This concentration prepares students to become nutrition educators that work within the community and public health settings. This concentration focuses on health and wellness, the association between nutrition and health, and teaching healthy living. Graduates from the Nutrition Education concentration will have learned the skills to communicate evidence-based nutrition information, provide nutrition education, and blend nutrition with other health science subjects. The job opportunities for those graduating from this program include working as a nutrition educator or nutrition assistant in county agencies, Extension Services, community nutrition programs, schools and with health organizations.

Unlike the Dietetics concentration, this concentration does not prepare students to pursue the credential of a Registered Dietitian.

Concentration: Nutrition Education (General)

Students must complete all University degree requirements, which include: General Education requirements, Viewing a Wider World requirements, and elective credits to total at least 120 credits with 48 credits in courses numbered 300 or above. Developmental coursework will not count towards the degree requirements and/or elective credits, but may be needed in order to take the necessary English and Mathematics coursework.

Due to the large number of PHLS course in the Nutrition Education option, students are encouraged to pursue a Public Health minor. Please see an advisor for more information and to view a Nutrition Education & Public Health minor roadmap.

Prefix  Title  Credits
General Education  
Area I: Communications  
English Composition - Level 1  
English Composition - Level 2  
Oral Communication  
Area II: Mathematics  
MATH 121G  College Algebra  
Area III/IV: Laboratory Sciences and Social/Behavioral Sciences  
BIOL 111G  & 111GL  Natural History of Life and Natural History of Life Laboratory  
CHEM 111G  General Chemistry I (with lab)  
PHLS 150G  Personal Health and Wellness  
Area V: Humanities  
PHIL 100G  Philosophy, Law and Ethics  or PHIL 223G  Ethics  
Area VI: Creative and Fine Arts  
General Education Elective  
Viewing A Wider World  
PHLS 380V  Women’s Health Issues  
One other Viewing a Wider World course  
Departmental/College Requirements  
FCS 181  Interpersonal Skills in Intimate Relationships  
FCS 212  Adolescent Development and the Family  
FCS 213  Adult Development and Aging  
FCSE 245  Overview of Family and Consumer Sciences Teaching  
FCSE 345  Management Concepts in Family and Consumer Sciences Teaching  
FCSE 445  Career and Technical Education Programs  
FCSE 446  Teaching Methods I for Family and Consumer Sciences  
FCSE 447  Teaching Methods II for Family and Consumer Sciences  
HNDs 201  Seminar 1- The Field of Dietetics  
HNDs 251  Human Nutrition  
HNDs 350  Nutrition Throughout the Lifecycle  
HNDs 363  Quantity Food Production and Service  
HNDs 403  Community Nutrition  
HNDs 407  Field Experience Community Nutrition  
HNDs 420  Nutrition Counseling and Communication  
HNDs 430  Food Service Organization and Management  
HRTM 231  Food Safety and Sanitation in the Hospitality Industry  
HRTM 263  Food Production and Service Fundamentals  
Choose one from the following:  
AXED 456  Introduction to Research Methods  
FCSC 400  Research Methods in Family and Consumer Sciences  
PHLS 451  Biometrics and Health Research  
PSY 310  Experimental Methods  
SOC 352  Social Research: Methods  
Choose one from the following:  
FSTE 320  Food Microbiology  
BIOL 311  & 311 L  General Microbiology and General Microbiology Laboratory  
BIOL 219  & 311 L  Public Health Microbiology and General Microbiology Laboratory  
Non-Departmental Requirements  
PHLS 275  Foundations of Health Education  
PHLS 395  Foundations of Public Health  
PHLS 459  Infectious and Noninfectious Disease Prevention  
PHLS 461  Health Disparities: Determinants and Interventions  
PHLS 464V  Cross-Cultural Aspects of Health  
Choose one from the following:
**Concentration: Nutrition Education (General)**

**A Suggested Plan of Study for Students**

This roadmap assumes student placement in MATH 121G Intermediate Algebra and ENGL 111G Rhetoric and Composition. The contents and order of this roadmap may vary depending on initial student placement in mathematics and English. It is only a suggested plan of study for students and is not intended as a contract. Course availability may vary from fall to spring semester and may be subject to modification or change. Please meet with an advisor to determine course progression.

**Course** | **Title** | **Credits**
--- | --- | ---
**First Year**
**Fall**
ENGL 111G | Rhetoric and Composition (C or better) | 4
MATH 121G | College Algebra (C or better) | 3
Choose one from the following: | 3
AXED 201G | Effective Leadership and Communication in Agricultural Organizations (C or better) | 3
COMM 253G | Public Speaking (C or better) | 3
COMM 265G | Principles of Human Communication (C or better) | 3
BIOL 111G & 111GL | Natural History of Life and Natural History of Life Laboratory | 4
Recommended courses for 2 credits (not required) | 2

**Spring**
Choose one from the following: | 3
ENGL 203G | Business and Professional Communication (C or better) | 3
ENGL 211G | Writing in the Humanities and Social Sciences (C or better) | 3
ENGL 218G | Technical and Scientific Communication (C or better) | 3
ENGL 311G | Advanced Composition (C or better) | 3
ENGL 318G | Advanced Technical and Professional Communication (C or better) | 3
PHLS 150G | Personal Health and Wellness | 3
CHEM 111G | General Chemistry I (C or better) | 4
HNDS 251 | Human Nutrition (C or better) | 3

