

PREPARATION FOR THE MAJOR COURSES

44 UNITS

To move from pre-major to major status and begin taking upper-division NUTR courses, students must complete the required prep courses with a **2.9 GPA** or higher and **earn a grade of "C" or better** in **CHEM 100** and **CHEM 130**.

BIOL 100	3	General Biology
BIOL 100L	1	General Biology Laboratory
BIOL 211	2	Fundamentals of Microbiology
BIOL 211L	2	Fundamentals of Microbiology Laboratory
BIOL 212	4	Human Anatomy
CHEM 103	4	Introduction to General Chemistry with Laboratory
CHEM 130	3	Elementary Organic Chemistry
CHEM 160	3	Introductory Biochemistry
COMM 103	3	Oral Communication
NUTR 200	1	Foods and Nutrition: Overview and Opportunities
NUTR 201	3	Fundamentals of Nutrition
NUTR 203	2	Cultural Aspects of Food and Nutrition
NUTR 205	4	Introduction to Science of Food
PSY 101	3	Introductory Psychology
SOC 101	3	Introductory Sociology; The Study of Society
STATISTICS	3	Select ONE course from the following:
		• ECON 201: Statistical Methods
		• STAT 250: Statistical Principles and Practices

Note: Some of the Foods and Nutrition Preparation for the Major courses also fulfill lower-division General Education (GE) requirements in the following areas:

- Mathematical Concepts and Quantitative Reasoning
- Social and Behavioral Sciences
- Physical and Biological Sciences

The remaining lower-division GE requirements include:

- English Composition
- Critical Thinking
- Arts and Humanities (2 courses)
- American Institutions (3 areas, typically satisfied with 2 courses):
 - U.S. History, Institutions & Ideals
 - U.S. Constitution
 - California State and Local Government
 - We recommend choosing a course that also fulfills the Ethnic Studies requirement.
 - Suggested options include: AAS 100, AAS 101, AFRAS 170A, AFRAS 170B, AMIND 140, AMIND 141, CCS 120A, CCS 120B, CCS 141A, and CCS 141B.
- Ethnic Studies (if not already satisfied)

REMAINING LOWER-DIVISION GENERAL EDUCATION

3	English Composition
3	Critical Thinking
6	Arts and Humanities (2 Courses)
6	American Institutions: American History, Institutions & Ideals, U.S. Constitution, CA State & Local Government (2 courses)
3	Ethnic Studies (Can be completed alongside American Institutions)

UPPER-DIVISION MAJOR COURSES

41 UNITS

Upper-division major status is **required** to take any NUTR courses at the 300-level or higher listed in this section. Non-NUTR upper-division courses may be taken by pre-majors **once 60 units have been completed**.

BIOL 336	3	Principles of Human Physiology	→ Satisfies UD 2/5. Explorations - Phys, Bio, Math/Quant.
ENS 304	3	Physiology of Exercise	Not open to students with credit in lower division physiology (BIOL 261).

NUTR 302	3	Advanced Nutrition
NUTR 302L	2	Nutritional Assessment and Research Laboratory
NUTR 303	2	Quantity Food Production
NUTR 304	3	Nutrition Throughout the Life Span
NUTR 401	3	Advanced Science of Food
NUTR 404	3	Food Systems Management
NUTR 405	2	Experimental Food Science and Technology Laboratory
NUTR 406	3	Medical Nutrition Therapy I
NUTR 408	3	Medical Nutrition Therapy II
NUTR 510	2	Community Nutrition
NUTR 512	3	Nutrition for Athletes

Major Electives	6	Select from the following:
		NUTR 499; BIOL 315; B A 350; COMM 307; COMM 371; CSP 320;
		CSP 400; MGT 352; NURS 350; PSY 319; P H 302; PH 305; PH 362

If you are planning to become a Registered Dietician Nutritionist (RD/RDN), please [Apply to the Didactic Program in Dietetics \(DPD\)](#) the first semester that you have upper-division major status. Your transcript will be reviewed for the following criteria:

- ≥ 3.1 overall and completed DPD course GPA
- C or better in DPD coursework

DPD Courses Only - Admission to DPD Required. Also Satisfy Major Elective Units:

