

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
General Education		
<i>Area I: Communications</i>		10
<i>English Composition - Level 1</i> ¹		
<i>English Composition - Level 2</i> ^{1,4}		
Choose one ENGL Course from the following:		
ENGL 2130G	Advanced Composition	
ENGL 2210G	Professional & Technical Communication	
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> ¹		
<i>Area II: Mathematics</i>		
MATH 1220G	College Algebra ²	3
<i>Area III/IV: Laboratory Sciences and Social/Behavioral Sciences</i>		

BIOL 2610G & BIOL 2610L	Principles of Biology: Biodiversity, Ecology, and Evolution and Principles of Biology: Biodiversity, Ecology, and Evolution Laboratory	4
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> ¹		
<i>General Education Elective</i>		
FSTE 2110G	Food Science I	4
Viewing A Wider World		
PHLS 380V	Women's Health Issues	3
One other Viewing a Wider World course ³		
Departmental/College Requirements		
FCST 1130	Interpersonal Skills in Intimate Relationships	3
FCST 2135	Adolescent Development and the Family	3
FCST 2140	Adult Development and Aging	3
FCSC 2250	Overview of Family and Consumer Sciences Teaching	3
FCSC 345	Management Concepts in Family and Consumer Sciences Teaching	3
FCSC 445	Career and Technical Education Programs	3
FCSC 446	Teaching Methods I for Family and Consumer Sciences	3
FCSC 447	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 4210	Community Nutrition	3
NUTR 4220	Food Service Organization and Management	3
NUTR 4233	Nutrition Counseling and Education	3
NUTR 4565	Field Experience Community Nutrition	2
HRTM 363	Quantity Food Production and Service	4
HRTM 2110	Safety, Sanitation and Health in the Hospitality Industry	1
HRTM 2120	Food Production and Service Fundamentals	3
Choose one from the following:		
AXED 456	Introduction to Research Methods	3
FCSC 400	Research Methods in Family and Consumer Sciences	
PHLS 451	Biometrics and Health Research	
PSYC 310	Experimental Methods	
SOCI 352	Social Research: Methods	
Choose one from the following:		
FSTE 320	Food Microbiology	4-5
BIOL 311 & 311 L	General Microbiology and General Microbiology Laboratory	
BIOL 2320 & BIOL 311 L	Public Health Microbiology and General Microbiology Laboratory	
Non-Departmental Requirements		
PHLS 2110	Foundations of Health Education	3
PHLS 395	Foundations of Public Health	3
PHLS 459	Infectious and Noninfectious Disease Prevention	3

PHLS 461	Health Disparities: Determinants and Interventions	3
PHLS 464V	Cross-Cultural Aspects of Health	3
Choose one from the following:		4
BIOL 2210	Human Anatomy and Physiology I for the Health Sciences	
SPMD 2210 & 2210L	Anatomy and Physiology I and Anatomy and Physiology Laboratory	
Choose one from the following:		4
BIOL 2221	Human Physiology	
BIOL 2225	Human Anatomy and Physiology II	
SPMD 3210 & 3210L	Anatomy and Physiology II and Anatomy and Physiology II Lab	
SPMD 3410	Exercise Physiology	
<i>Recommended courses that are not required for the degree or verification statement</i>		
ACES 1120 or ACES 1210	Freshman Orientation (Highly recommended if new to NMSU) Financial Fitness for College Students	
Electives, to bring the total credits to 120		0
Total Credits		120-121

- See the [General Education](#) 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.
- MATH 1220G College Algebra is required for the degree but students may need to take any prerequisites needed to enter MATH 1220G first.
- See the [Viewing a Wider World](#) 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.*
- 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.