**Second Year**

**Fall**
FCS 181 | Interpersonal Skills in Intimate Relationships | 3
FCSE 245 | Overview of Family and Consumer Sciences Teaching (C or better) | 3
FSTE 263G | Food Science I (C or better) | 4
Choose one from the following: | 4
BIOL 225 | Human Anatomy and Physiology I (at DACC only/ C or better) | 4
SP M 271 & 271 L | Anatomy & Physiology I and Anatomy and Physiology Laboratory (C or better) | 4

**Spring**
Choose one from the following: | 3
PHLS 275 | Foundations of Health Education (C or better) | 3
PHLS 375 | Foundations of Community Health Education (C or better) | 3
Choose one from the following: | 4
BIOL 226 | Human Anatomy and Physiology II (C or better) | 4
BIOL 254 | Human Physiology (C or better) | 4
### Human Nutrition and Dietetic Science (Nutrition Education) - Bachelor of Science in Family and Consumer Sciences

#### Credits

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>SP M 371 &amp; 371 L</td>
<td>Anatomy and Physiology II and Anatomy and Physiology II Lab (C or better in both)</td>
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<tr>
<td>SP M 308</td>
<td>Exercise Physiology (C or better)</td>
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#### Third Year

**Fall**

Choose one from the following: 4-5

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<tr>
<td>FSTE 320</td>
<td>Food Microbiology (C or better)</td>
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<tr>
<td>BIOL 311 &amp; 311 L</td>
<td>General Microbiology and General Microbiology Laboratory (C or better for both)</td>
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</tr>
<tr>
<td>BIOL 219 &amp; BIOL 311 L</td>
<td>Public Health Microbiology and General Microbiology Laboratory (C or better for both)</td>
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<tr>
<td>FCS 212</td>
<td>Adolescent Development and the Family (C or better)</td>
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<tr>
<td>PHLS 380V</td>
<td>Women’s Health Issues</td>
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<tr>
<td>PHLS 395</td>
<td>Foundations of Public Health (C or better)</td>
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<tr>
<td>HNDS 350</td>
<td>Nutrition Throughout the Lifecycle (C or better and only available in Fall semesters)</td>
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<td><strong>Credits</strong></td>
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**Spring**

Choose one from the following: 3

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tr>
<td>AXED 456</td>
<td>Introduction to Research Methods</td>
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</tr>
<tr>
<td>FCSC 400</td>
<td>Research Methods in Family and Consumer Sciences</td>
<td></td>
</tr>
<tr>
<td>PHLS 451</td>
<td>Biometrics and Health Research</td>
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<tr>
<td>PSY 310</td>
<td>Experimental Methods</td>
<td></td>
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<tr>
<td>SOC 352</td>
<td>Social Research: Methods</td>
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</tr>
<tr>
<td>FCS 213</td>
<td>Adult Development and Aging (C or better)</td>
<td></td>
</tr>
<tr>
<td>FCSE 345</td>
<td>Management Concepts in Family and Consumer Sciences Teaching (C or better and only available in Spring semesters)</td>
<td></td>
</tr>
<tr>
<td>PHLS 464V</td>
<td>Cross-Cultural Aspects of Health (C or better and only available in Spring semesters)</td>
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<tr>
<td>HNDS 363</td>
<td>Quantity Food Production and Service</td>
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<td><strong>Credits</strong></td>
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#### Fourth Year

**Fall**

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<tr>
<th>Course Code</th>
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<tbody>
<tr>
<td>HNDS 403</td>
<td>Community Nutrition (C or better and only available in Fall semesters)</td>
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<tr>
<td>PHLS 461</td>
<td>Health Disparities: Determinants and Interventions (C or better and only available in Fall semesters)</td>
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<tr>
<td>HNDS 420</td>
<td>Nutrition Counseling and Communication (C or better and only available in Fall semesters)</td>
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<tr>
<td>HNDS 430</td>
<td>Food Service Organization and Management (C or better)</td>
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<tr>
<td>FCSE 445</td>
<td>Career and Technical Education Programs</td>
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</tr>
<tr>
<td><strong>Credits</strong></td>
<td><strong>16</strong></td>
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**Spring**

<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>PHLS 459</td>
<td>Infectious and Noninfectious Disease Prevention (C or better and only available in Spring semesters)</td>
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</tr>
<tr>
<td>HNDS 407</td>
<td>Field Experience Community Nutrition (C or better)</td>
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<tr>
<td>FCSE 447</td>
<td>Teaching Methods II for Family and Consumer Sciences (C or better)</td>
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<tr>
<td>VWW - Viewing a Wider World Course</td>
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<tr>
<td>Area VI: Creative &amp; Fine Arts Course</td>
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<tr>
<td><strong>Credits</strong></td>
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</table>

**Total Credits** 120-121

1. MATH 121G College Algebra is required for the degree but students may need to take any prerequisites needed to enter MATH 121G first.
2. Not required for the degree. Highly recommended if new to NMSU.
3. AXED 456 Introduction to Research Methods is only taught in the Fall semesters, this will require changes to year three- spring and year four- fall semesters, speak with your advisor if you’d like to take this course.
4. See the Viewing a Wider World section of the catalog for a full list of courses, cannot be offered through the College of Health and Social Services.
5. See the General Education section of the catalog for a full list of courses.