

# MS IN NUTRITION & FOOD

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## SACRAMENTO STATE

### In Workflow

1. NUFD Committee Chair (shiltsm@csus.edu)
2. NUFD Chair (wie@csus.edu)
3. SSIS College Committee Chair (wickelgr@csus.edu)
4. SSIS Dean (mendriga@csus.edu)
5. Academic Services (catalog@csus.edu)
6. Senate Curriculum Subcommittee Chair (curriculum@csus.edu)
7. Dean of Undergraduate (gardner@csus.edu)
8. Dean of Graduate (cnewsome@skymail.csus.edu)
9. Catalog Editor (catalog@csus.edu)
10. Graduate Studies (jdsmall@csus.edu; mxiong@csus.edu)
11. Registrar's Office (k.mcfarland@csus.edu)

### Approval Path

1. Wed, 05 Feb 2025 02:39:58 GMT  
Mical Shilts (shiltsm): Approved for NUFD Committee Chair
2. Wed, 05 Feb 2025 04:05:31 GMT  
Seunghie Wie (wie): Approved for NUFD Chair
3. Thu, 27 Feb 2025 16:26:33 GMT  
Heidy Sarabia (heidy.sarabia): Approved for SSIS College Committee Chair
4. Thu, 27 Feb 2025 20:31:43 GMT  
Emily Wickelgren (wickelgr): Approved for SSIS Dean

### History

1. Mar 9, 2022 by Mical Shilts (shiltsm)
2. Mar 10, 2022 by Katie Hawke (katiedickson)
3. Mar 10, 2022 by Katie Hawke (katiedickson)
4. Mar 10, 2022 by Janett Torset (torsetj)
5. Mar 16, 2022 by Janett Torset (torsetj)
6. Jun 14, 2022 by Janett Torset (torsetj)
7. Aug 4, 2022 by 301127606
8. Aug 10, 2022 by 301127606
9. Apr 6, 2023 by Janett Torset (torsetj)
10. Sep 27, 2024 by Janett Torset (torsetj)

Date Submitted: Wed, 05 Feb 2025 00:59:00 GMT

**Viewing: MS in Nutrition & Food**

**Last approved: Fri, 27 Sep 2024 15:11:06 GMT**

**Last edit: Thu, 27 Feb 2025 20:30:57 GMT**

Changes proposed by: Mical Shilts (102012285)

**Academic Group: (College)**

Social Sciences & Interdisciplinary Studies

**Academic Organization: (Department)**

Nutrition, Food & Dietetics

**Catalog Year Effective:**

2026-2027 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	9166284910

**Type of Program:**

Major

**Program Change Type:**

Non-Substantive

**Is this a pilot program?**

No

**Delivery Format:**

Fully Face to Face

**Title of the Program:**

MS in Nutrition &amp; Food

**Designation: (degree terminology)**

Master of Science

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

We are proposing to add text regarding continuous enrollment to our MS NUFD program.

The NUFD Department wants to provide a continuous enrollment option for MS NUFD graduate students who are not able to complete their culminating experience requirements during one semester of NUFD 500-Culminating Experience course. This aligns with campus practice and reduces tuition costs to students.

Text to be added, "Continuous Enrollment in the Master's Degree: Enrollment in NUFD 500 for the culminating experience is for one semester. The expectation is that students will complete the culminating experience during NUFD 500. Up to three semesters of continuous enrollment (NUFD 599) are allowed if the Culminating Experience advisor deems a reasonable amount of progress has been made and assigns a grade of Report in Progress ("RP") for NUFD 500. If students fail to make adequate progress while enrolled in NUFD 500 and there are no mitigating circumstances (e.g., illness), a grade of "no credit" is given, and the student must re-enroll in NUFD 500."

We also removed GERO 101 as a possible elective in the program since the course has been changed to a lower-division course (GERO 11).

