
Nutrition

In the College of Professional Studies and Fine Arts

OFFICE: Exercise and Nutritional Sciences 351
TELEPHONE: (619) 594-5541

Didactic Program in Dietetics is accredited by the American Dietetic Association.

Faculty

Emeritus: Boggs, Gunning, Josephson, Stout

Chair: LaMaster

Professor: Spindler

Associate Professors: Beshgetoor, Kern,

Assistant Professor: Misra

Lecturers: Mosier, Robasciotti, Rupp, Schultz

Offered by the Department of Exercise and Nutritional Sciences

Master of Science degree in nutritional sciences.

Master of Science degree in nutritional science and Master of Science degree in exercise physiology (concurrent program).

Major in foods and nutrition with the B.S. degree in applied arts and sciences.

The Major

The major in foods and nutrition offers a comprehensive multidisciplinary study of the nature and quality of the food supply and the nutritional requirements for health in people. Students take core sequences of coursework in the areas of nutrition, food science, and food management founded on prerequisite courses in chemistry, biology, biochemistry, physiology, accounting, management, and the behavioral and social sciences. Course emphasis in the major is placed upon the composition, properties, quality, and safety of foods and food ingredients; the relationships of metabolism and utilization of nutrients in food by the human body to health and disease states; influences of exercise and fitness; the physiological basis for diet therapy; nutrition problems in the community; and organization, management and operation of food service facilities.

This major is planned for students interested in qualifying professionally for diverse careers in the fields of dietetics, food service management, and food industries. The accredited didactic program in foods and nutrition allows student eligibility for membership in the American Dietetic Association (ADA) and for postbaccalaureate dietetic internship or preprofessional practice programs. Students must be admitted to and complete satisfactorily a postbaccalaureate program and pass the ADA Registration Examination prior to qualifying for registration as dietitians.

Professional careers in dietetics include administrative, therapeutic, teaching, research, and public service positions in hospitals, schools, clinics, and other public and private organizations and institutions. Graduates may also qualify as food science technical specialists within food companies, governmental agencies, and laboratories; as food service managers; and as specialists in advertising, sales, or marketing of foods and nutritional products and services.

Impacted Program

The foods and nutrition major is an impacted program. Students must enter the University under the foods and nutrition premajor code (13060). To be admitted to the foods and nutrition major, students must meet the following criteria:

- Complete with a grade of C or higher: Chemistry 100 (or 200 and 201) and 130 (or 231). These courses cannot be taken for credit/no credit (Cr/NC);
- Complete a minimum of 45 semester units to include Nutrition 101; Biology 100, 100L; Chemistry 100 (or 200 and 201) and 130 (or 231). Chemistry 100 (or 200 and 201) and 130 (or 231) cannot be in progress when changing from premajor to major status;
- Have a cumulative GPA and SDSU GPA of 2.25 or higher;
- To gain entry into the major, students must fulfill the premajor requirements described in the catalog in effect at the time they declare the premajor at SDSU (assuming continuous enrollment).

To complete the major, students must fulfill the degree requirements for the major described in the catalog in effect at the time they are accepted into the premajor at SDSU (assuming continuous enrollment).

Foods and Nutrition Major

With the B.S. Degree in Applied Arts and Sciences
(Premajor Code: 13060) (Major Code: 13061)

All candidates for a degree in applied arts and sciences must complete the graduation requirements listed in the section of this catalog on "Graduation Requirements."

A minor is not required with this major.

Preparation for the Major. Nutrition 101, 203, 204, 205, 207; Accountancy 201; Biology 100, 100L, 210; Chemistry 100 (or 200 and 201), 130 (or 231), 160 (or 361A); Economics 201 (or Statistics 250); Psychology 101; Sociology 101. (45-52 units)

Upper Division Writing Requirement. Passing the University Writing Examination or completing one of the approved writing courses with a grade of C (2.0) or better.

