**ADVISING FORM FOR B.S. NUTRITIONAL SCIENCE**

**APPLIED NUTRITION AND FOOD SCIENCES CONCENTRATION**

Name: ID#: Advisor:

Street Address: Phone:

City, State, Zip: Email:

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| **CORE SUPPORT COURSE (19 UNITS)** |
|  |  |  |  |  |  |
| **Subject Area/Catalog #** | **Units** |  **Course Title** | **GE Areas1** | **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 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| NuFS 100W | 3 | Writing Workshop | WID | F,S | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Stat 95 or HS 67  | 3 | Statistics | B4 | F,S | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |  |  |  |  |  |
| **CORE MAJOR COURSES (34 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 | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| PH135 | 3 | Health Multicultural Soc | S | F,S | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| NuFS 151NuFS 192 | 22 | Food MicrobiologyField Experience |  | F,SF,S | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Pkg 107 | 3 | Principles of Pkg |  | F,S | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |
| 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 (32 UNITS)** |
| ***Remaining courses can be bundled according to career objective & advisement. (32 units)*** |
|  |
| NuFS 10 | 3 | Basic Life Skills | E | F,S | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| NuFS 21 | 3 | Culinary Principles & Practice |  | F,S | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| NuFS 22 | 3 | 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 | 3 | 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 0014 | 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 1A or 004A | 4 | Spanish |  | F,S | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Or by Advisement | \_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |  | \_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

¹Courses 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 Spring Semester – Year 1**

 ***Course or Requirement Units Course or Requirement Units***

 **Chem 1A General Chem (Area B1/B3) 5 NuFS 8 Nutr. For Hlth Profession 3**

 **Eng 1A First Year Writing (Area A2) 3 Chem 30B Intro Chem 3**

 **Oral Comm (Area A1) 3 General Education (Area C1) 3**

 **NUFS 10 Basic Life Skills (Area E) 3 Critical Thinking & Writing (A3) 3**

 **NuFS 31 Profession in NuFS/Pkg 1 Physical Education 1**

 **Physical Education 1 Stat 952 or HS 67 Statistic (Area B4) 3**

 **16 16**

 **Fall Semester – Year 2 Spring Semester – Year 2**

 ***Course or Requirement Units Course or Requirement Units***

 **Concentration Course 3 NuFS 20 Sanitation & Envir Issues 2**

 **General Education (Area F) 3 Biol 66³ Physiology (Area B2/B3) 5**

 **General Education (Area C1 or C2) 3 Concentration Course 3**

 **General Education Area (D2, US1-3) 3 General Education (Area D3, US1-3) 3**

 **General Education (Area C1) 3 13**

 **\*\*\*(Register to take WST)\*\*\* 15**

 **Fall Semester – Year 3 Spring Semester – Year 3**

 ***Course or Requirement Units Course or Requirement Units***

 **NuFS 101A Food Science 4 NuFS 106B Research Methodology 3**

 **NuFS 106A5 Human Nutr Life Span 3 PH 135 Hlth Issues Mlti Cltrl Soc (S) 3**

 **Pkg 107 Principles of Pkg 3 NuFS 111 Foodserv Prod Mgmt 3**

 **NUFS 100W Writing Workshop (WID) 3 Concentration Courses 6**

 **NuFS 103 Food Processing & Pkg I 2 NuFS 151 Food Microbiology 2**

 **15 17**

 **Fall Semester – Year 4 Spring Semester – Year 4**

 ***Course or Requirement Units Course or Requirement Units***

 **NuFS 144 Food & Culture (Area V) or GE: SJSU Studies (Area R or V) 3 NuFS 139 Hunger & Env Nutr2 (Area R) 3 Concentration Courses 9**

 **Concentration Courses 11 NuFS 192 Field Experience 2 14 14**

Notes:

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

2NuFS 139 requires passage of WST; co-requisite NUFS 100W; meets Advanced GE Area R and NuFS 144 meets Advanced GE Area V.