

BACHELOR OF SCIENCE IN NUTRITION AND DIETETICS: CONCENTRATION IN FOODS AND COMMUNITY NUTRITION ROADMAP

120 Total Units Required
Minimum Number of Units in the Major: 46

This roadmap is a suggested plan of study and does not replace meeting with an advisor. Please note that students may need to adjust the actual sequence of courses based on course availability. Please consult an advisor in your major program for further guidance.

Course	Title	Units
First Semester		
ENG 114	Writing the First Year: Finding Your Voice (A2) ¹	3
MATH 124	Elementary Statistics (Major Core, B4) ²	3
GE Area A ³		3
GE Area C		3
SF State Studies or University Elective		3
Units		15
Second Semester		
CHEM 115	General Chemistry I (Major Core)	4
PSY 200	General Psychology (Major Core, D1)	3
GE Area A		3
GE Area E		3
Units		13
Third Semester		
NUTR 253	Nutrition, Health, and Disease (Major Core)	3
GE Area B: Physical Science (B1) and Laboratory Science (B3) ⁴		3-4
GE Area C		3
SF State Studies or University Elective - Take Two		6
Units		15-16
Fourth Semester		
GE Area B: Life Science (B2) and Laboratory Science (B3) ⁴		3-4
GE Area C		3
GE Area D: U.S. History (D2)		3
SF State Studies or University Elective - Take Two		6
Units		15-16
Fifth Semester		
HTM 560	Hospitality Human Resource Management (Major Core)	3

NUTR 353GW	Foodservice Systems Management - GEAR (Major Core)	3
NUTR 357	Principles of Food Preparation (Major Core, UD-B)	3
GE Area F [±]		3
GE Area UD-C: Upper-Division Arts and/or Humanities		3
Units		15
Sixth Semester		
NUTR 453	Nutrition in the Life Cycle (Major Core)	3
NUTR 457	Management of Quantity Food Purchasing and Production (Major Core)	3
Major Elective - Take One ⁵		3-4
GE Area UD-D: Upper-Division Social Sciences		3
U.S. and California Government (http://bulletin.sfsu.edu/undergraduate-education/american-institutions/#usg)		3
Units		15-16
Seventh Semester		
NUTR 551	Nutrition Education and Communication (Major Core)	3
NUTR 557	Experimental Food Study (Major Core)	3
Major Elective - Take One ⁵		3-4
SF State Studies or University Elective - Take Two		7
Units		16-17
Eighth Semester		
FCS 600	Professional Development (Major Professional Requirement)	3
NUTR 651	Community Nutrition and Assessment (Major Core)	3
SF State Studies or University Elective - Take Three		9
Units		15
Total Units		119-123

¹ ENG 114 can only be taken if you complete Directed Self-Placement (DSP) and select ENG 114; if you choose ENG 104/ENG 105 through DSP you will satisfy A2 upon successful completion of ENG 105 in the second semester; multilingual students may be advised into alternative English courses.

² To determine the best B4 course option, students should complete the online advising activity at mathadvising.sfsu.edu (<https://mathadvising.sfsu.edu/>). Questions? Contact Gator Smart Start. (<https://gatorsmartstart.sfsu.edu/>)

³ To avoid taking additional units, it is recommended that you meet the **SF State Studies** (AERM, GP, ES, SJ) requirements within your GE or major.

⁴ Consider taking a class combined with a laboratory or a separate lab to fulfill B3 if not already satisfied.

⁵ **Major Electives - Select Two (6-8 units)**

A U 220 SF State and Braven Career Accelerator (3 units)
 AFRS 370 Health, Medicine, and Nutrition in the Black Community (3 units) (UD-D, AERM, ES, SJ)
 BIOL 210 General Microbiology and Public Health (3 units)
 & BIOL 211 General Microbiology and Public Health Laboratory (1 units)
 BIOL 212 Principles of Human Physiology (3 units)
 & BIOL 213 Principles of Human Physiology Laboratory (1 units)
 BIOL 220 Principles of Human Anatomy (4 units)
 BIOL 326 Disease! (3 units)
 BUS 216 Foundations in Business Communications (3 units) (E)
 CAD 223 Infants, Toddlers, and Families (3 units)
 ECON 101 Introduction to Microeconomic Analysis (3 units) (D1)
 ECON 102 Introduction to Macroeconomic Analysis (3 units)
 ENV5 130 Environmental Studies (3 units) (ES)
 FCS 220 Young Children and Families (3 units) (D1)
 FCS 426 Family Stress, Coping, and Resilience (3 units)
 FCS 543 Sustainability in the Textile, Housing, and Food Industries (3 units) (UD-D, ES)
 GEOG 427 Agriculture and Food Supply (4 units) (ES, GP)
 HH 380 Holistic Health: Western Perspectives (3 units) (UD-B, GP)
 HH 381 Holistic Health: Eastern Perspectives (3 units) (UD-D, GP)
 HH 382 Holistic Health: Human Nature and Global Perspectives (3 units) (UD-C, GP)
 HTM 110 Introduction to Hospitality and Tourism Management (3 units) (ES, GP, SJ)
 KIN 331 Peak Performance (3 units) (UD-D, GP, SJ)
 KIN 355 Science, Sport, and Fitness (3 units) (UD-B)
 LABR 250 Introduction to the Study of Labor (3 units) (D1, GP)
 LABR 251 Know Your Work Rights (3 units) (D1, SJ)
 LTNS 210 Latina/o/x Health Care Perspectives (3 units) (B2, AERM, ES, GP, SJ)
 MGMT 405 Introduction to Management and Organizational Behavior (3 units)
 NUTR 356 Foods and World Culture (3 units)
 PH 200 Global Health (3 units) (D1, GP, SJ)
 PH 210 Personal and Social Determinants of Health (3 units) (D1, SJ)
 PH 221/ETHS 221 Health and Social Justice - Burning Issues, Taking Action (3 units) (D1, AERM, SJ)
 PH 241/ETHS 241 Health and Social Movements in the United States in the 20th Century (3 units) (D2, USH, AERM, SJ)
 PH 290 Promoting Positive Health (3 units) (C1, GP)
 PH 455 Community Organizing and Community Building for Health (3 units) (UD-C, AERM, GP, SJ)
 RRS 303 Health and Wellness among Pacific Islanders (3 units) (UD-B, SJ)
 RRS 304 Decolonize Your Diet: Food Justice and Gendered Labor in Communities of Color (3 units) (UD-B, AERM, SJ)

± Given catalog rights, fall 2023 transfer students do not need to complete an Area F course.