NUTRITION (B.S.)

Degree: Bachelor of Science

Major: Nutrition

Concentration: Nutrition

Total Hours: 120

Program Coordinator:
Ms. Krissie May, (409) 880-8051, 123 Nutrition, Hospitality and Human Services Bldg., kmay4@lamar.edu

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

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

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American History
Select two of the following:

Government/Political Science
POLS 2301 Intro to American Government I 3
POLS 2302 Intro/American Government II 3

Social and Behavioral Sciences
Select one of the following:  
ANTH 2346 Introduction to Anthropology  
ANTH 2351 Cultural Anthropology  
BULW 1370 Business Environment and Public Policy  
CRJ 1301 Intro to Criminal Justice  
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  

Component Area Option  
Additional 2 hours from lab sciences applied here  
MATH 1342 Statistics or PSYC 2317 Introduction to Statistical Methods  
Select one of the following:  
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  
FCSC 4301 Senior Seminar Professional Development  
HOSP 1315 Basic Foods  
NUTR 1322 Basic Nutrition  
NUTR 3316 Nutrition and Fitness  
NUTR 3320 Advanced Nutrition  
NUTR 3328 Community Nutrition  
NUTR 3330 Nutritional Biochemistry  
NUTR 4300 Medical Nutrition Therapy I  
NUTR 4307 Nutrition Through the Life Cycle  
NUTR 4331 Nutritional Education and Counseling  
NUTR 4347 Food Science  
Select one of the following:  
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:  
HLTH 3000-4000 elective  
KINT 3000-4000 elective  

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

Electives (1000-2000 level)  

Electives (3000-4000 level)  

Total Hours  

First Year  
Fall  
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Course Title Hours  
ENGL 1301 Composition I 3  
BIOL 2401 Anatomy and Physiology I 4  
NUTR 1322 Basic Nutrition 3  

History Core  

Hours  

Spring  

Language, Philosophy, Culture  

Hours  

Second Year  
Fall  
Select one of the following:  
CHEM 1306 Chemistry for Allied Health Sciences Laboratory & CHEM 1106 and Chemistry for Allied Health Sciences  
CHEM 1311 General Chemistry I Laboratory & CHEM 1311 and General Chemistry I  
POLS 2301 Intro to American Government I 3  
BIOL 2421 Microbiology for Science Majors 4  
Communication Core  

Hours  

Spring  

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  

Hours  

Third Year  
Fall  
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  

Hours  

Spring  

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  

Hours  

Fourth Year  
Fall  
NUTR 4300 Medical Nutrition Therapy I 3  
NUTR 4347 Food Science 3  

Hours  

Course Hours  
Component Area Option  

Nutrition Requirements  

Electives  

Total Hours  

First Year  
Fall  

Course Title Hours  
ENGL 1301 Composition I 3  
BIOL 2401 Anatomy and Physiology I 4  
NUTR 1322 Basic Nutrition 3  

History Core  

Hours  

Spring  

Language, Philosophy, Culture  

Hours  

Second Year  
Fall  
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Third Year  
Fall  
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NUTR 3320 Advanced Nutrition 3  
NUTR 4331 Nutritional Education and Counseling 3  
Elective 3000-4000 HLTH or KINT 3  
Elective 3000-4000 level 3  

Hours  

Spring  

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  

Hours  

Fourth Year  
Fall  
NUTR 4300 Medical Nutrition Therapy I 3  
NUTR 4347 Food Science 3  

Hours
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