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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Creative Arts
Select one of the following: 3

American History
Select two of the following: 6

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

Social and Behavioral Sciences
Nutrition (B.S.)

Select one of the following:

ANTH 2346 Introduction to Anthropology
ANTH 2351 Cultural Anthropology
BULW 1370 Business Environment and Public Policy
CRIJ 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
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
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 Laboratory

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

History Core

POLS 2301 Intro to American Government I 3

BIOL 2421 Microbiology for Science Majors 4
Communication Core

POLS 2301 Intro to American Government I 3

Spring

Language, Philosophy, Culture 3
BIOL 2402 Anatomy and Physiology II 4
HOSP 1315 Basic Foods 3
History Core

POLS 2302 Intro/American Government II 3

Creative Arts 3

Second Year

Fall

Select one of the following: 4

CHEM 1106 Chemistry for Allied Health Sciences Laboratory

& CHEM 1111 and General Chemistry I Laboratory

POLS 2301 Intro to American Government I 3

BIOL 2421 Microbiology for Science Majors 4
Communication Core

POLS 2301 Intro to American Government I 3

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

Social & Behavioral Sciences

FMST choice 3000-4000 level 3

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 15

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 15

Fourth Year

Fall

NUTR 4300 Medical Nutrition Therapy I 3
NUTR 4347 Food Science 3
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