, please visit [bulletin.sfsu.edu/undergraduate-education/general-education/lower-division/#AAEL](http://bulletin.sfsu.edu/undergraduate-education/general-education/lower-division/#AAEL).

Waiting until after transfer to take a single course at SF State that meets both US and CA/local government requirements may be an appropriate option, particularly if transferring from outside of California.

## All Students Must Meet the Transfer Eligibility Requirements Outlined Below for Admission.

For more information, visit the Undergraduate Admissions section (<http://bulletin.sfsu.edu/undergraduate-admissions/>).

- Complete 60 or more transferable semester units or 90 or more quarter units.
- Earn a college grade point average of 2.0 or better in all transferable courses. Non-local area residents may be held to a higher GPA standard.
- Be in good standing at the last college or university attended.
- Complete 30-semester units (45-quarter units) of General Education, including four basic skills courses:
  - a. One course in oral communication (same as CSU GE Area A1)
  - b. One course in written composition (same as CSU GE Area A2)
  - c. One course in critical thinking (same as CSU GE Area A3)
  - d. One course in mathematics or quantitative reasoning (same as CSU GE Area B4)
- The four basic skills courses and a minimum of 60 transferable semester units (90-quarter units) must be completed by the spring semester prior to fall admission, or by the fall semester prior to spring admission. Earn a C- or better grade in each basic skills course.