

**ADVISING FORM FOR SAGE PROGRAM B.S./M.S. NUTRITIONAL SCIENCE  
DIETETICS CONCENTRATION**

**Academy of Nutrition and Dietetics (AND)/Didactic Program in Dietetics (DPD)<sup>1</sup>**

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

**CORE SUPPORT COURSE (24 UNITS)**

| Subject Area/Catalog # | Units | Course Title      | GE Areas <sup>2</sup> | Semester Offered | Sem/Yr or Grade |
|------------------------|-------|-------------------|-----------------------|------------------|-----------------|
| Biol 66                | 5     | Physiology        | B2 + B3               | S                | _____           |
| Chem 1A                | 5     | General Chemistry | B1 + B3               | F,S              | _____           |
| Chem 30B               | 3     | Organic Chemistry |                       | S                | _____           |
| Chem 132               | 4     | Biochemistry      |                       | F                | _____           |
| Chem 132L              | 1     | Biochemistry Lab  |                       | S                | _____           |
| NuFS 100W              | 3     | Writing Workshop  | Z                     | F,S              | _____           |
| Stat 95 or HS 67       | 3     | Statistics        | B4                    | F,S              | _____           |

**CORE MAJOR COURSES (34 UNITS)**

|           |   |                           |   |      |       |
|-----------|---|---------------------------|---|------|-------|
| NuFS 8    | 3 | Nutrition Health Prof     |   | F,S  | _____ |
| NuFS 20   | 2 | Sanitation & Envir Issues |   | 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 135  | 3 | Health Multicultural Soc  | S | F,S  | _____ |
| NuFS 151  | 2 | Food Microbiology         |   | F, S | _____ |
| NuFS 192  | 2 | Field Experience          |   | F,S  | _____ |
| Pkg 107   | 3 | Principles of Pkg         |   | F,S  | _____ |

COMPLETE ONE COURSE FROM:

|          |   |                            |   |     |       |
|----------|---|----------------------------|---|-----|-------|
| NuFS 139 | 3 | Hunger & Environ Nutrition | R | F,S | _____ |
| NuFS 144 | 3 | Food and Culture           | V | F,S | _____ |

**CONCENTRATION COURSES (27 UNITS)**

|           |   |                                  |  |     |       |
|-----------|---|----------------------------------|--|-----|-------|
| NuFS 108A | 3 | Nutrition & Metabolism           |  | S   | _____ |
| NuFS 109  | 3 | Advanced Nutrition               |  | F   | _____ |
| NuFS 110A | 3 | Medical Nutrition Therapy        |  | F   | _____ |
| NuFS 110B | 3 | Medical Nutrition Therapy        |  | S   | _____ |
| NuFS 113  | 3 | Foodservice Sys: Mgmt & Proc     |  | F,S | _____ |
| NuFS 114A | 3 | Community Nutrition              |  | F,S | _____ |
| NuFS 190  | 3 | Nutrition Education & Counseling |  | F,S | _____ |

Complete **Six Units** from (or by Advisement):

|           |     |                                  |  |       |       |
|-----------|-----|----------------------------------|--|-------|-------|
| NuFS 21   | 3   | Culinary Principles & Practice   |  | F,S   | _____ |
| NuFS 22   | 3   | Catering and Beverage Mgmt       |  | 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 116  | 3   | Aging and Nutr                   |  | F,S   | _____ |
| NuFS 123  | 3   | Nutr for Sport                   |  | F     | _____ |
| NuFS 124  | 3   | Disordered Eating & Nutr Therapy |  | S     | _____ |
| NuFS 134  | 3   | Comp Alt Health                  |  | S     | _____ |
| NuFS 180  | 1-2 | Independent Study                |  | F,S   | _____ |
| NuFS 194  | 1   | Entrep Nutr                      |  | Alt F | _____ |
| Span 001A | 4   | Basic Spanish                    |  | F,S   | _____ |

Or by Advisement \_\_\_\_\_

<sup>1</sup>Accreditation by the Council for Education in Nutrition and Dietetics (ACEND). Registered Dietitian (RD) status requires completion of Dietetic Internship (DI) beyond degree (see DI brochure for Internal DI; external DI information on AND website).

<sup>2</sup>Courses fulfill requirements for General Education (GE) Areas as specified.

**SUGGESTED 5-YEAR PLAN FOR SAGE PROGRAM B.S./M.S. NUTRITIONAL SCIENCE  
DIETETICS CONCENTRATION; DIDACTIC PROGRAM IN DIETETICS (DPD)  
ACADEMY OF NUTRITION AND DIETETICS (AND)<sup>1</sup>**

