

# BS IN NUTRITION AND FOOD

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**SACRAMENTO STATE**  
Redefine the Possible

## In Workflow

1. FACS Committee Chair (shiltsm@csus.edu)
2. FACS Chair (lhanna@csus.edu)
3. SSIS College Committee Chair (mummawh@skymail.csus.edu)
4. SSIS Dean (mendriga@csus.edu)
5. Academic Services (torsetj@csus.edu;%20212408496@csus.edu;%20cnewsome@skymail.csus.edu)
6. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
7. Dean of Undergraduate (james.german@csus.edu;%20celena.showers@csus.edu)
8. Dean of Graduate (cnewsome@skymail.csus.edu)
9. Catalog Editor (212408496@csus.edu;%20torsetj@csus.edu;%20cnewsome@skymail.csus.edu)
10. Registrar's Office (w lindsey@csus.edu)

## Approval Path

1. Wed, 25 Mar 2020 22:55:41 GMT  
Mical Shilts (shiltsm): Approved for FACS Committee Chair
2. Wed, 01 Apr 2020 17:11:39 GMT  
Lynn Hanna (lhanna): Approved for FACS Chair
3. Wed, 15 Apr 2020 23:51:20 GMT  
Mical Shilts (shiltsm): Approved for SSIS College Committee Chair
4. Fri, 17 Apr 2020 18:20:50 GMT  
Marya Endriga (mendriga): Approved for SSIS Dean

## History

1. Jan 3, 2019 by 212408496
2. Jan 4, 2019 by 212408496

Date Submitted: Wed, 25 Mar 2020 22:53:38 GMT

## Viewing: BS in Nutrition and Food

**Last approved: Fri, 04 Jan 2019 15:40:55 GMT**

**Last edit: Wed, 29 Apr 2020 18:08:16 GMT**

Changes proposed by: Mical Shilts (102012285)

### Academic Group: (College)

Social Sciences & Interdisciplinary Studies

### Academic Organization: (Department)

Family and Consumer Sciences; Family Life Education

### Catalog Year Effective:

2021-2022 Catalog

### Individual(s) primarily responsible for drafting the proposed degree major program:

Name (First Last)	Email	Phone 999-999-9999
Mical Shilts	shiltsm@csus.edu	916.628.4910

### Type of Program Proposal:

Major

### Program Change Type:

Non-Substantive

**Title of the Program:**

BS in Nutrition and Food

**Designation: (degree terminology)**

Bachelor of Science

**Briefly describe the program proposal (new or change) and provide a justification:**

We are proposing to make a non-substantive change to the BS in Nutrition and Food (NUFD) program by:

- 1) replacing FACS 100 and FACS 168 with newly proposed courses NUFD 100 and NUFD 168
- 2) add NUFD 112 as an elective.

No unit change or additional resources will be needed to implement this change.

**Rationale:**

1) In September 2017, we were informed that our current degree program (BS in Family and Consumer Sciences (FACS), Nutrition and Food (NUFD) concentration) was non-compliant with EO 1071. In order to comply with EO 1071, our previously existing NUFD concentration was proposed as a stand-alone degree program, "B.S. in Nutrition and Food." This was approved and became effective in fall 2019. As a result of this change, two new courses were proposed: NUFD 100 and NUFD 168 to replace FACS 100 and FACS 168. These new courses, Senior Seminar (NUFD 168) and Research Methods and Application in Nutrition and Food (NUFD 100) were revised to better meet the career and discipline specific needs of the NUFD majors.

2) Current Topics in Nutritional Science (NUFD 112) was re-evaluated and determined that it would be appropriate for Nutrition and Food or Dietetic majors, to use as their writing intensive requirement and/or for an elective. This course covers nutrition controversies as they relate to current issues in nutrition and provide students additional critical thinking and writing opportunities to identify fads and fraud in nutrition.

**Objectives of the degree program:**

1. Demonstrate scientific knowledge of fundamental skills, values, resources, current trends, theories, and issues relating to the utilization of food for human growth and metabolism from the interdisciplinary perspective in Dietetics, Food Administration and Nutrition.
2. Demonstrate effective communication skills: a) as individuals and collaborators, b) in written and verbal forms, c) in delivery and receipt directions, d) including the use of current technology in the field of Dietetics, Food Administration and Nutrition.
3. Analyze and critique information for effective problem solving and scientific evidence in the field of Dietetics, Food Administration and Nutrition.
4. Apply and evaluate key values as individuals and describe how ethics and values are applied in the field of Dietetics, Food Administration and Nutrition.
5. Examine how multiple perspectives from other disciplines, societies, individuals, groups and cultures influence issues relating to the utilization of food for human growth and metabolism, as well as interdisciplinary science in the field of Dietetics, Food Administration and Nutrition.

**University Learning Goals**

**Undergraduate Learning Goals:**

Competence in the disciplines  
Knowledge of human cultures and the physical and natural world  
Integrative learning  
Personal and social responsibility  
Intellectual and practical skills

**Will this program be required as part of a teaching credential program, a single subject, or multiple subject waiver program (e.g., Liberal Studies, Biology) or other school personnel preparation program (e.g., School of Nursing)?**

No

**Do these changes impact the Smart Planner roadmap?**

Yes

**Please attach the Smart Planner roadmap:**

SmartPlanner\_Roadmap\_NutritionFoodBS\_2\_20\_20\_100\_168.docx

**Briefly describe the change:**

Replace FACS 100 and FACS 168 with NUFD 100 and NUFD 168.