**University Learning Goals****Graduate (Masters) Learning Goals:**

Disciplinary knowledge  
 Communication  
 Critical thinking/analysis  
 Information literacy  
 Professionalism  
 Intercultural/Global perspectives  
 Research (optional)

**Program Learning Outcomes****Program Learning Outcomes**

Learning Outcome
1) Master, integrate and apply human nutrition science research, program evaluation, and nutrition & food policies from a variety of sources to promote optimal nutrition status and health.
2) Communicate evidence-based food and nutrition science research, program evaluation research, behavioral theories and techniques, and/or policy recommendations to various stakeholders in a variety of formats appropriate to the audience.

- 3) Critically evaluate and create food and nutrition policy, systems, and environmental-change strategies to address a societal problem.
- 4) Demonstrate an ability to obtain, analyze, and integrate multiple sources of scientific information.
- 5) Demonstrate an understanding of professional integrity in the food and nutrition discipline.
- 6) Apply a complex understanding of cultural biases, worldviews, values, communication styles, beliefs and practices to nutrition and food research, programming, and policy.

## Learning Outcomes Display

Course Code	PLO 1	PLO 2	PLO 3	PLO 4	PLO 5	PLO 6
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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

### Catalog Description:

The Sacramento State Master of Nutrition and Food program prepares students for leadership and advocacy in nutrition programs and policy. Students apply nutrition and food research to improve individual and community health by developing strategies to promote food access, health equity and dietary change.

The 30-unit program includes specialized coursework in nutrition science, advanced community nutrition, behavioral nutrition, and food and nutrition policy plus a wide array of interdisciplinary electives to be tailored to interests and career goals.

The Master of Nutrition and Food program is designed to:

- provide career advancement opportunities in federal, state and local food access and nutrition education agencies,
- complement the Sacramento State's Dietetic Internship for those on the path to become Registered Dietitian Nutritionists.\*

\*Note: The Sacramento State Dietetic Internship, requires a separate application. More information about the Internship can be found at: [www.csus.edu/nufd/dietetic-internship](http://www.csus.edu/nufd/dietetic-internship) (<http://www.csus.edu/facs/dietetic-internship/>).

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

### Admission Requirements

Applicants must possess a bachelor's degree with a minimum 3.0 GPA for the last 60 units attempted.

### Prerequisites

Prerequisites or their equivalents at other colleges or universities as determined by the Graduate Coordinator

Code	Title	Units
NUFD 113	Nutrition And Metabolism	3
NUFD 115 or NUFD 119	Nutrition: Pre-conception Through Childhood Nutrition: Adolescence Through Older Adulthood	3
NUFD 117 or NUFD 107	Community Nutrition Nutrition Education, Communication, and Counseling	3
NUFD 116 or NUFD 110	Food Service Management Food Production and Sustainability	3 - 4
STAT 1 or NUFD 100	Introduction to Statistics Research: Methods and Application in Nutrition and Food	3
<b>Total Units</b>		<b>15-16</b>

### Minimum Units and Grade Requirement for the Degree

Units required for the MS: 30

Minimum Cumulative GPA: 3.0

### Admission Requirements

All prospective graduate students, including Sacramento State graduates, must file the following with the Office of Graduate Studies (<http://www.csus.edu/gradstudies/>):

- an application for admission;
- one set of transcripts from all colleges and universities attended (other than Sacramento State);
- personal statement; and
- two reference forms.

*For more admissions information and application deadlines please visit the Office of Graduate Studies website.*

## Advancement to Candidacy

Each student must file an application for Advancement to Candidacy, indicating a proposed program of graduate study. This procedure should begin as soon as the classified graduate student has:

- removed any deficiencies in admission requirements;
- completed at least 12 units of 200-level courses in the graduate program with a minimum 3.0 GPA;
- selected a Thesis or Project committee;
- obtained the committee's approval of a proposal for the thesis or project; and
- completed a Graduate Writing Intensive (GWI) course in their discipline within the first two semesters of coursework at California State University, Sacramento.

The student will complete the Advancement to Candidacy form after planning a degree program in consultation with a Nutrition and Food advisor and members of the student's thesis/project committee. The completed form is then returned to the Office of Graduate Studies for approval.



