NUTRITION - BS, GENERAL NUTRITION TRACK

Nutritional sciences prepares majors with a comprehensive knowledge of the biological and social sciences to understand the relationships between nutrients, food components, and human health. Prevention of diseases that are related to lifestyle, particularly diet and nutrition, is a focus of the curriculum. Core courses emphasize the role of nutrients in biochemistry, genetics, physiology, microbiology, and immunology that promotes wellness and enhances the quality of life. The major also provides an excellent background for those interested in pursuing graduate degrees in biological, nutritional, or food sciences; professional degrees in human or veterinary medicine; degrees in dentistry, pharmacy, physical therapy, nursing, public health, and other health professions; or dietetic internships.

The Didactic Program in Dietetics (DPD) and the Graduate Degree/Dietetic Internship Program are accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). Students who successfully complete the DPD and a dietetic internship are eligible to take the Registration Examination to become a Registered Dietitian (RD).

Three curriculum tracks are offered (General Nutrition, Didactic Program in Dietetics, and Molecular and Experimental Nutrition) to provide flexibility in one’s chosen career path. The major prepares one for graduate school, corporate wellness positions, health promotion programs, the food industry, public health programs, pharmaceutical sales, clinical dietetics, medical and research laboratories, biotechnology firms, government agencies and related fields. For more information, visit https://nutrition.tamu.edu/.

General Nutrition Track

The General Nutrition Track provides a wide range of approved electives in biochemistry, nutrition, food science, microbiology, immunology, genetics, and psychology in order to customize a degree suited to research interests and career objectives. Through this program, students are prepared to work in community nutrition programs, sports nutrition, education, research, and as technical representatives in the nutrition and health industry. This is also an excellent program for students wanting to go to professional schools such as medicine, dentistry, physical therapy, physician assistant, or pharmacy.

Teacher Certification

The secondary Provisional Teaching Certificate may be obtained in conjunction with the Bachelor of Science degree in Nutrition, General Nutrition Track. There are three subject areas available for teacher certification through this degree: Biology/Life Science (grades 8-12), Chemistry (grades 8-12), and Science (grades 8-12).

Students must also complete the SEED (Secondary Education) minor. Students interested in teacher certification should contact the teacher certification advisor in the Department of Teaching, Learning and Culture in the School of Education and Human Development for more information.

<table>
<thead>
<tr>
<th>Program Requirements</th>
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<tbody>
<tr>
<td><strong>First Year</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Fall</strong></td>
<td><strong>Semester Credit Hours</strong></td>
</tr>
<tr>
<td>BIOL 111</td>
<td>Introductory Biology I</td>
</tr>
<tr>
<td>CHEM 119</td>
<td>Fundamentals of Chemistry I</td>
</tr>
<tr>
<td>ENGL 103 or ENGL 104</td>
<td>Introduction to Rhetoric or Composition and Rhetoric</td>
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<tr>
<td>FSTC 210/ NUTR 210</td>
<td>Horizons in Nutrition and Food Science</td>
</tr>
<tr>
<td>NUTR 204/ FSTC 204</td>
<td>Perspectives in Nutrition and Food Science</td>
</tr>
<tr>
<td>Mathematics (<a href="http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#mathematics">http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#mathematics</a>)</td>
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<tr>
<td><strong>Spring</strong></td>
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<tr>
<td>BIOL 112</td>
<td>Introductory Biology II</td>
</tr>
<tr>
<td>CHEM 120</td>
<td>Fundamentals of Chemistry II</td>
</tr>
<tr>
<td>American history (<a href="http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#american-history">http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#american-history</a>)</td>
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<td><strong>Second Year</strong></td>
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<tr>
<td><strong>Fall</strong></td>
<td><strong>Semester Credit Hours</strong></td>
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<tr>
<td>CHEM 227</td>
<td>Organic Chemistry I</td>
</tr>
<tr>
<td>CHEM 237</td>
<td>Organic Chemistry Laboratory</td>
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<tr>
<td>ENGL 210</td>
<td>Technical and Professional Writing</td>
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<tr>
<td>NUTR 203</td>
<td>Scientific Principles of Human Nutrition</td>
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<tr>
<td>American history (<a href="http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#american-history">http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#american-history</a>)</td>
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<tr>
<td>Social and behavioral science (<a href="http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#social-behavioral-sciences">http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#social-behavioral-sciences</a>)</td>
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<tr>
<td><strong>Spring</strong></td>
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<tr>
<td>CHEM 228</td>
<td>Organic Chemistry II</td>
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<tr>
<td>NUTR 301</td>
<td>Nutrition Through Life</td>
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<tr>
<td>POLS 206</td>
<td>American National Government</td>
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<tr>
<td>Creative arts (<a href="http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#creative-arts">http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#creative-arts</a>)</td>
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<td>General elective</td>
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<tr>
<td><strong>Third Year</strong></td>
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<tr>
<td><strong>Fall</strong></td>
<td><strong>Semester Credit Hours</strong></td>
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<tr>
<td>BIOL 319</td>
<td>Integrated Human Anatomy and Physiology</td>
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</tbody>
</table>
NUTR 365  Nutrition Physiology of Vitamins and Minerals  3
POLS 207  State and Local Government  3
Technical elective  4  3
General elective  2