Major. A minimum of 40 upper division units to include Nutrition 301, 302, 302L, 303, 303L, 304, 404, 405, 406; Biology 336; Exercise and Nutritional Sciences 304, 314; the remaining nine units selected with the approval of adviser from Nutrition 309, 388, 407, 488, 491, 499, 510; Biology 321; Chemistry 361A, 361B, 567; Community Health Education 470; and Management 350 and 352 or Psychology 321. Biology 336 will also satisfy three units of the General Education requirement in Explorations IV.A. Natural Sciences.

Courses (NUTR)

LOWER DIVISION COURSES

101. Professional Issues: Foods and Nutrition (1) I, II

Prerequisite: Rhetoric and Writing Studies 100.

Philosophical basis of foods and nutrition and relations of its specialties to the field as a whole.

107. Nutrition Today (3) I, II

Obtaining nutritional needs from a varied food supply.

Not open to foods and nutrition majors or students with credit in Nutrition 204.

202. Nutrition for Athletes (3) II

Prerequisite recommended: Nutrition 107.

Review of basic diet which will provide nutritional adequacy. Analysis of current theories and practices related to nutrition and athletic performance.

203. Cultural Aspects of Food and Nutrition (3)

Prerequisite: Completion of a General Education course in 1.) Communication and Critical Thinking, 2.) Composition, or 3.) Intermediate Composition and Critical Thinking.

Food habits and health beliefs about foods and nutrition. Regional and ethnic influences. (Formerly numbered Nutrition 206).

204. Fundamentals of Nutrition (3) I, II

Prerequisites: Biology 100, 100L; Chemistry 100 (or 200 and 201) and 130 (or concurrent registration in Chemistry 231). **Proof of completion of prerequisites required:** Copy of transcript.

Nutrition as applied to the stages of the normal life cycle.

205. Food Preparation (5) I, II

Three lectures and six hours of laboratory.

Prerequisites: Grade of C or better in Nutrition 101 and Chemistry 100 (or 200 and 201) and 130 (or concurrent registration in Chemistry 231). **Proof of completion of prerequisites required:** Copy of transcript.

Composition, preparation, preservation, sensory and consumer evaluation of foods.

207. Data Processing in Foods and Nutrition (3) I, II

Two lectures and two hours of activity.

Prerequisite: Concurrent registration in Nutrition 204 or 205.

Computer application in food service management, diet planning, and analysis.

296. Experimental Topics (1-4)

Selected topics. May be repeated with new content. See Class Schedule for specific content. Limit of nine units of any combination of 296, 496, 596 courses applicable to a bachelor's degree.

**UPPER DIVISION COURSES
(Intended for Undergraduates)**

301. Science of Foods (3) I, II

Prerequisites: Nutrition 205 and Biology 210. **Proof of completion of prerequisites required:** Copy of transcript.

Physical, chemical, nutritional, and functional properties and quality attributes of foods and food additives; food handling, changes and interactions of food components induced by processing and storage; food laws, regulations, legislation, and food safety issues.

302. Advanced Nutrition (3) I, II

Prerequisites: Nutrition 204, Biology 336, and one course in biochemistry. Concurrent registration in Nutrition 302L. **Proof of completion of prerequisites required:** Copy of transcript.

Integration of cellular, physiological, and biochemical relationships with human nutrient requirements.

302L. Advanced Nutrition Laboratory (2) I, II

Six hours of laboratory.

Prerequisites: Nutrition 204, Biology 336, and one course in biochemistry. Concurrent registration in Nutrition 302. **Proof of completion of prerequisites required:** Copy of transcript.

Application and evaluation of techniques used to assess nutritional status, including basic methods, experimental animal and human studies.

303. Quantity Food Production (2) I, II

Prerequisites: Nutrition 205 or Information and Decision Systems 302. Concurrent registration in Nutrition 303L.

Quantity food production service delivery systems. Skills for food safety, recipe standardization, menu planning, purchasing, production operations, and quality standards. Intended for majors in foods and nutrition and hospitality and tourism management.

303L. Quantity Food Production (1)

Three hours of laboratory.

