

**ADVISING FORM FOR B.S. NUTRITIONAL SCIENCE  
APPLIED NUTRITION AND FOOD SCIENCES CONCENTRATION**

Name: \_\_\_\_\_ ID#: \_\_\_\_\_ Advisor: \_\_\_\_\_  
 Street Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_ Email: \_\_\_\_\_

**CORE SUPPORT COURSE (27 UNITS)**

Subject Area/Catalog #	Units	Course Title	GE Areas <sup>1</sup>	Semester Offered	Sem/Yr or Grade
Biol 66	5	Physiology	B2 + B3	S	_____
Chem 1A	5	General Chemistry	B1 + B3	F,S	_____
Chem 30B	3	Organic Chemistry		S	_____
HPrf 100W	3	Writing Workshop	Z	F,S	_____
Micr 20	5	Gen. Bacteriology	B2 + B3	F,S	_____
Psyc 1	3	Psychology	D1	F,S	_____
Stat 95 or HS 67	3	Statistics	B4	F,S	_____

**CORE MAJOR COURSES (32 UNITS)**

NuFS 8	3	Nutrition Health Prof		F,S	_____
NuFS 20	2	Sanitation & Envir Issues		F,S	_____
NuFS 31	1	Professionalism NuFS		F,S	_____
NuFS 101A	4	Food Science		F,S	_____
NuFS 103	2	Food Process & Pkg I		F,S	_____
NuFS 106A	3	Human Nutr Life Span		F,S	_____
NuFS 106B	3	Research Method Nutr		F,S	_____
NuFS 111	3	Foodservice Prod'n Mgmt		F	_____
HPrf 135	3	Health Multicultural Soc	S	F,S	_____
NuFS 192	2	Field Experience		F,S	_____
Pkg 107	3	Principles of Pkg		F	_____

**COMPLETE ONE COURSE FROM:**

NuFS 139	3	Hunger & Environ Nutrition	R	F,S	_____
Nufs 144	3	Food Culture: Consuming Passions	V	F,S	_____

**CONCENTRATION COURSES (29 UNITS)**

*Remaining courses can be bundled according to career objective & advisement. (29 units)*

NuFS 21	3	Culinary Principles & Practice		F,S	_____
NuFS 22	2	Catering and Beverage Management		F	_____
NuFS 103L	1	Food Proc & Pkg lab		F,S	_____
NuFS 104A	3	Cultural Aspects of Food		S	_____
NuFS 105	3	Current Issues in Nutr		F,S	_____
NuFS 108A	3	Nutrition & Metabolism		F,S	_____
NuFS 114A	3	Community Nutrition		F,S	_____
NuFS 116	3	Aging and Nutr		F,S	_____
NuFS 117	2	Food Evaluation Techniques		F	_____
NuFS 118	3	Food Chemistry		F	_____
NuFS 122	3	Chemical Analysis of Food		Alt S	_____
NuFS 123	3	Nutr for Sport		F	_____
NuFS 124	3	Disordered Eating & Nutr Therapy		S	_____
NuFS 134	3	Comp Alt Health		S	_____
NuFS 150	2	Food Toxicology		S	_____
NuFS 180	1-2	Independent Study		F,S	_____
NuFS 190	3	Nutrition Education & Counseling		F,S	_____
NuFS 194	1	Entrep Nutr		Alt F	_____
EnvS 001 <sup>4</sup>	3	Intro to Environmental Issues	D-3	F,S	_____
Chem 132	4	Biochemistry		F	_____
Chem 132L	1	Biochemistry Lab		S	_____
Kin 155	3	Physiology of Human Performance		F,S	_____
Span 004A	4	Spanish		F,S	_____
Or by Advisement	_____	_____			_____

<sup>1</sup>Courses fulfill requirements for General Education (GE) Areas as specified

**SUGGESTED 4-YEAR PLAN FOR B.S. NUTRITIONAL SCIENCE  
APPLIED NUTRITION & FOOD SCIENCES CONCENTRATION**

The following road map is an advising tool that outlines a path of courses a student can take to complete requirements for graduation. This roadmap should be used in consultation with the catalog and your department to identify additional requirements for completing the major (for example course grade minimums).

Students must have 60+ units in order to take SJSU Studies courses.

**Fall Semester – Year 1**

<u>Course or Requirement</u>	<u>Units</u>
Chem 1A General Chem – B1	5
Eng 1A First Year Writing – A2	3
Oral Comm – A1	3
General Education (Area E)	3
NuFS 31 Profession in NuFS/Pkg	1
Physical Education	<u>1</u>
	16

**Spring Semester – Year 1**

<u>Course or Requirement</u>	<u>Units</u>
NuFS 8 Nutr. For Hlth Profession	3
Chem 30B Intro Chem	3
General Education (Area C1)	3
Critical Thinking & Writing (A3)	3
Physical Education	1
Stat 95 <sup>2</sup> or HS 67 Statistic (B4)	<u>3</u>
	16

**Fall Semester – Year 2**

<u>Course or Requirement</u>	<u>Units</u>
Concentration Course	3
Psyc 1 Gen Psychology (D1)	3
General Education (C1 or C2)	3
General Education (D2, US1-3)	3
General Education (C1)	<u>3</u>
*** (Register to take WST)***	15

**Spring Semester – Year 2**

<u>Course or Requirement</u>	<u>Units</u>
NuFS 20 Sanitation & Envir Issues	2
Biol 66 <sup>3</sup> Physiology (B2/B3)	5
Micr 20 Gen. Bacteriology (B2/B3)	5
General Education (D3, US1-3)	<u>3</u>
	15

**Fall Semester – Year 3**

<u>Course or Requirement</u>	<u>Units</u>
NuFS 101A Food Science	4
NuFS 106A <sup>5</sup> Human Nutr Life Span	3
Pkg 107 Principles of Pkg	3
HPrf 100W Writing Workshop (Z)	3
NuFS 103 Food Processing & Pkg I	<u>2</u>
	15

**Spring Semester – Year 3**

<u>Course or Requirement</u>	<u>Units</u>
NuFS 106B Research Methodology	3
HPrf 135 <sup>4</sup> Hlth Issues Mlti Ctrtl Soc (S)	3
NuFS 111 Foodserv Prod Mgmt	3
Concentration Courses	<u>6</u>
	15

**Fall Semester – Year 4**

<u>Course or Requirement</u>	<u>Units</u>
NuFS 144 Food & Culture (V) or NuFS 139 Hunger & Env Nutr <sup>2</sup> (R)	3
Concentration Courses	<u>11</u>
	14

**Spring Semester – Year 4**

<u>Course or Requirement</u>	<u>Units</u>
GE: SJSU Studies (R or V)	3
Concentration Courses	9
NuFS 192 Field Experience	<u>2</u>
	14

Notes:

<sup>1</sup>NuFS 106A requires passage of WST and co requisite or pre-requisite HPrf 100W, NuFS 31.

<sup>2</sup>NuFS 139 requires passage of WST; co-requisite HPrf 100W; meets Advanced GE Area R, Earth and Environment and NuFS 144 meets Advanced GE Area V, Culture, Civilization, and Global Understanding.

