BACHELOR OF SCIENCE IN NUTRITION AND DIETETICS: CONCENTRATION IN FOODS AND COMMUNITY NUTRITION - QUANTITATIVE REASONING CATEGORY I/II AND STRETCH ENGLISH

120 Total Units Required
Minimum Number of Units in the Major: 47

This roadmap is a suggested plan of study and does not replace meeting with an advisor. Please note that students may need to adjust the actual sequence of courses based on course availability. Please consult an advisor in your major program for further guidance.

Course | Title | Units
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First Semester
ENG 104 | Writing the First Year: Finding Your Voice Stretch I | 3
MATH 124 | Elementary Statistics (Major Core, B4) | 3
GE Area A | 3
GE Area C | 3
SF State Studies or University Elective | 3

Units | 15
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Second Semester
CHEM 115 | General Chemistry I: Essential Concepts of Chemistry (Major Core) | 5
ENG 105 | Writing the First Year: Finding Your Voice Stretch II (A2) | 3
PSY 200 | General Psychology (Major Core, D1) | 3
GE Area A | 3

Units | 14
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Third Semester
NUTR 253 | Nutrition, Health, and Disease (Major Core) | 3
GE Area B: Physical Science (B1) and Laboratory Science (B3) | 3-4
GE Area C | 3
GE Area D | 3
GE Area E | 3

Units | 15-16
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Fourth Semester
GE Area B: Life Science (B2) and Laboratory Science (B3) | 3-4
GE Area C | 3

GE Area D | 3
SF State Studies or University Elective - Take Two | 6

Units | 15-16
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Fifth Semester
HTM 560 | Hospitality Human Resource Management (Major Core) | 3
NUTR 353GW | Foodservice Systems Management - GWAR (Major Core) | 3
NUTR 357 | Principles of Food Preparation (Major Core, UD-B) | 3
GE Area UD-C: Upper-Division Arts and/or Humanities (Consider SF State Studies Course) | 3
SF State Studies Course | 3
SF State Studies or University Elective | 3

Units | 15
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Sixth Semester
NUTR 453 | Nutrition in the Life Cycle (Major Core) | 3
NUTR 457 | Management of Quantity Food Purchasing and Production (Major Core) | 3
Major Elective - Take One | 3-4
GE Area UD-D: Upper-Division Social Sciences (Consider SF State Studies Course) | 3
SF State Studies or University Elective | 3

Units | 15-16
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Seventh Semester
NUTR 551 | Nutrition Education and Communication (Major Core) | 3
NUTR 557 | Experimental Food Study (Major Core) | 3
Major Elective - Take One | 3-4
SF State Studies or University Elective - Take Two | 7

Units | 16-17
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Eighth Semester
FCS 600 | Professional Development (Major Professional Requirement) | 3
NUTR 651 | Community Nutrition and Assessment (Major Core) | 3
SF State Studies or University Elective - Take Three | 9

Units | 15
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Total Units | 120-124
ENG 114 can only be taken if you complete Directed Self-Placement (DSP) and select ENG 114; if you choose ENG 104/ENG 105 through DSP you will satisfy A2 upon successful completion of ENG 105 in the second semester; multilingual students may be advised into alternative English courses.

Depending on courses completed through Early Start, students in Pathway/Category III or IV may be required to enroll in a support course to complement their Quantitative Reasoning/B4 requirement. There are multiple course options for this pathway. Before enrolling in a B4 course, students should verify their MATH Pathway/Category in their Student Center. Information regarding the courses that correspond with your MATH Pathway/Category can be found on the Developmental Studies Office Website.

To avoid taking additional units, it is recommended that you meet SF State Studies requirements (AERM, GP, ES, SJ) within your GE or major.

Consider taking a class combined with a laboratory or a separate lab to fulfill B3 if not already satisfied.

Major Electives - Select Two (6-8 units)
- BIOL 210 General Microbiology and Public Health (3 units)
  - BIOL 211 General Microbiology and Public Health Laboratory (1 unit)
- BIOL 212 Principles of Human Physiology (3 units)
  - BIOL 212 Principles of Human Physiology (3 units)
- BIOL 220 Principles of Human Anatomy (4 units)
- BIOL 326 Disease! (3 units)
- NUTR 356 Foods and World Culture (3 units)
- BIOL 212 Principles of Human Physiology (3 units)
- BIOL 220 Principles of Human Anatomy (4 units)
- BIOL 326 Disease! (3 units)
- NUTR 356 Foods and World Culture (3 units)
  - BIOL 211 General Microbiology and Public Health Laboratory (1 unit)
- FCS 425 Family Stress, Coping, and Resilience (3 units)
- FCS 543 Sustainability in the Textile, Housing, and Food Industries (3 units) (UD-D, ES)
- GEOG 427 Agriculture and Food Supply (4 units) (ES, GP)
- H ED 405 Introduction to Community/Public Health (3 units)
- H ED 410 Organization and Function of Health Services (3 units)
- H ED 420 Epidemiology (3 units)
- H ED 425 Introduction to Research and Statistics in Health (3 units)
- H ED 455 Community Organizing and Community Building for Health (3 units) (UD-C, AERM, ES, GP, SJ)
- H ED 520 Structural Oppression and Social Foundations of Health (3 units) (SJ)
- HH 380 Holistic Health: Western Perspectives (3 units) (UD-B, GP)
- HH 381 Holistic Health: Eastern Perspectives (3 units) (UD-D, GP)
- HH 382 Holistic Health: Human Nature and Global Perspectives (3 units) (UD-C, GP)
- HTM 557 Restaurant and Catering Management (3 units)
- KIN 331 Peak Performance (3 units) (UD-D, GP, SJ)
- KIN 355 Science, Sport, and Fitness (3 units) (UD-B)