

**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 (22 UNITS)**

| Subject Area/Catalog # | Units | Course Title      | GE Areas <sup>2</sup> | Semester Offered | Sem/Yr or Grade |
|------------------------|-------|-------------------|-----------------------|------------------|-----------------|
| Psyc 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 |                       | 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 and Culture              | GE UD 3   | F,S  | _____ |

**CONCENTRATION COURSES (32 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 <b>11 Units</b> from (or by Advisement): |       |                                  |  |       |       |
| 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 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.

**Fall Semester – Year 1**

| <u>Course or Requirement</u>               | <u>Units</u> |
|--|--------------|
| Chem 1A General Chem (5A+ 5C)              | 5            |
| Eng 1A First Year Writing (A1)             | 3            |
| General Education (Area 4 +US 1 or US 2-3) | 3            |
| NuFS 21 Culinary Principles &Practice      | 3            |
| NuFS 31 Profession in NuFS/Pkg             | <u>1</u>     |
|  | <b>15</b>    |

**Spring Semester – Year 1**

| <u>Course or Requirement</u>              | <u>Units</u> |
|---|--------------|
| NuFS 8 Nutr. For Hlth Profession          | 3            |
| Chem 30B Intro Chem                       | 3            |
| Stat 95 or HS 67 Statistic ( 2)           | 3            |
| NuFS 40 Debunk Nutr Misinf (1B)           | 3            |
| Physical Education                        | 1            |
| NuFS 20 Sanitation & Environmental Issues | <u>2</u>     |
|   | <b>15</b>    |

**Fall Semester – Year 2**

| <u>Course or Requirement</u>                         | <u>Units</u> |
|--|--------------|
| Psych 1 Intro to Psych (4)                           | 3            |
| General Education ( 6)                               | 3            |
| General Education (3A)                               | 3            |
| General Education ( 3B + US 1 or US 2-3)             | 3            |
| General Education (1C)                               | <u>3</u>     |
| *** <b>(Complete the Directed Self Placement)***</b> | <b>15</b>    |

**Spring Semester – Year 2**

| <u>Course or Requirement</u>                  | <u>Units</u> |
|---|--------------|
| Concentration Courses                         | 6            |
| Biol 66 <sup>3</sup> Physiology (5B+5C)       | 5            |
| University Elective (Lower or Upper Division) | 3            |
| Physical Education                            | <u>1</u>     |
|   | <b>15</b>    |

**Fall Semester – Year 3**

| <u>Course or Requirement</u>                | <u>Units</u> |
|---|--------------|
| NuFS 101A Food Science                      | 4            |
| NuFS 106A <sup>4</sup> Human Nutr Life Span | 3            |
| Concentration Course                        | 3            |
| NuFS 100W Writing Workshop (WID)            | 3            |
| NuFS 103 Food Processing                    | <u>2</u>     |
|   | <b>15</b>    |

**Spring Semester – Year 3**

| <u>Course or Requirement</u>                    | <u>Units</u> |
|---|--------------|
| NuFS 106B Research Methodology                  | 3            |
| NuFS 108A Nutr Metabolism                       | 3            |
| NuFS 111 Foodserv Prod Mgmt                     | 3            |
| Concentration Course                            | 2            |
| Pkg 107 Principles of Pkg                       | 3            |
| NuFS 144 <sup>4</sup> Food Culture (GE UD 3) or |              |
| NuFS 139 Hunger&Environ Nutr (GE UD 2/5)        | <u>3</u>     |
|   | <b>17</b>    |

**Fall Semester – Year 4**

| <u>Course or Requirement</u>             | <u>Units</u> |
|--|--------------|
| NuFS 134 Comp Alt Health (GE UD 4)       | 3            |
| NuFS 109 Advanced Nutr                   | 3            |
| NuFS 110A Medical Nutr Therapy           | 3            |
| NuFS 113 Fdserv Sys: Mgmt & Proc         | 3            |
| NuFS 151 Food Microbiology               | 2            |
| NuFS 201 Colloquium in Nutr, Fd Sc & Pkg | <u>3</u>     |
|  | <b>17</b>    |

**Spring Semester – Year 4**

| <u>Course or Requirement</u>                    | <u>Units</u> |
|---|--------------|
| NuFS 190 Nutrition Ed & Counseling              | 3            |
| NuFS 114A Community Nutr                        | 3            |
| NuFS 110B Medical Nutr Therapy                  | 3            |
| NuFS 144 <sup>4</sup> Food Culture (GE UD 3) or |              |
| NuFS 139 Hunger&Environ Nutr (GE UD 2/5)        | 3            |
| NuFS 192 Field Experience                       | 2            |
| NuFS 295 Research Methodology                   | <u>3</u>     |
|   | <b>17</b>    |

**Fall Semester – Year 5**

| <u>Course or Requirement</u>      | <u>Units</u> |
|-----------------------------------|--------------|
| NuFS 217 Issues in Nutr, FS & Pkg | 3            |
| MS Electives                      | 6            |
|                                   | <u>9</u>     |

**Spring Semester – Year 5**

| <u>Course or Requirement</u> | <u>Units</u> |
|------------------------------|--------------|
| MS Electives                 | 3            |
| NuFS 257 Biostatistics       | 3            |
| NuFS 298 MS Project          | <u>3</u>     |
|                              | <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 AREA 2.

<sup>3</sup>NuFS 134 meets GE UD 3; NuFS 139 meets GE UD 2/5 and NuFS 144 meets GE UD 3.

Effective Fall 2025  
08/30/2024

## 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>9</b>     |
| <b>Choose Three 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>6</b>     |
| <b>Choose Two Courses:</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>    |