

**ADVISING FORM FOR SAGE PROGRAM B.S./M.S. NUTRITIONAL SCIENCE AND
APPLIED NUTRITION AND FOOD SCIENCES CONCENTRATION**

Name: _____ ID#: _____ Advisor: _____
Street Address: _____ Phone: _____
City, State, Zip: _____ Email: _____

CORE SUPPORT COURSE (22 UNITS)

Subject Area/Catalog #	Units	Course Title	GE Areas ¹	Semester Offered	Sem/Yr or Grade
Psych 1	3	Intro to Psych	4	F,S	_____
Biol 66	5	Physiology	5B + 5C	S	_____
Chem 1A	5	General Chemistry	5A + 5C	F,S	_____
Chem 30B	3	Organic Chemistry	2	S	_____
NuFS 100W	3	Writing Workshop	WID	F,S	_____
Stat 95 or HS 67	3	Statistics	2	F,S	_____

CORE MAJOR COURSES (40 UNITS)

NuFS 8	3	Nutrition Health Prof		F,S	_____
NuFS 20	2	Sanitation & Envir Issues		F,S	_____
NuFS 21	3	Culinary Principles &Practice		F,S	_____
NuFS 31	1	Professionalism NuFS		F,S	_____
NuFS 101A	4	Food Science		F,S	_____
NuFS 103	2	Food Process & Pkg I		F,S	_____
NuFS 106A	3	Human Nutr Life Span		F,S	_____
NuFS 106B	3	Research Method Nutr		F,S	_____
NuFS 111	3	Foodservice Prod'n Mgmt		F,S	_____
NuFS 134	3	Comp Alt Health	GE UD 4	F,S	_____
NuFS 151	2	Food Microbiology		F,S	_____
NuFS 192	2	Field Experience		F,S	_____
Pkg 107	3	Principles of Pkg		F,S	_____
NuFS 139	3	Hunger & Environ Nutrition	GE UD 2/5	F,S	_____
Nufs 144	3	Food Culture: Consuming Passions	GE UD 3	F,S	_____

CONCENTRATION COURSES (32 UNITS)

Remaining courses can be bundled according to career objective & advisement. (32 units)

NuFS 10	3	Basic Life Skills		F,S	_____
NuFS 22	3	Catering and Beverage Management		F	_____
NuFS 103L	1	Food Proc & Pkg lab		F,S	_____
NuFS 104A	3	Cultural Aspects of Food		S	_____
NuFS 105	3	Current Issues in Nutr		F,S	_____
NuFS 108A	3	Nutrition & Metabolism		F,S	_____
NuFS 114A	3	Community Nutrition		F,S	_____
NuFS 116	3	Aging and Nutr		F,S	_____
NuFS 117	3	Food Evaluation Techniques		Alt S	_____
NuFS 118	3	Food Chemistry		F	_____
NuFS 122	3	Chemical Analysis of Food		Alt S	_____
NuFS 123	3	Nutr for Sport		F	_____
NuFS 124	3	Disordered Eating & Nutr Therapy		S	_____
NuFS 150	2	Food Toxicology		S	_____
NuFS 180	1-2	Independent Study		F,S	_____
NuFS 190	3	Nutrition Education & Counseling		F,S	_____
NuFS 194	1	Entrep Nutr		Alt F	_____
EnvS 001 ⁴	3	Intro to Environmental Issues	1B	F,S	_____
Chem 132	4	Biochemistry		F	_____
Chem 132L	1	Biochemistry Lab		S	_____
Kin 155	3	Physiology of Human Performance		F,S	_____
Span 1A or 004A	4	Spanish		F,S	_____
Or by Advisement	_____	_____		_____	_____

¹Courses fulfill requirements for General Education (GE) Areas as specified

²NuFS 134 meets GE UD 4; NuFS 139 meets GE UD 2/5 and NuFS 144 meets GE UD 3.

**SUGGESTED 5-YEAR PLAN FOR NUTRITIONAL SCIENCE SAGE PROGRAM
APPLIED NUTRITION & FOOD SCIENCES CONCENTRATION**

The following road map is an advising tool that outlines a path of courses a student can take to complete requirements for graduation. This roadmap should be used in consultation with the catalog and your department to identify additional requirements for completing the major (for example course grade minimums).

Students must have 60+ units in order to take SJSU Studies courses.