NUTR 407	1	Medical Nutrition Therapy I Laboratory (DPD ONLY) - Must be completed alongside NUTR 406
NUTR 409	1	Medical Nutrition Therapy II Laboratory (DPD ONLY) - Must be completed alongside NUTR 408
NUTR 511	1	Nutrition Education and Counseling (DPD ONLY)

REMAINING UPPER-DIVISION GENERAL EDUCATION

3	UD. 3 Explorations - Arts & Humanities	} At least one course from Explorations must satisfy Cultural Diversity. Look for the courses that have a "+" sign next to them.
3	UD. 4 Explorations - Social & Behavioral Sciences	
3	GWAR/Upper Division Writing (RWS 305W is the most popular)	

Additional coursework may be needed to complete the 120-unit bachelor's degree requirement.

Semester 1	Fall	
Course	Units	Notes
CHEM 103	4	C or better to declare major
COMM 103	3	Satisfies Oral Communication
English Composition	3	
NUTR 200	1	FALL ONLY
PSY 101	3	Satisfies Social and Behavioral Sciences
Total	14	

Semester 2	Spring	
Course	Units	Notes
BIOL 100	3	
BIOL 100L	1	Credit in or concurrent with BIOL 100
CHEM 130	3	Completion of Chem 100; SPRING/SUMMER ONLY; C or better to declare major
Critical Thinking	3	Completion of English Comp.
SOC 101	3	Satisfies Social and Behavioral Sciences
Statistics	3	Select from: ECON 201 or STAT 250
Total	16	

Summer
Schedule any GE course from future semesters to lighten the unit load

Semester 3	Fall	
Course	Units	Notes
BIOL 212	4	C or better in BIOL 100
CHEM 160	3	Completion of CHEM 130; FALL ONLY
NUTR 201	3	Completion of BIOL 100 and CHEM 100
NUTR 203	2	Completion of English Communication; FALL ONLY
American Institutions #1 + Ethnic Studies	3	Refer to list on pg. 1
Total	15	

Semester 4	Spring	
Course	Units	Notes
BIOL 211	2	Completion of BIOL 100; Credit in or concurrent with CHEM 100
BIOL 211L	2	Credit in or concurrent with BIOL 211
NUTR 205	4	C or better in CHEM 100. Credit in or concurrent with CHEM 130
Arts and Humanities #1	3	
American Institutions #2	3	
Total	14	

Summer
Schedule any remaining major prep

Semester 5	Fall	
Course	Units	Notes
BIOL 336	3	Satisfies Explorations PHYS, BIO, MATH/QUANT
NUTR 303	2	Completion of NUTR 205; FALL ONLY
NUTR 304	3	Completion of NUTR 201
Arts and Humanities #2	3	
GWAR / Upper-Division Writing	3	
Total	14	APPLY to DPD

Semester 6	Spring	
Course	Units	Notes
ENS 304	3	C or better in BIOL 336
NUTR 302	3	Completion of NUTR 201, BIOL 336, and CHEM 160; Concurrent registration in NUTR 302L
NUTR 302L	2	Completion of NUTR 201, BIOL 336, and CHEM 160; Concurrent registration in NUTR 302
NUTR 404	3	Completion of NUTR 303; SPRING ONLY
Explorations - Social & Behavioral Sciences	3	
Major Elective	3	
Total	17	

Summer
Look into Graduate School/Dietetic Internship Application Requirements

Semester 7	Fall	
Course	Units	Notes
NUTR 401	3	Completion of NUTR 205 and BIOL 211/211L
NUTR 406	3	Completion of NUTR 302/302L; FALL ONLY
NUTR 512	3	Completion of NUTR 201; FALL ONLY
Major Elective	3	
Elective	3	To meet 120-minimum unit requirement
Total	15	Apply to Graduate Programs

Semester 8	Spring	
Course	Units	Notes
NUTR 405	2	Credit in or concurrent with NUTR 401
NUTR 408	3	Completion of NUTR 406; SPRING ONLY
NUTR 510	2	Completion of NUTR 203; Credit in or concurrent with NUTR 304
Explorations - Arts & Humanities / Cultural Diversity	3	
Elective	3	To meet 120-minimum unit requirements
Elective	2	To meet 120-minimum unit requirements
Total	15	Apply to Graduate before the Schedule Adjustment (Add/Drop) Deadline

Summer