**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.**

| <b>Fall Semester – Year 1</b>                        |                     | <b>Spring Semester – Year 1</b>            |                     |
|--|---------------------|--|---------------------|
| <b><u>Course or Requirement</u></b>                  | <b><u>Units</u></b> | <b><u>Course or Requirement</u></b>        | <b><u>Units</u></b> |
| Chem 1A General Chem – B1+ B3                        | 5                   | NuFS 8 Nutr. For Hlth Profession           | 3                   |
| Eng 1A First Year Writing – A2                       | 3                   | Chem 30B Intro Chem                        | 3                   |
| Oral Comm – A1                                       | 3                   | Stat 95 or HS 67 Statistic (B4)            | 3                   |
| NuFS 10 Basic Life Skills (Area E)                   | 3                   | Critical Thinking & Writing (A3)           | 3                   |
| NuFS 31 Profession in NuFS/Pkg                       | 1                   | Physical Education                         | 1                   |
| Physical Education                                   | <u>1</u>            | Nufs 20 Sanitation & Environmental Issues  | <u>2</u>            |
|  | <b>16</b>           |  | <b>15</b>           |
| <b>Fall Semester – Year 2</b>                        |                     | <b>Spring Semester – Year 2</b>            |                     |
| <b><u>Course or Requirement</u></b>                  | <b><u>Units</u></b> | <b><u>Course or Requirement</u></b>        | <b><u>Units</u></b> |
| General Education (Area C1)                          | 3                   | Concentration Course                       | 6                   |
| General Education (F)                                | 3                   | Biol 66 <sup>3</sup> Physiology (B2+B3)    | 5                   |
| General Education (C1 or C2)                         | 3                   | General Education (Area D3, US1-3)         | <u>3</u>            |
| General Education Area (D2, US1-3)                   | 3                   |  | <b>14</b>           |
| General Education (C2)                               | <u>3</u>            |  |                     |
| *** <b>(Register to take WST)</b> ***                | <b>15</b>           |  |                     |
| <b>Fall Semester – Year 3</b>                        |                     | <b>Spring Semester – Year 3</b>            |                     |
| <b><u>Course or Requirement</u></b>                  | <b><u>Units</u></b> | <b><u>Course or Requirement</u></b>        | <b><u>Units</u></b> |
| NuFS 101A Food Science                               | 4                   | NuFS 106B Research Methodology             | 3                   |
| NuFS 106A <sup>4</sup> Human Nutr Life Span          | 3                   | NuFS 108A Nutr Metabolism                  | 3                   |
| Chem 132 Biochem                                     | 4                   | NuFS 111 Foodserv Prod Mgmt                | 3                   |
| NUFS 100W Writing Workshop (Z)                       | 3                   | Chem 132L Biochem Lab                      | 1                   |
| NuFS 103 Food Processing                             | <u>2</u>            | General Education: SJSU Studies (R or V)   | 3                   |
|  | <b>16</b>           | Pkg 107 Principles of Pkg                  | <u>3</u>            |
|  |                     |  | <b>16</b>           |
| <b>Fall Semester – Year 4</b>                        |                     | <b>Spring Semester – Year 4</b>            |                     |
| <b><u>Course or Requirement</u></b>                  | <b><u>Units</u></b> | <b><u>Course or Requirement</u></b>        | <b><u>Units</u></b> |
| NuFS 135 <sup>3</sup> Hlth Issues Mlti Cltrl Soc (S) | 3                   | NuFS 190 Nutrition Ed & Counseling         | 3                   |
| NuFS 109 Advanced Nutr                               | 3                   | NuFS 114A Community Nutr                   | 3                   |
| NuFS 110A Medical Nutr Therapy                       | 3                   | NuFS 110B Medical Nutr Therapy             | 3                   |
| NuFS 113 Fdserv Sys: Mgmt & Proc                     | 3                   | NuFS 144 <sup>4</sup> Food Culture (V) or  |                     |
| NuFS 151 Food Microbiology                           | <u>2</u>            | NuFS 139 Hunger&Environmental Nutrition(R) | 3                   |
|  | <b>14</b>           | NuFS 192 Field Experience                  | 2                   |
|  |                     | NuFS 295 Research Methodology              | <u>3</u>            |
|  |                     |  | <b>17</b>           |
| <b>Fall Semester – Year 5</b>                        |                     | <b>Spring Semester – Year 5</b>            |                     |
| <b><u>Course or Requirement</u></b>                  | <b><u>Units</u></b> | <b><u>Course or Requirement</u></b>        | <b><u>Units</u></b> |
| NuFS 217 Issues in Nutr, FS & Pkg                    | 3                   | MS Electives                               | 3                   |
| MS Electives   | 3                   | NuFS 257 Biostatistics                     | 3                   |
| NuFS 201 Colloquium in Nutr, Fd Sc & Pkg             | <u>3</u>            | NuFS 298 MS Project                        | <u>3</u>            |
|  | <b>9</b>            |  | <b>9</b>            |

Notes:

<sup>1</sup> Accreditation by the Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics.

<sup>2</sup> Stat 95 meets General Education Mathematical Concepts requirement B-4.

<sup>3</sup>NuFS 135 and NuFS 144 meet 6 units of SJSU Studies requirements; can be double counted in the major and for SJSU Studies Areas S & V; requires Eng 1A, 1B, passage of WST;

<sup>4</sup> NuFS 106A requires passage of WST Exam and co-enrollment or completion of NUFS 100W, NuFS 31.

## SAGE PROGRAM DIETETICS

| <b>Nutrition Science<br/>SAGE Program with Dietetics</b>              | <b>Units</b> |
|---|--------------|
| <b>Core</b>   | <b>12</b>    |
| 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            |
| <b>Required Electives</b>   | <b>6</b>     |
| <b>Choose Two Courses:</b>  |              |
| NuFS 219A Advanced Nutrition and Metabolism                           | 3            |
| NuFS 219B Seminar in Advanced Topics in Human Nutrition and 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            |
| <b>Undergraduate Courses Double Count</b>                             | <b>9</b>     |
| NuFS 108A Nutrition & Metabolism                                      | 3            |
| NuFS 109 Advanced Nutrition   | 3            |
| NuFS 110A Medical Nutrition Therapy                                   | 3            |
| NuFS 110B Medical Nutrition Therapy                                   | 3            |
| <b>Project</b>  | <b>3</b>     |
| NuFS 298 MS Project   | 3            |
| <b>Total</b>  | <b>30</b>    |