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.

t. Explain the processes involved in delivering quality food and nutrition services.
k. Describe safety principles related to food, personnel and consumers.

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 1301</td>
<td>Composition I</td>
<td>3</td>
</tr>
<tr>
<td>COMM 1315</td>
<td>Public Speaking I</td>
<td>3</td>
</tr>
<tr>
<td>COMM 1321</td>
<td>Business and Professional Speech</td>
<td></td>
</tr>
<tr>
<td>DSDE 1371</td>
<td>ASL I</td>
<td></td>
</tr>
<tr>
<td>ENGL 1302</td>
<td>Composition II</td>
<td></td>
</tr>
<tr>
<td>FREN 1311</td>
<td>Beginning French I</td>
<td></td>
</tr>
<tr>
<td>SPAN 1311</td>
<td>Beginning Spanish I</td>
<td></td>
</tr>
<tr>
<td>MATH 1332</td>
<td>Contemporary Mathematics I</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 2401</td>
<td>Anatomy and Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 2402</td>
<td>Anatomy and Physiology II</td>
<td>4</td>
</tr>
<tr>
<td>DSDE 1374</td>
<td>Introduction to Deaf Studies</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 2300</td>
<td>Close Reading II</td>
<td></td>
</tr>
<tr>
<td>ENGL 2322</td>
<td>British Literature</td>
<td></td>
</tr>
<tr>
<td>ENGL 2326</td>
<td>American Literature</td>
<td></td>
</tr>
<tr>
<td>ENGL 2331</td>
<td>World Literature</td>
<td></td>
</tr>
<tr>
<td>ENGL 2376</td>
<td>African-American Literature</td>
<td></td>
</tr>
<tr>
<td>FREN 2312</td>
<td>Intermediate French II</td>
<td></td>
</tr>
<tr>
<td>PHIL 1370</td>
<td>Philosophy of Knowledge</td>
<td></td>
</tr>
<tr>
<td>PHIL 2306</td>
<td>Ethics</td>
<td></td>
</tr>
<tr>
<td>SPAN 2312</td>
<td>Intermediate Spanish II</td>
<td></td>
</tr>
<tr>
<td>ARTS 1301</td>
<td>Art Appreciation</td>
<td>3</td>
</tr>
<tr>
<td>ARTS 1303</td>
<td>Art History I</td>
<td></td>
</tr>
<tr>
<td>COMM 1375</td>
<td>Film Appreciation</td>
<td></td>
</tr>
<tr>
<td>COSC 1324</td>
<td>The Art of Computer Game Development</td>
<td></td>
</tr>
<tr>
<td>DANC 2304</td>
<td>Dance Appreciation</td>
<td></td>
</tr>
<tr>
<td>MUSI 1306</td>
<td>Music Appreciation</td>
<td></td>
</tr>
<tr>
<td>MUSI 1309</td>
<td>Jazz History and Appreciation</td>
<td></td>
</tr>
<tr>
<td>MUSI 1310</td>
<td>History of Rock and Roll</td>
<td></td>
</tr>
<tr>
<td>PHIL 1330</td>
<td>Arts and Ideas</td>
<td></td>
</tr>
<tr>
<td>THEA 1310</td>
<td>Theatre Appreciation</td>
<td></td>
</tr>
<tr>
<td>HIST 1301</td>
<td>U S History I 1763-1877</td>
<td>6</td>
</tr>
<tr>
<td>HIST 1302</td>
<td>U S History II Since 1877</td>
<td></td>
</tr>
<tr>
<td>HIST 2301</td>
<td>Texas History</td>
<td></td>
</tr>
<tr>
<td>POLS 2301</td>
<td>Intro to American Government I</td>
<td>3</td>
</tr>
<tr>
<td>POLS 2302</td>
<td>Intro/American Government II</td>
<td>3</td>
</tr>
</tbody>
</table>

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  
SOCI 1301  Introduction to Sociology  
SOWK 2361  Intro Social Work  
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  
LIBR 1101  Introduction to Library Research  
Required Major Courses  
Nutrition, Hospitality and Human Services Core  
BIOG 2401  Anatomy and Physiology I  
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 & CHEM 1306  Chemistry for Allied Health Sciences  
& CHEM 1111 & 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  
Course  Title  Hours  
First Year  
Fall  
ENGL 1301  Composition I  
BIOG 2401  Anatomy and Physiology I  
NUTR 1322  Basic Nutrition  
History Core  
POLS 2301  Intro to American Government I  
BIOL 2421  Microbiology for Science Majors  
Communication Core  
BIOL 1102  Medical Terminology  
Hours  
17  
Spring  
Language, Philosophy, Culture  
BIOL 2402  Anatomy and Physiology II  
HOSP 1315  Basic Foods  
History Core  
Creative Arts  
Hours  
16  
Second Year  
Fall  
Select one of the following:  
CHEM 1306 & CHEM 1106  Chemistry for Allied Health Sciences  
& CHEM 1111 & CHEM 1311  and General Chemistry I  
POLS 2301  Intro to American Government I  
BIOL 2421  Microbiology for Science Majors  
Communication Core  
BIOL 1102  Medical Terminology  
Hours  
15  
Spring  
FMST 2316  Community Resources  
POLS 2302  Intro/American Government II  
HLTH 1370  Health and Wellness  
MATH 1342  Statistics  
or PSYC 2317  or Introduction to Statistical Methods  
Social & Behavioral Sciences  
Hours  
15  
Third Year  
Fall  
NUTR 3316  Nutrition and Fitness  
NUTR 3320  Advanced Nutrition  
NUTR 4331  Nutritional Education and Counseling  
Elective  
3000-4000 HLTH or KINT  
Elective  
3000-4000 level  
Hours  
15  
Spring  
NUTR 3328  Community Nutrition  
NUTR 3330  Nutritional Biochemistry  
NUTR 4307  Nutrition Through the Life Cycle  
FMST choice  
3000-4000 level  
Elective  
Hours  
15  
Fourth Year  
Fall  
NUTR 4300  Medical Nutrition Therapy I  
NUTR 4347  Food Science  
Hours  
15
<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Code</th>
<th>Title</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Elective</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Elective 3000-4000 level</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Total Hours</strong></td>
<td><strong>12</strong></td>
</tr>
<tr>
<td>Spring</td>
<td></td>
<td>Elective</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>FCSC 4301</td>
<td>Senior Seminar Professional Development</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Elective</td>
<td>3000-4000 level</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Elective</td>
<td>3000-4000 level</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Elective</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Total Hours</strong></td>
<td><strong>15</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Total Hours</strong></td>
<td><strong>120</strong></td>
</tr>
</tbody>
</table>