Semester Credit Hours  15

Spring

BIOL 320  Integrated Human Anatomy and Physiology II  4
GENE 301  Comprehensive Genetics  3
GENE 312  Comprehensive Genetics Laboratory  1
Select one of the following:  3
STAT 301  Introduction to Biometry
STAT 302  Statistical Methods
STAT 303  Statistical Methods
Technical elective  4  3

Semester Credit Hours  14

Fourth Year

Fall

BICH 410  Comprehensive Biochemistry I  3
Select one of the following:  4
ANSC 326/ FSTC 326  Food Bacteriology
BIOL 351  Fundamentals of Microbiology
Technical elective  4  3
Nutrition elective  3
Select one of the following:
FSTC 420  Supervised Research in Mediterranean Nutrition and Food Processing in Italy
FSTC 422  Food Processing for Sustainable Nutrition in Brazil
NUTR 211  Scientific Principles of Foods
NUTR 300  Religious and Ethnic Foods
NUTR 320/ FSTC 320  Scientific Challenge
NUTR 410/ FSTC 410  Nutritional Pharmacometrics of Food Compounds
NUTR 412  Nutritional Treatment of Disease
NUTR 430  Community Nutrition
NUTR 469  Experimental Nutrition Laboratory
NUTR 485  Directed Studies
NUTR 489  Special Topics in...
NUTR 491  Research
SOCI 330  Sociology of Nutrition

Semester Credit Hours  13

Spring

BICH 411  Comprehensive Biochemistry II  3
NUTR 475  Nutrition and Physiological Chemistry  3
NUTR 481  Seminar  1
Language, philosophy and culture (http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#language-philosophy-culture)  3
Nutrition elective  6
Select one of the following:
FSTC 420  Supervised Research in Mediterranean Nutrition and Food Processing in Italy
FSTC 422  Food Processing for Sustainable Nutrition in Brazil
NUTR 211  Scientific Principles of Foods
NUTR 300  Religious and Ethnic Foods
NUTR 320/ FSTC 320  Scientific Challenge
NUTR 410/ FSTC 410  Nutritional Pharmacometrics of Food Compounds
NUTR 412  Nutritional Treatment of Disease
NUTR 430  Community Nutrition
NUTR 469  Experimental Nutrition Laboratory
NUTR 485  Directed Studies
NUTR 489  Special Topics in...
NUTR 491  Research
SOCI 330  Sociology of Nutrition

Semester Credit Hours  16

Total Semester Credit Hours  120

1  MATH prefix required.
2  The Graduation requirements include a requirement for 3 hours of International and Cultural Diversity (http://catalog.tamu.edu/undergraduate/general-information/degree-information/international-cultural-diversity-requirements/) and 3 hours of Cultural Discourse (http://catalog.tamu.edu/undergraduate/general-information/degree-information/cultural-discourse-requirements/). Selection must be from courses in the Core Curriculum. Selection can be courses that also satisfy the requirement for social and behavioral sciences; creative arts; language, philosophy and culture; or electives. For more information on core requirements visit the University Core Curriculum (http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/) catalog page.
3  Students may choose to take two physiology courses, VTPP 423 and VIBS 305, instead of anatomy.
4  Students may choose from the following technical electives: ACCT 209; BICH 431/GENE 431; BIOL 352, BIOL 413 or BIOL 414; CHEM 238, CHEM 315 and CHEM 318; COMM 203, COMM 315 or COMM 325; FINC 409, HLTH 236, HLTH 334, HLTH 354, ISTM 209; MGMT 209, MGMT 309; MKTG 409, SOCI 205; PHYS 201, PHYS 202; PSYC 300-499 (http://catalog.tamu.edu/undergraduate/course-descriptions/psych/); VTPP 425.

A total of 120 hours is required for graduation; 36 hours of 300/400 level courses are required to meet the Texas A&M University residency requirement.

Students interested in teacher certification must also complete the 18 credit hour SEED (Secondary Education) Minor. Substitutions must be approved by the Department of Teaching, Learning and Culture advisors.

Teacher certification in Biology/Life Science

- SEED minor (http://catalog.tamu.edu/undergraduate/education-human-development/teaching-learning-culture/secondary-education-minor/)
- Technical electives: one Ecology course (ECCB 402 or BIOL 357).


Teacher certification in Science

- SEED minor (http://catalog.tamu.edu/undergraduate/education-human-development/teaching-learning-culture/secondary-education-minor/)
- Technical electives: PHYS 201 and PHYS 202; one Earth Science course GEOL 101 and Ecology course RWFM 420, RWFM 409 or BIOL 357.

Teacher certification in Chemistry

- SEED minor (http://catalog.tamu.edu/undergraduate/education-human-development/teaching-learning-culture/secondary-education-minor/)
- No additional courses required