

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 Nutrition 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.

Program Requirements

First Year		Semester
Fall		Credit Hours
BIOL 111	Introductory Biology I	4
CHEM 119	Fundamentals of Chemistry I	4
ENGL 103 or ENGL 104	Introduction to Rhetoric and Composition or Composition and Rhetoric	3
FSTC 210/ NUTR 210	Horizons in Nutrition and Food Science	2
NUTR 204/ FSTC 204	Perspectives in Nutrition and Food Science	1
Mathematics (http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#mathematics) ¹		3
Semester Credit Hours		17
Spring		
BIOL 112	Introductory Biology II	4
CHEM 120	Fundamentals of Chemistry II	4
American history (http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#american-history)		3
Mathematics (http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#mathematics) ¹		3
Semester Credit Hours		14
Second Year		
Fall		
CHEM 227	Organic Chemistry I	3
CHEM 237	Organic Chemistry Laboratory	1
ENGL 210	Technical and Professional Writing	3
NUTR 203	Scientific Principles of Human Nutrition	3
American history (http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#american-history)		3
Social and behavioral science (http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#social-behavioral-sciences) ²		3
Semester Credit Hours		16
Spring		
CHEM 228	Organic Chemistry II	3
NUTR 301	Nutrition Through Life	3
POLS 206	American National Government	3
Creative arts (http://catalog.tamu.edu/undergraduate/general-information/university-core-curriculum/#creative-arts) ²		3
General elective		3
Semester Credit Hours		15
Third Year		
Fall		
BIOL 319	Integrated Human Anatomy and Physiology I ³	4

NUTR 365	Nutritional 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 ³	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	Understanding Obesity - A Social and 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) ²		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	Understanding Obesity - A Social and Scientific Challenge	
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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; CHEN 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/psyc/>); 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