

# NUTRITION (B.S.)

Degree: Bachelor of Science

Major: Nutrition

Concentration: Nutrition

Total Hours: 120

## Program Coordinator:

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## Curriculum

The Bachelor of Science Degree in Nutrition prepares the graduate to work as a public health or community educator in government or private agencies dedicated to improving the nutritional health of various groups, such as pregnant women, infants, young children, or the elderly. The graduate is also qualified to provide education and counseling to healthy people of all ages desiring to improve their overall nutritional health and wellness. The nutrition educator may become an entrepreneur, going into private practice, providing nutrition education to individuals and groups, or may thrive in a management position in commercial or institutional foodservice.

## Program Educational Objectives

- Demonstrate a strong understanding and appreciation of ethical standards as a result of instruction and experiences.
- Increase cultural competence while in the program and during professional practice.
- Engage in lifelong learning.

## Program Student Outcomes

Upon program completion, graduates will be able to:

- Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.
- Use current information technologies to locate and apply evidence-based guidelines and protocols.
- Apply critical thinking skills.
- Demonstrate effective and professional oral and written communication and documentation.
- Assess the impact of a public policy position on nutrition and dietetics practice.
- Demonstrate an understanding of cultural competence/sensitivity.
- Demonstrate identification with the nutrition profession through activities such as participation in professional organizations and defending a position on issues impacting the nutrition profession.
- Develop an educational session or program/educational strategy for a target population.
- Demonstrate counseling and education methods to facilitate behavior change for and enhance wellness for diverse individuals and groups.
- Explain the processes involved in delivering quality food and nutrition services.
- Describe safety principles related to food, personnel and consumers.

Code	Title	Hours
<b>General Education Core Curriculum</b>		
<i>Communication</i>		
ENGL 1301	Composition I	3
Select one of the following:		3
COMM 1315	Public Speaking I	
COMM 1321	Business and Professional Speech	
DSDE 1371	ASL I	
ENGL 1302	Composition II	
FREN 1311	Beginning French I	
SPAN 1311	Beginning Spanish I	
<i>Mathematics</i>		
MATH 1332	Contemporary Mathematics I	3
<i>Life and Physical Sciences</i>		
BIOL 2401	Anatomy and Physiology I	4
BIOL 2402	Anatomy and Physiology II	4
<i>Language, Philosophy and Culture</i>		
Select one of the following:		3
DSDE 1374	Introduction to Deaf Studies	
ENGL 2300	Close Reading II	
ENGL 2322	British Literature	
ENGL 2326	American Literature	
ENGL 2331	World Literature	
ENGL 2376	African-American Literature	
FREN 2312	Intermediate French II	
PHIL 1370	Philosophy of Knowledge	
PHIL 2306	Ethics	
SPAN 2312	Intermediate Spanish II	
<i>Creative Arts</i>		
Select one of the following:		3
ARTS 1301	Art Appreciation	
ARTS 1303	Art History I	
COMM 1375	Film Appreciation	
COSC 1324	The Art of Computer Game Development	
DANC 2304	Dance Appreciation	
MUSI 1306	Music Appreciation	
MUSI 1309	Jazz History and Appreciation	
MUSI 1310	History of Rock and Roll	
PHIL 1330	Arts and Ideas	
THEA 1310	Theatre Appreciation	
<i>American History</i>		
Select two of the following:		6
HIST 1301	U S History I 1763-1877	
HIST 1302	U S History II Since 1877	
HIST 2301	Texas History	
<i>Government/Political Science</i>		
POLS 2301	Intro to American Government I	3
POLS 2302	Intro/American Government II	3
<i>Social and Behavioral Sciences</i>		
Select one of the following:		3
ANTH 2346	Introduction to Anthropology	
ANTH 2351	Cultural Anthropology	

BULW 1370	Business Environment and Public Policy	
CRIJ 1301	Intro to Criminal Justice	
ECON 1301	Principles and Policies	
ECON 2301	Principles of Economics I Macro	
ECON 2302	Principles of Economics II Micro	
FINC 2310	Intro to Consumer Finance	
INEN 2373	Engineering Economics	
POLS 1301	Intro to Political Science	
PSYC 2301	General Psychology	
PSYC 2315	Lifespan Development	
SOCI 1301	Introduction to Sociology	
SOWK 2361	Intro Social Work	

