

# NUTRITION (BS)

Offered at: San Luis Obispo Campus

The program offers a broad preparation in nutritional science. In addition to preparatory science courses such as chemistry and biology, the program offers coursework in nutrient metabolism, clinical nutrition, community nutrition, and lifecycle nutrition, foods and food system management.

## Concentrations

### Dietetics

Offered at: San Luis Obispo Campus

Dietetics prepares students for careers in various areas of nutrition, including dietetics, food systems management, nutrition communications, and community nutrition. This concentration is a Didactic Program in Dietetics (DPD), accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND), of the Academy of Nutrition and Dietetics, 120 Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, (800) 877-1600 Ext. 5400. Students in this concentration who graduate with a minimum higher education overall GPA of 2.75 *and* receive a Verification Statement are eligible to apply for admission to an accredited dietetic internship, upon completion of which the graduate must pass a national examination administered by the Commission on Dietetic Registration to qualify as a registered dietitian (RD). Graduates also are prepared to pursue advanced degrees in foods and nutrition, public health, and food systems management.

### Nutrition and Pre-Health Sciences

Offered at: San Luis Obispo Campus

Nutrition and Pre-Health Sciences emphasizes a strong background in basic sciences and human nutrition for students planning further study in graduate school or a health-related profession such as medicine, dentistry, nursing, pharmacy or physical therapy. Students need to check with their advisors for specific requirements for various health-related professions.

## Program Learning Objectives

1. Demonstrate critical thinking skills in addressing nutrition issues.
2. Apply the knowledge and technical skills needed to succeed in nutrition-related fields and post-grad studies.
3. Demonstrate effective written and oral communication skills.
4. Work ethically and effectively as part of a problem-solving team.
5. Compare and contrast cultural expectations for respectful interactions with diverse populations.

## Degree Requirements and Curriculum

In addition to the program requirements listed on this page, students must also satisfy requirements outlined in more detail in the Minimum Requirements for Graduation (<https://catalog.calpoly.edu/generalrequirementsbachelorsdegree/#generaleducationtext>) section of this catalog, including:

- 40 units of upper-division courses
- 2.0 GPA
- Graduation Writing Requirement (GWR)
- U.S. Cultural Pluralism (USCP)

Note: No Major, Support or Concentration courses may be selected as credit/no credit. In addition, no more than 12 units of cooperative or internship courses can count towards your degree requirements.

| Code                 | Title                                          | Units |
|----------------------|------------------------------------------------|-------|
| <b>MAJOR COURSES</b> |                                                |       |
| NUTR 1101            | Orientation to the Nutrition Major             | 1     |
| FSN 1121             | Fundamentals of Food                           | 3     |
| FSN 2202             | Introduction to Human Nutrition                | 3     |
| FSN 2250             | Food and Nutrition: Culture and Customs (USCP) | 3     |
| NUTR 3310            | Maternal and Child Nutrition                   | 3     |
| NUTR 3315            | Nutrition in Aging                             | 2     |
| NUTR 3331            | Macronutrient Metabolism                       | 3     |
| NUTR 3332            | Micronutrient Metabolism                       | 3     |
| NUTR 3333            | Nutrient Metabolism Lab                        | 1     |
| NUTR 4415            | Nutrition Counseling & Education               | 3     |

|                                     |                                                                               |            |
|-------------------------------------|-------------------------------------------------------------------------------|------------|
| NUTR 4416                           | Community Nutrition                                                           | 3          |
| NUTR 4431                           | Medical Nutrition Therapy I                                                   | 4          |
| NUTR 4432                           | Medical Nutrition Therapy II                                                  | 4          |
| Select from the following:          |                                                                               | 2          |
| NUTR 4460                           | Senior Project - Scientific and Technical Writing                             |            |
| NUTR 4461                           | Senior Project - Research                                                     |            |
| NUTR 4462                           | Senior Project - Internship                                                   |            |
| <b>Concentration</b>                |                                                                               |            |
| (See list of Concentrations below)  |                                                                               | 15         |
| <b>SUPPORT COURSES</b>              |                                                                               |            |
| BIO 1151                            | Life: Molecules and Cells (5B & 5C) <sup>1</sup>                              | 4          |
| BIO 2231                            | Human Anatomy and Physiology I                                                | 4          |
| BIO 2232                            | Human Anatomy and Physiology II                                               | 4          |
| CHEM 1120                           | Fundamentals of Chemical Structure and Properties (5A) <sup>1</sup>           | 4          |
| CHEM 2240                           | Organic Chemistry: Fundamentals and Applications                              | 4          |
| CHEM 3350                           | Biochemistry: Fundamentals and Applications (Upper-Division 2/5) <sup>1</sup> | 4          |
| MCRO 2224                           | General Microbiology I                                                        | 4          |
| or MCRO 2221                        | Introduction to Microbiology                                                  |            |
| STAT 1110                           | Applied Statistical Concepts and Methods (2) <sup>1</sup>                     | 3          |
| <b>GENERAL EDUCATION (GE)</b>       |                                                                               |            |
| (See GE program requirements below) |                                                                               | 30         |
| <b>FREE ELECTIVES</b>               |                                                                               |            |
| Free Electives <sup>2</sup>         |                                                                               | 6          |
| <b>Total Units</b>                  |                                                                               | <b>120</b> |

<sup>1</sup> Required in Major or Support; also satisfies General Education (GE) requirement.

<sup>2</sup> If a General Education (GE) course is used to satisfy a Major or Support requirement, additional units of Free Electives may be needed to complete the total units required for the degree.