Prerequisites: Nutrition 205 or Information and Decision Systems 302. Concurrent registration in Nutrition 303.

Practical applications of quantity food production systems and methods with emphasis on food safety (HACCP), menu planning, purchasing, facilities and equipment, and food quality. Intended for majors in foods and nutrition and hospitality and tourism management.

304. Nutrition Throughout the Life Span (3)

Prerequisite: Nutrition 204.

Factors affecting nutrient needs and ways to meet nutrient requirements across the life span. Not open to students with credit in Nutrition 208.

309. Eating Disorders and Weight Control (2) Cr/NC I, II

Prerequisite: Upper division standing in foods and nutrition or kinesiology or other majors with consent of instructor.

Obesity and other eating disorders. Review of etiology, incidence, socioeconomic influences, pathogenesis and treatments. Treatment techniques practiced include modification of diet, activity and behavior. Of interest to those wishing to do weight control counseling.

311. Nutrition for Health and Fitness (3) I, II

Prerequisites: Biology 100, 212, and Chemistry 100.

Food choices for health contrasted with food fads and eating problems. Nutrition labeling, metabolic roles of nutrients, nutrient needs related to exercise and stage of life, professional and legal concerns with dietetics for allied health fields. May not be used toward a degree in foods and nutrition.

388. Dietetic Practice I (1)

Prerequisites: Nutrition 204, 205, and consent of instructor.

Practical experience in food service and medical nutritional therapy for future dietitians.

404. Food Systems Management (3) I, II

Prerequisites: Nutrition 303 and 303L.

Managerial functions in food service systems.

405. Experimental Food Science (3) I, II

One lecture and six hours of laboratory.

Prerequisite: Nutrition 301. **Proof of completion of prerequisite required:** Copy of transcript.

Application of principles and methods of physical and sensory evaluation and food component analysis to conventional and fabricated foods; effects of additives and ingredient variations; project studies; data interpretation and report writing.

406. Diet Therapy (4) I, II

Prerequisites: Nutrition 302 and 302L. **Proof of completion of prerequisites required:** Copy of transcript.

Dietary management of pathological and debilitating diseases.

407. Medical Nutrition Therapy Laboratory (1)

Three hours of laboratory.

Prerequisites: Nutrition 302, 302L, and concurrent registration in Nutrition 406.

Required for Didactic Program in Dietetics competencies established by the American Dietetic Association. Builds multi-level skills for dietetic practice to assess nutritional status and to develop care plans for patients.

488. Dietetic Practice II (1)

Prerequisites: Nutrition 302, 303, 303L, 388, and consent of instructor.

Advanced practical experience in food service and medical nutrition therapy for future dietitians.

491. Research Literature in Foods and Nutrition (1)

Prerequisites: Nutrition 301, 302, 302L, and consent of instructor.

Current research topics in food science and nutrition.

496. Experimental Topics (1-4) I, II

Selected topics. May be repeated with new content. See Class Schedule for specific content. Limit of nine units of any combination of 296, 496, 596 courses applicable to a bachelor's degree.

499. Special Study (1-3) I, II, S

Prerequisite: Consent of instructor.

Individual study. Maximum credit six units.

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UPPER DIVISION COURSES (Also Acceptable for Advanced Degrees)

510. Nutrition and Community Health (3) I, II

Two lectures and three hours of activity.

Prerequisites: Grade of C or better in Nutrition 302, 302L, Nutrition 207, and consent of instructor.

Nutritional problems in the community with consideration of their resolution. Field placement experience required.

596. Advanced Studies in Nutrition (1-6)

Prerequisite: Nine upper division units in nutrition.

Advanced study of selected topics. See Class Schedule for specific content. Limit of nine units of any combination of 296, 496, 596 courses applicable to a bachelor's degree. Maximum credit of nine units of 596. No more than six units of 596 may be applied to either the bachelor's or master's degree. Maximum combined credit of six units of 596 and 696 applicable to a 30-unit master's degree.

GRADUATE COURSES

Refer to Bulletin of the Graduate Division.

