# BS Nutritional Science:  Applied Nutrition and Food Sciences Concentration

## SUGGESTED CURRICULUM BUNDLES

## *The curriculum bundles are suggestions only.

### *Nutrition Education (29 units)*

| | | |
|---|---|---|
| NuFS 114 | Community Nutrition | (3) |
| NuFS 190 | Nutrition Education and Counseling | (3) |
| NuFS 116 | Aging and Nutrition | (3) |
| NuFS 124 | Disordered Eating | (3) |
| NuFS 123 | Nutrition for Sport | (3) |
| NuFS 134 | Complementary & Alternative Health | (3) |
| NuFS 105 | Current Issues in Nutrition | (3) |
| Span 004A | Spanish | (3) |
| | Major Electives | (5) |

### *Nutrition Science (29 units)*

| | | |
|---|---|---|
| Chem 132 | Biochemistry Lecture | (4) |
| Chem 132L | Biochemistry Lab | (1) |
| NuFS 103 | Food Processing & Pkg I | (2) |
| NuFS 103L | Food Processing & Pkg I Lab | (1) |
| NuFS 108A | Nutrition & Metabolism | (3) |
| NuFS 109 | Advanced Nutrition | (3) |
| Chem 8 | Organic Chemistry | (3) |
| | Major Electives | (12) |

### *Sports Nutrition (29 units)*

| | | |
|---|---|---|
| NuFS 123 | Sports Nutrition | (3) |
| NuFS 124 | Disordered Eating & Nutrition Therapy | (3) |
| NuFS 108A | Nutrition & Metabolism | (3) |
| NuFS 109 | Advanced Nutrition | (3) |
| NuFS 190 | Nutrition Education and Counseling | (3) |
| KIN 155 | Physiology of Human Performance | (3) |
| KIN 162 | Fitness Assessment & Exer Prescription | (3) |
| Chem 132 | Biochemistry | (4) |
| | Major Electives | (4) |

### *Environmental Food & Health Specialist (29 units)*

| | | |
|---|---|---|
| Biol 30 or Bio 31 | Principles of Biology | (4) |
| Phys 002A | Fundamentals of Physics | (4) |
| Phys 002B | Fundamentals of Physics | (4) |
| Math 8 | College Algebra and Trigonometry | (3) |
| Pols 114 | Intro Public Administration | (4) |
| NuFS 20 | Sanitation & Environmental Issues | (2) |
| HS 161 | Epidemiology | (3) |

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| NuFS 103 | Food Processing & Pkg I | (2) |
|----------|-------------------------|-----|
| NuFS 111 | Foodservice Production Mgmt | (3) |

### *Food Science (29 units)*

| Chem 132 | Introductory Biochemistry | (4) |
|----------|---------------------------|-----|
| Chem 132L | Introductory Biochemistry Lab | (1) |
| NuFS 117 | Food Evaluation Techniques | (2) |
| NuFS 118 | Food Chemistry | (3) |
| NuFS 122 | Chemical Analysis of Food | (3) |
| NuFS 150 | Food and Nutritional Toxicology | (2) |
| Phys 002A | Fundamentals of Physics | (4) |
| *Pkg 169 | Food Packaging | (3) |
| | Major Electives | (7) |