

BACHELOR OF SCIENCE IN NUTRITION AND DIETETICS: CONCENTRATION IN FOODS AND COMMUNITY NUTRITION ROADMAP – QUANTITATIVE REASONING CATEGORY III/IV 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 |
|---------------------------------------------------------------------------|-------------------------------------------------------------------------|--------------|
| First Semester | | |
| ENG 104 | Writing the First Year: Finding Your Voice Stretch I ¹ | 3 |
| MATH 123 | Mathematics for Elementary Statistics (B4 Support Course) ² | 2 |
| MATH 124 | Elementary Statistics (Major Core, B4) ² | 3 |
| GE Area A ³ | | 3 |
| SF State Studies or University Elective | | 4 |
| Units | | 15 |
| 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) ¹ | 3 |
| PSY 200 | General Psychology (Major Core, D1) | 3 |
| GE Area A | | 3 |
| Units | | 14 |
| Third Semester | | |
| NUTR 253 | Nutrition, Health, and Disease (Major Core) | 3 |
| GE Area B: Physical Science (B1) and Laboratory Science (B3) ⁴ | | 3-4 |
| GE Area C | | 3 |
| GE Area E | | 3 |
| SF State Studies or University Elective | | 3 |
| Units | | 15-16 |

Fourth Semester

| | |
|-----------------------------------------------------------------------|-----|
| GE Area B: Life Science (B2) and Laboratory Science (B3) ⁴ | 3-4 |
| GE Area C - Take Two | 6 |
| GE Area D: U.S. History (D2) | 3 |
| SF State Studies or University Elective | 3 |

Units 15-16

Fifth Semester

| | | |
|----------------------------------------------------------------------------------------|----------------------------------------------------|---|
| HTM 560 | Hospitality Human Resource Management (Major Core) | 3 |
| NUTR 353GW | Foodservice Systems Management - GEAR (Major Core) | 3 |
| NUTR 357 | Principles of Food Preparation (Major Core, UD-B) | 3 |
| GE Area F [±] | | 3 |
| GE Area UD-C: Upper-Division Arts and/or Humanities (Consider SF State Studies Course) | | 3 |

Units 15

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 ⁵ | | 3-4 |
| GE Area UD-D: Upper-Division Social Sciences (Consider SF State Studies Course) | | 3 |
| U.S. and California Government (http://bulletin.sfsu.edu/undergraduate-education/american-institutions/#usg) | | 3 |

Units 15-16

Seventh Semester

| | | |
|----------------------------------------------------|----------------------------------------------------|-----|
| NUTR 551 | Nutrition Education and Communication (Major Core) | 3 |
| NUTR 557 | Experimental Food Study (Major Core) | 3 |
| Major Elective - Take One ⁵ | | 3-4 |
| SF State Studies or University Elective - Take Two | | 7 |

Units 16-17

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

Total Units 120-124

- ¹ 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.
- ² To determine the best B4 course option, students should complete the online advising activity at mathadvising.sfsu.edu (<https://mathadvising.sfsu.edu/>). Questions? Contact Gator Smart Start. (<https://gatorsmartstart.sfsu.edu/>)
- ³ To avoid taking additional units, it is recommended that you meet the **SF State Studies** (AERM, GP, ES, SJ) requirements within your GE or major.
- ⁴ Consider taking a class combined with a laboratory or a separate lab to fulfill B3 if not already satisfied.

- ⁵ **Major Electives - Select Two (6-8 units)**
 AFRS 370 Health, Medicine, and Nutrition in the Black Community (3 units) (UD-D, AERM, ES, SJ)
 BIOL 210 General Microbiology and Public Health (3 units)
 & BIOL 211 General Microbiology and Public Health Laboratory (1 units)
 BIOL 212 Principles of Human Physiology (3 units)
 & BIOL 213 Principles of Human Physiology Laboratory (1 units)
 BIOL 220 Principles of Human Anatomy (4 units)
 BIOL 326 Disease! (3 units)
 BUS 216 Foundations in Business Communications (3 units) (E)
 CAD 223 Infants, Toddlers, and Families (3 units)
 ECON 101 Introduction to Microeconomic Analysis (3 units) (D1)
 ECON 102 Introduction to Macroeconomic Analysis (3 units)
 ENVS 130 Environmental Studies (3 units) (ES)
 FCS 220 Young Children and Families (3 units) (D1)
 FCS 426 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)
 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 110 Introduction to Hospitality and Tourism Management (3 units) (ES, GP, SJ)
 IBUS 130 Globalization and Business in the 21st Century (3 units) (D1, GP)
 KIN 331 Peak Performance (3 units) (UD-D, GP, SJ)
 KIN 355 Science, Sport, and Fitness (3 units) (UD-B)
 LABR 250 Introduction to the Study of Labor (3 units) (D1, GP)
 LABR 251 Know Your Work Rights (3 units) (D1, SJ)
 LTNS 210 Latina/o/x Health Care Perspectives (3 units) (B2, AERM, ES, GP, SJ)
 MGMT 405 Introduction to Management and Organizational Behavior (3 units)
 NUTR 356 Foods and World Culture (3 units)
 PH 200 Global Health (3 units) (D1, GP, SJ)
 PH 210 Personal and Social Determinants of Health (3 units) (D1, SJ)
 PH 221/ETHS 221 Health and Social Justice - Burning Issues, Taking Action (3 units) (D1, AERM, SJ)
 PH 241/ETHS 241 Health and Social Movements in the United States in the 20th Century (3 units) (D2, USH, AERM, SJ)
 PH 290 Promoting Positive Health (3 units) (C1, GP)
 PH 455 Community Organizing and Community Building for Health (3 units) (UD-C, AERM, GP, SJ)
 RRS 303 Health and Wellness among Pacific Islanders (3 units) (UD-B, SJ)
 RRS 304 Decolonize Your Diet: Food Justice and Gendered Labor in Communities of Color (3 units) (UD-B, AERM, SJ)

± Given catalog rights, fall 2022 transfer students do not need to complete an Area F course.