

NUTRITION - PREVENTIVE WELLNESS (B.S.)

Degree: Bachelor of Science

Major: Nutrition - Preventive Wellness

Total Hours: 120

Program Coordinator:

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123 Nutrition, Hospitality and Human Services Bldg.

Curriculum

The Bachelor of Science Degree in Nutrition - Preventive Wellness 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
General Education Core Curriculum		
<i>Communication</i>		
ENGL 1301	Composition I	3
Select one of the following: 3		
COMM 1315	Public Speaking I	
COMM 1321	Business and Prof Speech	
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	Ethics and Literature	
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 2303	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	Elementary Statistical Methods	3
Select one of the following: 1		
COSC 1172	Thinking, Speaking, and Writing	
HNRS 2160	Scholars Development Seminar	
LIBR 1101	Intro to Library Research	

Required Major Courses

BIOL 2421	Microbiology for Science Majors	4
NUTR 1322	Introductory Nutrition	3
NUTR 2316	Nutrition and Fitness	3
NUTR 3301	Global Nutrition	3
NUTR 3329	Preventive Nutrition & Wellnes	3
NUTR 3320	Advanced Nutrition	3
NUTR 3328	Community Nutrition	3
NUTR 3350	Nutrition Assessment	3
NUTR 4307	Lifecycle Nutrition	3
NUTR 4331	Nutr Education & Counseling	3
NHHS 4301	Professional Development	3

Electives

Electives, Transfer Credit, or Minor	32
Upper-Level Electives	12

Total Hours 120

First Year

		Hours
Fall		
ENGL 1301	Composition I	3
HIST 1301	U S History I 1763-1877	3
MATH 1332	Contemporary Mathematics I	3
Communication Core		3
NUTR 1322	Introductory Nutrition	3
Hours		15

Spring

Language, Philosophy, Culture		3
HIST 1302	U S History II Since 1877	3
BIOL 2401	Anatomy and Physiology I	4
Elective, Transfer Credit, or Minor ¹		5
Component Core		1
LIBR 1101	Intro to Library Research	
Hours		16

Second Year

		Hours
Fall		
POLS 2301	Intro to American Government I	3
Component Core		3
PSYC 2317	Introduction to Statistical Methods	
MATH 1342	Elementary Statistical Methods	
Creative Arts Core		3
BIOL 2402	Anatomy and Physiology II	4
Elective, Transfer Credit, or Minor ¹		3
Hours		16

Spring

POLS 2302	Intro/American Government II	3
Social & Behavioral Sciences		3
BIOL 2421	Microbiology for Science Majors	4
NUTR 2316	Nutrition and Fitness	3
Elective, Transfer Credit, or Minor ¹		3
Hours		16

Third Year

		Hours
Fall		
NUTR 3320	Advanced Nutrition	3
NUTR 3301	Global Nutrition	3
NUTR 3328	Community Nutrition	3
Elective, Transfer Credit, or Minor ¹		6
Hours		15

Spring

NUTR 3329	Preventive Nutrition & Wellnes	3
NUTR 3350	Nutrition Assessment	3
Elective, Transfer Credit, or Minor ¹		6
Upper-Level Elective		3
Hours		15

Fourth Year

		Hours
Fall		
NUTR 4307	Lifecycle Nutrition	3
NUTR 4331	Nutr Education & Counseling ²	3
or NUTR 5325 or Nutrition Education and Counseling		
Elective, Transfer Credit, or Minor ¹		3
Upper-Level Elective		3
Hours		12

Spring

NHHS 4301	Professional Development	3
Elective, Transfer Credit, or Minor ¹		6
Upper-Level Electives or NUTR Graduate courses		6
Hours		15
Total Hours		120

¹ Up to 42 hours of technical credit transfer from AS in Health Science or Biological Science OR AAS in Nutrition, Allied Health, or Healthcare Related Degrees (Radiology Technology, Sonography, Dental Hygiene, etc.)

² Accepted into accelerated MS in Nutrition degree