

# HUMAN NUTRITION AND DIETETIC SCIENCE ( NUTRITION EDUCATION) - BACHELOR OF SCIENCE IN FAMILY AND CONSUMER SCIENCES

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
<b>General Education</b>		
<i>Area I: Communications</i>		10
<i>English Composition - Level 1</i> <sup>1</sup>		
Choose one ENGL Course from the following:		
ENGL 1110G	Composition I	
ENGL 1110H	Composition I Honors	
ENGL 1110M	Composition I	
<i>English Composition - Level 2</i> <sup>1,4</sup>		
Choose one ENGL Course from the following:		
ENGL 2130G	Advanced Composition	
ENGL 2210G	Professional and Technical Communication Honors	
ENGL 2210H	Professional and Technical Communication Honors	
ENGL 2215G	Advanced Technical and Professional Communication	
ENGL 2221G	Writing in the Humanities and Social Science	
<i>Oral Communication</i> <sup>1</sup>		
Choose one from the following:		

ACOM 1130G	Effective Leadership and Communication in Agriculture	
COMM 1115G	Introduction to Communication	
COMM 1130G	Public Speaking	
HNRS 2175G	Introduction to Communication Honors	
<i>Area II: Mathematics</i>		
MATH 1350G or A ST 311	Introduction to Statistics Statistical Applications	3
Choose one MATH Course from the following:		
MATH 1220G	College Algebra <sup>2</sup>	
MATH 1430G	Applications of Calculus I	
MATH 1511G	Calculus and Analytic Geometry I	
MATH 2530G	Calculus III	
<i>Area III/IV: Laboratory Sciences and Social/Behavioral Sciences</i>		
BIOL 2110G & BIOL 2110L	Principles of Biology: Cellular and Molecular Biology and Principles of Biology: Cellular and Molecular Biology Laboratory	4
or BIOL 2610G & BIOL 2610L	Principles of Biology: Biodiversity, Ecology, and Evolution and Principles of Biology: Biodiversity, Ecology, and Evolution Laboratory	
CHEM 1215G	General Chemistry I Lecture and Laboratory for STEM Majors	4
PHLS 1110G	Personal Health & Wellness	3
<i>Area V: Humanities</i>		
PHIL 1145G or PHIL 2110G	Philosophy, Law, and Ethics Introduction to Ethics	3
<i>Area VI: Creative and Fine Arts</i> <sup>1</sup>		
3		
<i>General Education Elective</i>		
FSTE 2110G	Food Science I	4
<b>Viewing A Wider World</b>		
PHLS 3120V	Women's Health Issues	3
One other Viewing a Wider World course <sup>3</sup>		3
<b>Departmental/College Requirements</b>		
FCSC 2250	Overview of Family and Consumer Sciences Teaching	3
FCSC 3110	Management Concepts in Family and Consumer Sciences Teaching	3
FCSC 4120	Career and Technical Education Programs	3
FCSC 4510	Teaching Methods I for Family and Consumer Sciences	3
FCSC 4520	Teaching Methods II for Family and Consumer Sciences	3
NUTR 2110	Human Nutrition	3
NUTR 2120	Seminar I - Becoming a Nutrition Professional	1
NUTR 3110	Nutrition Throughout the Lifecycle	3
NUTR 3710	Food Systems & Policy in Dietetics	3
NUTR 3750	Applied Nutrition Research	3
NUTR 4205	Nutrition Communication and Education	3
NUTR 4210	Community Nutrition	3
NUTR 4220	Food Service Organization and Management	3
NUTR 4565	Field Experience Community Nutrition	1-8
HRTM 2110	Safety, Sanitation and Health in the Hospitality Industry	1
HRTM 2120	Food Production and Service Fundamentals	3
HRTM 3310	Quantity Food Production and Service	4
Choose one from the following:		4-5
FSTE 4110	Food Microbiology	

BIOL 311 & 311 L	General Microbiology and General Microbiology Laboratory	
BIOL 2320 & BIOL 311 L	Public Health Microbiology and General Microbiology Laboratory	
<b>Non-Departmental Requirements</b>		
ELAD 3110V	Introduction to Educational Leadership in a Global Society	3
PHLS 2110	Foundations of Health Education	3
PHLS 3220	Foundations of Public Health	3
PHLS 4810	Infectious and Noninfectious Disease Prevention	3
PHLS 4610	Health Disparities: Determinants and Interventions	3
PHLS 4620V	Cross-Cultural Aspects of Health	3
SPMD 2210 & 2210L	Anatomy and Physiology I and Anatomy and Physiology Laboratory	4
SPMD 3210 & 3210L	Anatomy and Physiology II and Anatomy and Physiology II Lab	4
ACES 1120	Freshman Orientation (Highly recommended if new to NMSU)	
or ACES 1210	Financial Fitness for College Students	
<b>Electives, to bring the total credits to 20</b>		<b>4</b>
<b>Total Credits</b>		<b>120-128</b>

<sup>1</sup> See the General Education (<https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/>) section of the catalog for a full list of courses. Please refer to the HNDS Undergraduate Student Handbook for a list of recommended courses to choose from in order to fulfill these requirements.

<sup>2</sup> MATH 1220G College Algebra is required for the degree but students may need to take any prerequisites needed to enter MATH 1220G first.

<sup>3</sup> See the Viewing a Wider World (<https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/#viewingawiderworldtext>) section of the catalog for a full list of courses.