Course	Title	Credits
First Year		
Fall		
ENGL 1110G	Composition I (C or better)	4
MATH 1220G	College Algebra (C or better) ¹	3
Choose one from the following:		3
AXED 2120G	Effective Leadership and Communication in Agriculture (C or better)	
COMM 1115G	Introduction to Communication (C or better)	
COMM 1130G	Public Speaking (C or better)	

BIOL 2610G & BIOL 2610L	Principles of Biology: Biodiversity, Ecology, and Evolution and Principles of Biology: Biodiversity, Ecology, and Evolution Laboratory	4
Recommended courses for 2 credits (not required) ²		
ACES 1120 or ACES 1210	Freshman Orientation or Financial Fitness for College Students	
Credits		14
Spring		
Choose one from the following:		3
ENGL 2130G	Advanced Composition	
ENGL 2210G	Professional & Technical Communication (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 2120	Seminar I - Becoming a Nutrition Professional (C or better and only available in Spring semesters)	1
PHLS 1110G	Personal Health & Wellness	3
CHEM 1215G	General Chemistry I Lecture and Laboratory for STEM Majors	4
NUTR 2110	Human Nutrition (C or better)	3
Credits		14

Second Year		
Fall		
FCST 1130	Interpersonal Skills in Intimate Relationships	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
Choose one from the following:		4
BIOL 2210	Human Anatomy and Physiology I for the Health Sciences (at DACC only/ C or better)	
SPMD 2210 & 2210L	Anatomy and Physiology I and Anatomy and Physiology Laboratory (C or better)	
Credits		14
Spring		
HRTM 2110	Safety, Sanitation and Health in the Hospitality Industry	1
HRTM 2120	Food Production and Service Fundamentals	3
PHIL 1145G or PHIL 2110G	Philosophy, Law, and Ethics or Introduction to Ethics	3
Choose one from the following:		3
PHLS 2110	Foundations of Health Education (C or better and at DACC only)	
PHLS 375	Foundations of Community Health Education (C or better)	
Choose one from the following:		4
BIOL 2221	Human Physiology (C or better)	
BIOL 2225	Human Anatomy and Physiology II (C or better and at DACC only)	
SPMD 3410	Exercise Physiology (C or better)	

SPMD 3210 & 3210L	Anatomy and Physiology II and Anatomy and Physiology II Lab (C or better in both)	
		Credits 14

Third Year

Fall
Choose one from the following: 4-5

FSTE 320	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)	
FCST 2135	Adolescent Development and the Family (C or better)	3
PHLS 380V	Women's Health Issues	3
PHLS 395	Foundations of Public Health (C or better)	3
NUTR 3110	Nutrition Throughout the Lifecycle (C or better)	3
		Credits 16-17

Spring

Choose one from the following: 3

AXED 456	Introduction to Research Methods ³	
FCSC 400	Research Methods in Family and Consumer Sciences	
PHLS 451	Biometrics and Health Research	
PSYC 310	Experimental Methods	
SOCI 352	Social Research: Methods	
FCST 2140	Adult Development and Aging (C or better)	3
FCSC 345	Management Concepts in Family and Consumer Sciences Teaching (C or better and only available in Spring semesters)	3
PHLS 464V	Cross-Cultural Aspects of Health (C or better)	3
HRTM 363	Quantity Food Production and Service	4
		Credits 16

Fourth Year

Fall

NUTR 4210	Community Nutrition	3
PHLS 461	Health Disparities: Determinants and Interventions (C or better and only available in Fall semesters)	3
NUTR 4233	Nutrition Counseling and Education (C or better, Fall only)	3
NUTR 4220	Food Service Organization and Management (C or better, Fall only)	3
FCSC 445	Career and Technical Education Programs	3
FCSC 446	Teaching Methods I for Family and Consumer Sciences (C or better and only available in Fall semesters)	3
		Credits 18

Spring

PHLS 459	Infectious and Noninfectious Disease Prevention (C or better and only available in Spring semesters)	3
NUTR 4565	Field Experience Community Nutrition	2
FCSC 447	Teaching Methods II for Family and Consumer Sciences (C or better, Spring only)	3
VWW - Viewing a Wider World Course ⁴		3

Area VI: Creative & Fine Arts Course ⁵	3
Credits	14
Total Credits	120-121

¹ 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.

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