

# BS NUTRITION

## Program Learning Objectives

1. Graduates demonstrate critical thinking skills in addressing nutrition issues.
2. Graduates demonstrate the knowledge, ethics, and technical skills needed to succeed in nutrition-related fields and post-graduate studies.
3. Graduates demonstrate effective written and oral communication skills.
4. Graduates demonstrate the ability to work effectively as part of a problem-solving team.
5. Graduates demonstrate cultural competence interacting with diverse populations.

## Program Educational Outcomes

- Graduates can apply the knowledge of nutrients and foods to meet the nutritional and health needs of individuals and groups throughout the life cycle.
- Graduates can apply the principles of social, physical and biological sciences to address human nutrition issues.

## 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:

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

Note: No Major, Support or Concentration courses may be selected as credit/no credit.

### MAJOR COURSES

FSN 101	Orientation to the Nutrition Major	1
FSN 121	Fundamentals of Food	4
FSN 202	Introduction to Human Nutrition	4
FSN 250	Food and Nutrition: Culture and Customs (USCP) (E) <sup>1</sup>	4
FSN 281	Writing in Nutrition Science	2
FSN 310	Maternal and Child Nutrition	4
FSN 315	Nutrition in Aging	4
FSN 319	The Science of Food for the Consumer (Upper-Division B) <sup>1</sup>	4
FSN 331 & FSN 332 & FSN 333	Macronutrient Metabolism and Micronutrient Metabolism and Nutrient Metabolism Lab	9
FSN 381	Critical Evaluation of Nutrition Research	4
FSN 415	Nutrition Education and Communications	4
FSN 416	Community Nutrition	4

FSN 431	Medical Nutrition Therapy I	2
FSN 432	Medical Nutrition Therapy II	4
FSN 433	Medical Nutrition Therapy III	4
FSN 461	Senior Project I <sup>2</sup>	3
or FSN 478 & FSN 481	Senior Project Experiential Learning in Nutrition and Advanced Nutrition Senior Project Scientific Writing	
or FSN 479 & FSN 481	Senior Project Advanced Topics and Advanced Nutrition Senior Project Scientific Writing	
BIO 161	Introduction to Cell and Molecular Biology (B2 & B3) <sup>1</sup>	4
BIO 231	Human Anatomy and Physiology I	5
BIO 232	Human Anatomy and Physiology II	5
CHEM 127	General Chemistry for Agriculture and Life Science I (B1 & B3) <sup>1</sup>	4
CHEM 128	General Chemistry for Agriculture and Life Science II	4
CHEM 312	Organic Chemistry: Fundamentals and Applications <sup>3</sup>	5
or CHEM 216	Organic Chemistry I	
CHEM 314	Biochemistry: Fundamentals and Applications <sup>3</sup>	5
or CHEM 369	Biochemical Principles	
MATH 118	Precalculus Algebra (B4) <sup>1,4</sup>	4
MCRO 221	Microbiology	4-5
or MCRO 224	General Microbiology I	
STAT 218	Applied Statistics for the Life Sciences (GE Electives) <sup>1</sup>	4
Concentration courses (see concentrations below)		26-27
<b>GENERAL EDUCATION (GE)</b>		
(See GE program requirements below.)		48
<b>FREE ELECTIVES</b>		
Free Electives		0-1
<b>Total units</b>		<b>180-181</b>

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

<sup>2</sup> Credit in FSN 461; or FSN 478 and FSN 481; or FSN 479 and FSN 481 fulfills the senior project requirement.

<sup>3</sup> Most Nutrition majors should take CHEM 312 and CHEM 314. Students choosing the Nutrition Science concentration may need to take CHEM 216 and CHEM 369, depending on their career goals and Approved Electives. Students selecting CHEM 216 must also take CHEM 217 and CHEM 218. See advisor.

<sup>4</sup> MATH 116 and MATH 117 substitute.

## Concentrations

- Applied Nutrition (<https://catalog.calpoly.edu/collegesandprograms/collegeofagriculturefoodenvironmentalsciences/foodsciencenutrition/bsnutrition/appliednutritionconcentration/>)
- Nutrition Science (<https://catalog.calpoly.edu/collegesandprograms/collegeofagriculturefoodenvironmentalsciences/foodsciencenutrition/bsnutrition/nutritionscienceconcentration/>)

## General Education (GE) Requirements

- 72 units required, 24 of which are specified in Major and/or Support.
- If any of the remaining 48 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/generalrequirementsbachelorsdegree/#generaleducationtext>).
- A grade of C- or better is required in one course in each of the following GE Areas: A1 (Oral Communication), A2 (Written Communication), A3 (Critical Thinking), and B4 (Mathematics/Quantitative Reasoning).

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

<b>Area A</b>	<b>English Language Communication and Critical Thinking</b>	
A1	Oral Communication	4
A2	Written Communication	4
A3	Critical Thinking	4
<b>Area B</b>	<b>Scientific Inquiry and Quantitative Reasoning</b>	
B1	Physical Science (4 units in Major) <sup>1</sup>	0
B2	Life Science (4 units in Major) <sup>1</sup>	0
B3	One lab taken with either a B1 or B2 course	
B4	Mathematics/Quantitative Reasoning (4 units in Major) <sup>1</sup>	0
Upper-Division B (4 units in Major) <sup>1</sup>		0
<b>Area C</b>	<b>Arts and Humanities</b>	
Lower-division courses in Area C must come from three different subject prefixes.		
C1	Arts: Arts, Cinema, Dance, Music, Theater	4
C2	Humanities: Literature, Philosophy, Languages other than English	4
Lower-Division C Elective - Select a course from either C1 or C2		4
Upper-Division C		4
<b>Area D</b>	<b>Social Sciences - Select courses in Area D from at least two different prefixes</b>	
D1	American Institutions (Title 5, Section 40404 Requirement)	4
D2	Lower-Division D	4
Upper-Division D		4
<b>Area E</b>	<b>Lifelong Learning and Self-Development</b>	
Lower-Division E (4 units in Major) <sup>1</sup>		0
<b>Area F</b>	<b>Ethnic Studies</b>	
F	Ethnic Studies	4
<b>GE Electives in Areas B, C, and D</b>		
Select courses from two different areas; may be lower-division or upper-division courses.		
GE Electives (4 units in Major plus 4 units in GE) <sup>1</sup>		4
<b>Total units</b>		<b>48</b>