Fall Semester – Year 1		Spring Semester – Year 1	
<u>Course or Requirement</u>	<u>Units</u>	<u>Course or Requirement</u>	<u>Units</u>
Chem 1A General Chem (5A+5C)	5	NuFS 8 Nutr. For Hlth Profession	3
Eng 1A First Year Writing (1A)	3	Chem 30B Intro Chem	3
General Education (4 +US 1 or US 2-3)	3	Psych 1 Intro to Psych	3
NUFS 21 Culinary Principles &Practice	3	NuFS 40 Debunk Nutr Misinf (1B)	3
NuFS 31 Profession in NuFS/Pkg	1	Physical Education	1
	15	Stat 95 ² or HS 67 Statistic (2)	3
			16
Fall Semester – Year 2		Spring Semester – Year 2	
<u>Course or Requirement</u>	<u>Units</u>	<u>Course or Requirement</u>	<u>Units</u>
Concentration Course	3	NuFS 20 Sanitation & Envir Issues	2
General Education (6)	3	Biol 66 ³ Physiology (5B+5C)	5
General Education (3A)	3	Concentration Course	3
General Education (3B + US 2-3 or US 2-3)	3	Concentration Course	3
General Education (1C)	3	Physical Education	1
*** (Complete Directed Self Placement)**	15		14
Fall Semester – Year 3		Spring Semester – Year 3	
<u>Course or Requirement</u>	<u>Units</u>	<u>Course or Requirement</u>	<u>Units</u>
NuFS 101A Food Science	4	NuFS 106B Research Methodology	3
NuFS 106A ⁵ Human Nutr Life Span	3	NuFS 134 Comp Alt Health (GE UD 4)	3
Pkg 107 Principles of Pkg	3	NuFS 111 Foodserv Prod Mgmt	3
NUFS 100W Writing Workshop (WID)	3	Concentration Courses	6
NuFS 103 Food Processing & Pkg I	2	NuFS 151 Food Microbiology	2
	15		17
Fall Semester – Year 4		Spring Semester – Year 4	
<u>Course or Requirement</u>	<u>Units</u>	<u>Course or Requirement</u>	<u>Units</u>
NuFS 144 Food & Culture (GE UD 3) or	3	NuFS 144 Food & Culture (GE UD 3) or	3
NuFS 139 Hunger & Env Nutr ² (GE UD 2/5)		NuFS 139 Hunger & Env Nutr ² (GE UD 2/5)	
Concentration Courses	11	NuFS 192 Field Experience	2
NuFS 201 Colloquium in NUFS&PKG	3	NuFS 295 Research Methodology	3
	17	Concentration Courses	2
			17
Fall Semester – Year 5		Spring Semester – Year 5	
<u>Course or Requirement</u>	<u>Units</u>	<u>Course or Requirement</u>	<u>Units</u>
NuFS 217 Issues in Nutr, FS & Pkg	3	MS Electives	3
MS Electives	6	NuFS 257 Biostatistics	3
	9	NuFS 298 Project	3
			9

Notes:

¹NuFS 106A requires co requisite or prerequisite NuFS 100W, NuFS 31.

²NuFS 134 meets GE UD 4; NuFS 139 meets GE UD 2/5 and NuFS 144 meets GE UD 3.

**SAGE PROGRAM NUTRITIONAL SCIENCE
APPLIED NUTRITION AND FOOD SCIENCES CONCENTRATION**

Nutrition Science SAGE Program with Applied Nutrition and Food Sciences	Units
Core	12
NuFS 201 Colloquium in Nutrition, Food Science, and Packaging	3
NuFS 217 Issues in Nutrition, Food Science and Packaging	3
NuFS 257 Biostatistics in Research	3
NuFS 295 Research Methodology	3
Required Electives	9
Choose Three Courses:	
NuFS 219A Advanced Nutrition and Metabolism	3
NUFS 219B Seminar in Advanced Topics in Human Nutrition and	3
Dietetics	3
NuFS 242 Advanced Foodservice Management	3
NuFS 243 Nutrition and Dietetics Leadership	3
NuFS 260 Multidisciplinary Health Promotion in Later Life	3
NuFS 290 Advanced Nutrition Education	3
NuFS 216 Seminar in Food Chemistry and Packaging	3
NuFS 220A Advance Medical Nutrition Therapy	3
PKG 270 - Package Design for End Use	3
Undergraduate Courses Double Count	6
Choose Two Courses:	
NuFS 117 Food Evaluation Techniques	3
NuFS 118 Food Chemistry	3
NuFS 122 Chemical Analysis of Food	3
NuFS 150 Food Toxicology	3
NUFS 123 Nutrition for Sport	3
NuFS 124 Disordered Eating & Nutrition Therapy	3
NuFS 114A Community Nutrition	3
NuFS 190 Nutrition Education	3
Project	3
NuFS 298 MS Project	3
Total	30