

**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 ¹ | 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 | _____ |
| PH or NUFS 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,S | _____ |
| PH 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 10 | 3 | Basic Life Skills | E | F,S | _____ |
| 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 | | S | _____ |
| NuFS 113 | 3 | Foodservice Sys: Mgmt & Proc | | F,S | _____ |
| NuFS 114A | 3 | Community Nutrition | | F,S | _____ |
| NuFS 116 | 3 | Aging and Nutr | | F,S | _____ |
| NuFS 117 | 3 | Food Evaluation Techniques | | Alt S | _____ |
| 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 | | Alt F | _____ |
| 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 ⁴ | 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 | | | | | _____ |

¹Courses fulfill requirements for General Education (GE) Areas as specified

This major requires an International Experience, please consult your major advisor regarding course requirement.

**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/B3 | 5 |
| Eng 1A First Year Writing – A2 | 3 |
| Oral Comm – A1 | 3 |
| NUFS 10 Basic Life Skills (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 ² 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 ³ 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 ⁵ Human Nutr Life Span | 3 |
| Pkg 107 Principles of Pkg | 3 |
| PH/NUFS 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 |
| PH 135 ⁴ Hlth Issues Mlti Cltrl 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 ² (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:

¹NuFS 106A requires passage of WST and co requisite or pre-requisite PH/NUFS 100W, NuFS 31.

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

³ This major requires an International Experience, please consult your major advisor regarding course requirement.