## Continuous Enrollment in the Master's Degree

Enrollment in NUFD 500 for the culminating experience is for one semester. The expectation is that students will complete the culminating experience during NUFD 500. Up to three semesters of continuous enrollment (NUFD 599) are allowed if the Culminating Experience advisor deems a reasonable amount of progress has been made and assigns a grade of Report in Progress ("RP") for NUFD 500. If students fail to make adequate progress while enrolled in NUFD 500 and there are no mitigating circumstances (e.g., illness), a grade of "no credit" is given, and the student must re-enroll in NUFD 500.

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 (18 Units)</b>		
NUFD 200	Research Methods	3
NUFD 213	Advanced Nutrition with Community Program Applications 	3
NUFD 222	Advanced Community Nutrition and Nutrition Education	3
NUFD 224	Advanced Community Nutrition and Policy	3
NUFD 225	Food Production and Sustainability Policy	3
NUFD 500	Culminating Experience	3
<b>Electives (12 Units)</b>		
<i>Select 12 units from the following:</i> <sup>1</sup>		12
ANTH 174	Anthropology of Food	
ANTH 274	Environmental Anthropology	
ECON 110	Cost Benefit Analysis	
ECON 130	Public Finance	
ECON 132	State and Local Government Finance	
ECON 150	Labor Economics	
ECON 152	Economics of Education	
ECON 153	Health Economics	
ENVS 130	Environmental Toxicology	
ENVS 135	California Water and Society	
ENVS 144	Sustainability Science & Policy	
ENVS 147	Urban Agriculture and Aquaponics	
ENVS 149	Agroecology	
GERO 102	Social Policy for an Aging Society	
GERO 221	Strategies for Optimal Aging	
GERO 222	Interprofessional Approaches to Health Care in Older Adults	
ETHN 203	Contemporary Issues in Ethnic Studies	
ETHN 204	Foundations of Ethnic Studies: Theory and Praxis	
ETHN 116	Asian American Politics and Public Policy	
ETHN 117	Black Political Thought	
ETHN 133	Crosscultural Aging in America 	
ETHN 142	Native American Tribal Governments	
ETHN 152	American Indians, Sovereignty and US Laws	

ETHN 161	Chicano/Latino Politics and Public Policy
POLS 284	Urban Politics
POLS 280	California Politics
POLS 270	Political Behavior and Political Processes: California and Beyond
POLS 180	California State and Local Government
POLS 171	Environmental Politics and Policy
POLS 170	Public Policy Development
POLS 169A	Science, Technology, and Politics
POLS 167	American Political Development
POLS 159D	Politics, Immigration, and Citizenship
POLS 155	United States Congress
PPA 200	Introduction to Public Policy and Administration 
PPA 210	Political Environment of Policy Making
PPA 240A	Public Management and Administration I
PPA 240B	Public Management and Administration II
PPA 270	Introduction to Collaborative Policy Making
PPA 272	Collaborative Governance Advanced Practice
PSYC 142	Community Psychology
PSYC 171	Applied Behavior Analysis
PSYC 240	Seminar in Behavioral Neuroscience
PSYC 251	Developmental Processes
SOC 144	Sociology of Health and Illness
SOC 220	Seminar: Social Change
SOC 230	Seminar: Social Organization
WGS 133	Gender & Health
NUFD 221A	Advanced Clinical Nutrition A <sup>2</sup>
NUFD 221B	Advanced Clinical Nutrition B <sup>2</sup>
NUFD 223	Advanced Foodservice Management and Administration <sup>2</sup>
NUFD 295	Field Study

**Total Units****30**

- <sup>1</sup> Select electives with advisor approval. No more than 6 units of courses numbered 100-199 may be counted toward the degree.
- <sup>2</sup> Option for MS/DI Students Only

**For graduate programs, the number of declared undergraduate major and the degree production over the preceding years of the corresponding baccalaureate program:**

2015-16 2016-17 2017-18 2018-19 2019-20

Majors

437 477 518 498 415

Degrees

126 132 145 178 151

## 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:**

The change does not have programmatic or fiscal 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:**

N/A

Key: 499