**Component Area Option**

Additional 2 hours from lab sciences applied here

MATH 1342	Statistics	3
or PSYC 2317	Introduction to Statistical Methods	

Select one of the following: 1

COSC 1172	Thinking, Speaking, and Writing	
HNRS 2160	Scholars Development Seminar	
LIBR 1101	Introduction to Library Research	

**Required Major Courses***Nutrition, Hospitality and Human Services Core*

BIOL 2421	Microbiology for Science Majors	4
FCSC 4301	Senior Seminar Professional Development	3
HOSP 1315	Basic Foods	3
NUTR 1322	Basic Nutrition	3
NUTR 3316	Nutrition and Fitness	3
NUTR 3320	Advanced Nutrition	3
NUTR 3328	Community Nutrition	3
NUTR 3330	Nutritional Biochemistry	3
NUTR 4300	Medical Nutrition Therapy I	3
NUTR 4307	Nutrition Through the Life Cycle	3
NUTR 4331	Nutritional Education and Counseling	3
NUTR 4347	Food Science	3

Select one of the following: 4

CHEM 1106	Chemistry for Allied Health Sciences Laboratory & CHEM 1306 and Chemistry for Allied Health Sciences	
CHEM 1111	General Chemistry I Laboratory & CHEM 1311 and General Chemistry I	

Select one of the following: 3

HLTH	3000-4000 elective	
KINT	3000-4000 elective	

*Nutrition Requirements*

FMST 2316	Community Resources	3
HLTH 1370	Health and Wellness	3
Emphasis Area Courses (1000-2000 level)		9
Emphasis Area Courses (3000-4000 level)		9
Approved FMST Course (3000-4000 level)		3
Approved 1 Hour Course		1
Electives (1000-2000 level)		3
Electives (3000-4000 level)		3

**Total Hours 120**

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
ENGL 1301	Composition I	3
BIOL 2401	Anatomy and Physiology I	4
NUTR 1322	Basic Nutrition	3
History Core		
LIBR 1101	Introduction to Library Research (Component Option Course) or HNRS 2160 or Scholars Development Seminar	1
MATH 1332	Contemporary Mathematics I	3
<b>Hours</b>		<b>17</b>
<b>Spring</b>		
Language, Philosophy, Culture		
BIOL 2402	Anatomy and Physiology II	4
HOSP 1315	Basic Foods	3
History Core		
Creative Arts		3
<b>Hours</b>		<b>16</b>
<b>Second Year</b>		
<b>Fall</b>		
Select one of the following: 4		
CHEM 1306	Chemistry for Allied Health Sciences and Chemistry for Allied Health Sciences Laboratory	
& CHEM 1106		
CHEM 1311	General Chemistry I and General Chemistry I Laboratory	
& CHEM 1111		
POLS 2301	Intro to American Government I	3
BIOL 2421	Microbiology for Science Majors	4
Communication Core		
BIOL 1102	Medical Terminology	1
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
FMST 2316	Community Resources	3
POLS 2302	Intro/American Government II	3
HLTH 1370	Health and Wellness	3
MATH 1342	Statistics or PSYC 2317 or Introduction to Statistical Methods	3
Social & Behavioral Sciences		
<b>Hours</b>		<b>15</b>
<b>Third Year</b>		
<b>Fall</b>		
NUTR 3316	Nutrition and Fitness	3
NUTR 3320	Advanced Nutrition	3
NUTR 4331	Nutritional Education and Counseling	3
Elective	3000-4000 HLTH or KINT	3
Elective	3000-4000 level	3
<b>Hours</b>		<b>15</b>
<b>Spring</b>		
NUTR 3328	Community Nutrition	3
NUTR 3330	Nutritional Biochemistry	3
NUTR 4307	Nutrition Through the Life Cycle	3
FMST choice	3000-4000 level	3
Elective		3
<b>Hours</b>		<b>15</b>
<b>Fourth Year</b>		
<b>Fall</b>		
NUTR 4300	Medical Nutrition Therapy I	3
NUTR 4347	Food Science	3
Elective		3
Elective	3000-4000 level	3
<b>Hours</b>		<b>12</b>

**Spring**

Elective		3
FCSC 4301	Senior Seminar Professional Development	3
Elective	3000-4000 level	3
Elective	3000-4000 level	3
Elective		3
<b>Hours</b>		<b>15</b>
<b>Total Hours</b>		<b>120</b>