NUTRITION SCIENCE - BS

The nutrition science program develops scientifically literate professionals who can confidently articulate the integration of food, nutrition, health, and societal issues. This flexible program pairs a rich nutrition foundation with interdisciplinary and research experiences.

The nutrition science program prepares students for a variety of entry-level jobs. It also serves as excellent preparation for graduate studies in nutrition, food science, and public health – and can also be considered as a foundation for advanced studies in fields such as health communication, biotechnology, or health care administration. Nutrition science also offers a natural transition into professional programs such as: medical, dental, physical therapy, occupational therapy, physician assistant, or chiropractic programs.

The foundation of the nutrition science degree includes biology, chemistry, biochemistry, and physiology courses. The science-based courses serve as a gateway into the advanced nutrition courses, while also meeting the necessary requirements for admission into most graduate and professional programs.

This curriculum keeps nutrition and food at its core while placing emphasis on health and policy related issues. The following courses are just a few highlights within the nutrition science program.

o **Advanced Nutrition** provides a critical look into government food guidelines, integrated metabolism, and the impact of nutritional status on risk for chronic disease.

o **Experimental and Culinary Food and Nutrition** allows students to investigate the relationship between nutrition recommendations and practical application.

o **Current Issues in Food and Nutrition** provides exploration of relevant topics that the field is facing.

The nutrition science program can accommodate the needs and interests of many students including those interested in pursuing a minor program of study. For example, complementary studies in business, communication, or integrated marketing would be an excellent minor for a nutrition science student.

The nutrition science program encourages field work, volunteer, and/or internship positions that will help students network and identify career paths. As well, nutrition science students are encouraged to participate in undergraduate research with faculty. These research experiences are designed to be collaborative in nature, meaningful to both students and faculty.

See also: Exercise Science and Nutrition (http://catalog.stkate.edu/undergraduate/health/nutrition-dietetics/exercise-science-nutrition-ba-bs/), 3 + 2 Master of Public Health program (http://catalog.stkate.edu/undergraduate/preprofessional-programs/prepublic-health/)

This major is offered in the College for Women only.

Curriculum

Code	Title	Credits
Major courses:		
FSNU 2300	Nutrition Foundations	4
FSNU 2400	Food is Medicine	2
FSNU 3400	Sports Nutrition	4
FSNU 4270	Current Issues in Foods and Nutrition	4
FSNU 4300W	Advanced Nutrition	4
FSNU 4310	Culinary and Experimental Food and Nutrition	4
FSNU 4602	Internship	2-4
or FSNU 4604	Internship	
FSNU 4700	Applied Research	4
Choose three courses from:		12
FSNU 2900	Food Science with Lab	
FSNU 3340	Life Cycle Nutrition-Peds	
FSNU 3770	Nutrition Education and Counseling	
FSNU 4350	Medical Nutrition Therapy I	
Choose two courses from:		8
FSNU 3360	Life Cyle Nutrition-Adults	
FSNU 3800	Intercultural and Community Nutrition with Lab	
FSNU 4375	Medical Nutrition Therapy II with Lab	
Total Credits		**48-50**

Code	Title	Credits
Required supporting courses		
BIOL 2200	Introduction to Microbiology with Lab	4
BIOL 2610	Human Anatomy and Physiology I with Lab	4
BIOL 2620	Human Anatomy and Physiology II with Lab	4
CHEM 1110	General Chemistry I with Lab	4
CHEM 1120	General Chemistry II with Lab	4
IPE 1030	Healthcare Teams Foundations and Medical Terminology	2
PHIL 3400	Biomedical Ethics	4
PSYC 1001	General Psychology with Lab	4
PSYC 2025	Lifespan Developmental Psychology	4
EXSS 3200	Health Behavior Psychology [2]	4
or PSYC 4450	Psychology of Eating with Lab	
Select one from the following:		4
ECON 1090	Statistical Analysis for Decision Making	
HLTH 1090	Biostatistics	
PSYC 1090	Statistical Methods in Psychology	
STAT 1089	Statistical Analysis with Corequisite	
STAT 1090	Statistical Analysis	
Total Credits		**42**

[1] Only available to seniors who are approved to participate in the program that allows seniors to enroll in graduate level courses.

[2] Students are advised to check prerequisites before developing their plan of study.

Nutrition science majors satisfy the Writing Requirement for Majors and the fourth writing requirement by completing and FSNU 4310W Experimental Foods and Nutrition with Lab. They complete the Liberal Arts and Sciences Core Writing Requirement with three other writing-intensive courses (CORE 1000W The Reflective Woman, CORE 3990W Global Search for Justice, and any other writing-intensive course in another department).

Code	Title	Credits
Fall Term		
CHEM 1110	General Chemistry I with Lab	4
FSNU 2300	Nutrition Foundations	4
Spring Term		
CHEM 1120	General Chemistry II with Lab	4
Fall Term		
BIOL 2610	Human Anatomy and Physiology I with Lab	4
PHIL 3400	Biomedical Ethics	4
PSYC 1001	General Psychology with Lab	4
Select one from:		4
ECON 1090	Statistical Analysis for Decision Making	
HLTH 1090	Biostatistics	
PSYC 1090	Statistical Methods in Psychology	
STAT 1090	Statistical Analysis	
Spring Term		
BIOL 2620	Human Anatomy and Physiology II with Lab	4
PSYC 2025	Lifespan Developmental Psychology	4
Fall Term		
BIOL 2200	Introduction to Microbiology with Lab	4
FSNU 2992	Food is Medicine	2
Spring Term		
FSNU 3400	Sports Nutrition	4
EXSS 3200	Health Behavior Psychology	4
or PSYC 4450	Psychology of Eating with Lab	
IPE 1030	Healthcare Teams Foundations and Medical Terminology	2
FSNU 4602	Internship	2-4
or FSNU 4604	Internship	
Fall Term		
Choose four from:		16
FSNU 2900	Food Science with Lab	
FSNU 3770	Nutrition Education and Counseling	
FSNU 3340	Lifecycle Nutrition Pediatrics	4
FSNU 4270	Current Issues in Foods and Nutrition	
FSNU 4350	Medical Nutrition Therapy I	
Spring Term		
FSNU 4310W	Experimental Foods and Nutrition with Lab	4
Choose three from:		12
FSNU 3800	Intercultural and Community Nutrition with Lab	
FSNU 4375	Medical Nutrition Therapy II with Lab	
FSNU XXXX	Life Cycle Nutrition-Adults	
FSNU 6XXX	Applied Research	
Total Credits		**90-92**