## Concentrations

### Dietetics

| Code                       | Title                                                    | Units |
|----------------------------|----------------------------------------------------------|-------|
| <b>REQUIRED COURSES</b>    |                                                          |       |
| FSN 3346                   | Institutional Food Service                               | 3     |
| NUTR 3321                  | Experimental Foods                                       | 3     |
| NUTR 4426                  | Nutrition and Foodservice Systems Management             | 3     |
| PSY 2201                   | Introductory Psychology                                  | 3     |
| <b>Approved Electives</b>  |                                                          |       |
| Select from the following: |                                                          | 3     |
| ANT 3345                   | Human Behavioral Ecology                                 |       |
| FSN 3304                   | Culinology                                               |       |
| FSN 3305                   | Nutrition and Exercise for Health and Disease Prevention |       |
| NR 3323                    | Human Dimensions in Natural Resources Management         |       |
| POLS 3332                  | World Food Systems                                       |       |
| POLS 3325                  | Global Political Issues                                  |       |
| POLS 3316                  | Political Participation                                  |       |
| POLS 3317                  | Campaigns and Elections                                  |       |
| POLS 3319                  | U.S. Congress                                            |       |
| POLS 3338                  | Critical Issues in U.S. Politics                         |       |
| POLS 4419                  | Social Movements and Political Protest                   |       |
| POLS 4435                  | Political Communication                                  |       |
| POLS 4440                  | California Student Bill Project                          |       |

|                                                                       |                                  |           |
|-----------------------------------------------------------------------|----------------------------------|-----------|
| POLS 4445                                                             | Voting Rights and Representation |           |
| POLS 4459                                                             | The Politics of Poverty          |           |
| Select any 3000-4000 level BIO, CHEM, HLTH, MATH, PHYS, or PSY course |                                  |           |
| <b>Total Units</b>                                                    |                                  | <b>15</b> |

## Nutrition and Pre-Health Sciences

| Code                                                          | Title                                                    | Units     |
|---------------------------------------------------------------|----------------------------------------------------------|-----------|
| <b>REQUIRED COURSES</b>                                       |                                                          |           |
| FSN 3305                                                      | Nutrition and Exercise for Health and Disease Prevention | 3         |
| <b>Approved Electives</b>                                     |                                                          |           |
| Select from the following: <sup>1</sup>                       |                                                          | 12        |
| NUTR 4405                                                     | Advanced Sport Nutrition & Exercise Metabolism           |           |
| NUTR 4425                                                     | Professional Practice in Nutrition and Dietetics         |           |
| Select any BIO, CHEM, MATH, PHYS, or PSY courses <sup>2</sup> |                                                          |           |
| <b>Total Units</b>                                            |                                                          | <b>15</b> |

<sup>1</sup> A minimum of 8 units must be taken at the 3000-4000 level.

<sup>2</sup> If a course is taken to meet a Major or Support requirement, it cannot be double-counted as an Elective for the concentration.

## General Education (GE) Requirements

- 43 units required, 13 of which are specified in Major and/or Support.
- If any of the remaining 30 Units is used to satisfy a Major or Support requirement, additional units of Free Electives may be needed to complete the total units required for the degree.
- See the complete GE course listing (<https://catalog.calpoly.edu/academic-standards-policies/general-requirements-bachelors-degree/#generaleducationtext>).
- A grade of C- or better is required in one course in each of the following GE Areas: 1A (English Composition), 1B (Critical Thinking), 1C (Oral Communication), and 2 (Mathematics and Quantitative Reasoning).

### Lower-Division General Education

|               |                                                                                                               |   |
|---------------|---------------------------------------------------------------------------------------------------------------|---|
| <b>Area 1</b> | <b>English Communication and Critical Thinking</b>                                                            |   |
| 1A            | Written Communication                                                                                         | 3 |
| 1B            | Critical Thinking                                                                                             | 3 |
| 1C            | Oral Communication                                                                                            | 3 |
| <b>Area 2</b> | <b>Mathematics and Quantitative Reasoning</b>                                                                 |   |
| 2             | Mathematics and Quantitative Reasoning (3 units in Support) <sup>1</sup>                                      | 0 |
| <b>Area 3</b> | <b>Arts and Humanities</b>                                                                                    |   |
| 3A            | Arts                                                                                                          | 3 |
| 3B            | Humanities: Literature, Philosophy, Languages other than English                                              | 3 |
| <b>Area 4</b> | <b>Social and Behavioral Sciences (Area 4 courses must come from at least two different course prefixes.)</b> |   |
| 4A            | American Institutions (Title 5, Section 40404 Requirement)                                                    | 3 |
| 4B            | Social and Behavioral Sciences                                                                                | 3 |
| <b>Area 5</b> | <b>Physical and Life Sciences</b>                                                                             |   |
| 5A            | Physical Sciences (3 units in Support) <sup>1</sup>                                                           | 0 |
| 5B            | Life Sciences (3 units in Support) <sup>1</sup>                                                               | 0 |
| 5C            | Laboratory (may be embedded in a 5A or 5B course) (1 units in Support) <sup>1</sup>                           | 0 |
| <b>Area 6</b> | <b>Ethnic Studies</b>                                                                                         |   |
| 6             | Ethnic Studies                                                                                                | 3 |

### Upper-Division General Education

|                    |                                                                                                        |   |
|--------------------|--------------------------------------------------------------------------------------------------------|---|
| Upper-Division 2/5 | Mathematics and Quantitative Reasoning or Physical and Life Sciences (3 units in Support) <sup>1</sup> | 0 |
| Upper-Division 3   | Arts and Humanities                                                                                    | 3 |

Upper-Division 4

Social and Behavioral Sciences (Area 4 courses must come from at least two different course prefixes.)

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**Total Units****30**

<sup>1</sup> Required in Major or Support; also satisfies General Education (GE) requirement.

**Coming soon**