

NUTRITION (BS)

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
MAJOR COURSES		
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	
Concentration		
(See list of Concentrations below)		15
SUPPORT COURSES		
BIO 1151	Life: Molecules and Cells (5B & 5C) ¹	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) ¹	4
CHEM 2240	Organic Chemistry: Fundamentals and Applications	4
CHEM 3350	Biochemistry: Fundamentals and Applications (Upper-Division 2/5) ¹	4
MCRO 2224	General Microbiology I	4
or MCRO 2221	Introduction to Microbiology	
STAT 1110	Applied Statistical Concepts and Methods (2) ¹	3
GENERAL EDUCATION (GE)		
(See GE program requirements below)		30
FREE ELECTIVES		
Free Electives ²		6
Total Units		120

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

² 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
REQUIRED COURSES		
FSN 3346	Institutional Food Service	3
NUTR 3321	Experimental Foods	3
NUTR 4426	Nutrition and Foodservice Systems Management	3
PSY 2201	Introductory Psychology	3
Approved Electives		
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		
Total Units		15

Nutrition and Pre-Health Sciences

Code	Title	Units
REQUIRED COURSES		
FSN 3305	Nutrition and Exercise for Health and Disease Prevention	3
Approved Electives		
Select from the following: ¹		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 ²		
Total Units		15

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

² 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

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

Total Units		30
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¹ Required in Major or Support; also satisfies General Education (GE) requirement.