**Catalog Description:**

**Units required for Major: 54**

**Total units required for BS: 120**

## Program Description

The major prepares students for careers in the field of nutrition, food management, and community nutrition, and food sustainability. The major emphasizes the role of nutrition and food in individual and family health, cultural and behavioral influences on food selection, and the management of commercial and noncommercial food systems.

**Admission Requirements:** Course prerequisites and other criteria for admission of students to the degree major program, and for their continuation in it.

## Minimum Grade Requirement

A minimum grade of 'C-' is required for all prerequisite courses within and outside the Department.

As defined by policy <http://www.csus.edu/umannual/acadaff/fsm00010.htm>, a change in units constitutes a substantive change to the program. If your changes constitute a substantive change, please refer back to the 'Program Change Type' field above to ensure that 'Substantive' is selected.

**Program Requirements:** (If new courses are being created as part of a new program, it will be useful to propose courses first.)

## Program Requirements

Code	Title	Units
<b>Required Core Courses (29 Units)</b>		
BIO 10	Basic Biological Concepts <sup>1</sup>	3
CHEM 1A	General Chemistry I <sup>1</sup>	5
or CHEM 6A	Introduction to General Chemistry	
or CHEM 5	Course CHEM 5 Not Found	
NUFD 9	Food Safety and Sanitation	3
NUFD 10	Nutrition And Wellness	3
NUFD 11	Principles of Food Preparation	3
NUFD 100	Course NUFD 100 Not Found	3
NUFD 168	Course NUFD 168 Not Found	3
PSYC 2	Introductory Psychology <sup>1</sup>	3
STAT 1	Introduction to Statistics <sup>1</sup>	3
<b>Required Upper Division Courses (25 Units)</b>		
NUFD 107	Nutrition Education, Communication, and Counseling	3
NUFD 110	Food Production and Sustainability	4
NUFD 113	Nutrition And Metabolism	3
NUFD 114	Cultural and Social Aspects of Food	3
NUFD 115	Nutrition: Pre-conception Through Childhood	3
NUFD 119	Nutrition: Adolescence Through Older Adulthood	3
Select two of the following:		6
NUFD 112	Current Topics in Nutritional Sciences <sup>1</sup>	
NUFD 116	Food Service Management	
NUFD 117	Community Nutrition	
NUFD 118A	Medical Nutrition Therapy I	
NUFD 120	Practical Application in Sports Nutrition	
NUFD 121	Nutrition Assessment, Methods and Support	
Total Units		54

<sup>1</sup> Course also satisfies General Education (GE)/Graduation Requirement.

**Note:** CHEM 1A, CHEM 1B, and CHEM 20 are recommended for students who plan to complete the dietetics concentration or graduate studies in nutrition.

## General Education Requirements<sup>1</sup>

Code	Title	Units
<b>Area A: Basic Subjects (9 Units)</b>		
A1	Oral Communication	3
A2	Written Communication	3
A3	Critical Thinking	3
<b>Area B: Physical Universe and Its Life Forms</b>		
B1	Physical Science <sup>2</sup>	0

B2 - Life Forms <sup>2</sup>	0
B3 - Lab (Note: Lab experience to be taken with one of the following: B1, B2 or B5) <sup>2</sup>	0
B4 - Math Concepts <sup>2</sup>	0
B5 - Additional Course (Any B to reach 12 units) - Take upper-division course to complete Area & upper division requirements. <sup>2</sup>	0
<b>Area C: Arts and Humanities (12 Units)</b>	
C1 - Arts	3
C2 - Humanities	3
C1/C2 - Area C Course	3
C1/C2 - Area C Course - Take upper-division course to complete Area & upper division requirements.	3
<b>Area D: The Individual and Society (9 Units)</b>	
Area D Course	3
Area D Course	3
Area D Course <sup>2</sup>	0
Area D Course - Take upper-division course to complete Area & upper division requirements.	3
<b>Area E: Understanding Personal Development</b>	
Area E Course <sup>2</sup>	0
Total Units	30

<sup>1</sup> To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<http://catalog.csus.edu/colleges/academic-affairs/general-education/>).

**Note:** There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (<http://www.csus.edu/acad/>), by phone (916) 278-1000, or email ([advising@csus.edu](mailto:advising@csus.edu)).

<sup>2</sup> Required in Major; also satisfies GE.

## Graduation Requirements <sup>1</sup>

Code	Title	Units
<b>Graduation Requirements (required by CSU) (9 Units)</b>		
American Institutions: U.S. History		3
American Institutions: U.S. Constitution & CA Government		3
Writing Intensive (WI)		3
<b>Graduation Requirements (required by Sacramento State) (12 Units)</b>		
English Composition II		3
Race and Ethnicity in American Society (RE)		3
Foreign Language Proficiency Requirement <sup>2</sup>		6

<sup>1</sup> To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<http://catalog.csus.edu/colleges/academic-affairs/general-education/>).

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<sup>2</sup> If not satisfied before entering Sacramento State, it may be satisfied in General Education Area C2 (Humanities). 'C- or better required.' The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here: <https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html> (<https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html>)

## Fiscal Impact to Change an Existing Program

Indicate programmatic or fiscal impact which this change will have on other academic units' programs, and describe the consultation that has occurred with affected units:

No fiscal or programmatic impact.

Provide a fiscal analysis of the proposed changes:

N/A

How will the above changes be accommodated within the department/College existing fiscal resources?

N/A

Will the proposed changes require additional resources?

No

**What additional space, equipment, operating expenses, library, computer, or media resources, clerical/technical support, or other resources will be needed?**

none

**Estimate the cost and indicate how these resource needs will be accommodated:**

0

Key: 432