*\*Refer to the "List of Recommended GE courses" for HNDS students in the HNDS Undergraduate Student Handbook for a list of field-related course options that can be selected from the GE Core Curriculum and Viewing a Wider World course requirements.*

<sup>4</sup> Students who have taken a second level English course may be required to take another to fulfill the program's technical/scientific writing requirement.

## Concentration: Nutrition Education A Suggested Plan of Study for Students

This roadmap assumes student placement in MATH 1220G Intermediate Algebra and ENGL 1110G 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.

### First Year

Fall		Credits
ENGL 1110G	Composition I (C or better)	4
MATH 1220G	College Algebra (C or better) <sup>1</sup>	3
Choose one from the following:		3
ACOM 1130G	Effective Leadership and Communication in Agriculture (C- or better)	

COMM 1115G	Introduction to Communication (C- or better)	
COMM 1130G	Public Speaking (C- or better)	
CHEM 1215G	General Chemistry I Lecture and Laboratory for STEM Majors	4
Recommended courses for 2 credits (not required) <sup>2</sup>		
ACES 1120	Freshman Orientation	
or ACES 1210	or Financial Fitness for College Students	
<b>Credits</b>		<b>14</b>
<b>Spring</b>		
Choose one from the following:		3
ENGL 2130G	Advanced Composition	
ENGL 2210G	Professional and Technical Communication Honors (C or better)	
ENGL 2210H	Professional and Technical Communication Honors	
ENGL 2215G	Advanced Technical and Professional Communication	
ENGL 2221G	Writing in the Humanities and Social Science (C or better)	
NUTR 2110	Human Nutrition (C or better)	3
NUTR 2120	Seminar I - Becoming a Nutrition Professional (C or better and only available in Spring semesters)	1
PHLS 1110G	Personal Health & Wellness	3
BIOL 2610G	Principles of Biology: Biodiversity, Ecology, and Evolution	3
Electives		2
<b>Credits</b>		<b>15</b>

### Second Year

Fall		
Area VI- Creative & Fine Arts Course <sup>5</sup>		3
FCSC 2250	Overview of Family and Consumer Sciences Teaching (C or better and only available in Fall semesters)	3
FSTE 2110G	Food Science I (C or better)	4
SPMD 2210 & 2210L	Anatomy and Physiology I and Anatomy and Physiology Laboratory (C or better)	4
<b>Credits</b>		<b>14</b>
Spring		
HRTM 2110	Safety, Sanitation and Health in the Hospitality Industry	1
HRTM 2120	Food Production and Service Fundamentals	3
PHLS 2110	Foundations of Health Education (C- or better and at DACC only)	3
PHIL 1145G or PHIL 2110G	Philosophy, Law, and Ethics or Introduction to Ethics	3
SPMD 3210 & 3210L	Anatomy and Physiology II and Anatomy and Physiology II Lab (C or better in both)	4
<b>Credits</b>		<b>14</b>

### Third Year

Fall		
Choose one from the following:		4-5
FSTE 4110	Food Microbiology (C or better)	
BIOL 311 & 311 L	General Microbiology and General Microbiology Laboratory (C or better for both)	

BIOL 2320 & BIOL 311 L	Public Health Microbiology and General Microbiology Laboratory (C or better for both)	
PHLS 3120V	Women's Health Issues	3
PHLS 3220	Foundations of Public Health (C- or better)	3
NUTR 3110	Nutrition Throughout the Lifecycle (C or better)	3
Viewing A Wider World <sup>3</sup>		3
<b>Credits</b>		<b>16-17</b>
<b>Spring</b>		
NUTR 3710	Food Systems & Policy in Dietetics	3
NUTR 3750	Applied Nutrition Research	3
FCSC 3110	Management Concepts in Family and Consumer Sciences Teaching (C or better and only available in Spring semesters)	3
PHLS 4620V	Cross-Cultural Aspects of Health (C- or better)	3
HRTM 3310	Quantity Food Production and Service	4
<b>Credits</b>		<b>16</b>
<b>Fourth Year</b>		
<b>Fall</b>		
NUTR 4210	Community Nutrition	3
PHLS 4610	Health Disparities: Determinants and Interventions	3
NUTR 4220	Food Service Organization and Management (C or better, Fall only)	3
FCSC 4120	Career and Technical Education Programs	3
FCSC 4510	Teaching Methods I for Family and Consumer Sciences (C or better and only available in Fall semesters)	3
<b>Credits</b>		<b>15</b>
<b>Spring</b>		
PHLS 4810	Infectious and Noninfectious Disease Prevention (C or better and only available in Spring semesters)	3
NUTR 4565	Field Experience Community Nutrition	2
NUTR 4205	Nutrition Communication and Education	3
FCSC 4520	Teaching Methods II for Family and Consumer Sciences (C or better, Spring only)	3
ELAD 3110V	Introduction to Educational Leadership in a Global Society	3
Electives		2
<b>Credits</b>		<b>16</b>
<b>Total Credits</b>		<b>120-121</b>

<sup>1</sup> MATH 1220G College Algebra is required for the degree but students may need to take any prerequisites needed to enter MATH 1220G College Algebra first.

<sup>2</sup> Not required for the degree. Highly recommended if new to NMSU

<sup>3</sup> AXED 4510 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.

<sup>4</sup> See the Viewing a Wider World (<https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/#viewingawiderworldtext>) section of the catalog for a full list of courses, cannot be offered through the College of Health and Social Services.

<sup>5</sup> See the General Education (<https://catalogs.nmsu.edu/nmsu/general-education-viewing-wider-world/>) section of the catalog for a full list of courses