Curriculum for B.S. in Nutrition with Secondary Teacher Certification in Hospitality, Nutrition, and Food Science

FIRST YEAR

**Fall**
- HUSC 1100 or IS 1100: 3
- ENGL 1302, Advanced Coll. Rhetoric †: 3
- ENGL 1301, Essentials of Coll. Rhetoric: 3
- Mathematics Elective*: 3
- POLS 1301, American Gov., Org.: 3
- CHEM 1305/1105, Chemical Basics †: 4
- FCSE 2102, Intro. to FCS: 1
- TOTAL: 15

**Spring**
- HUSC 1100 or IS 1100: 3
- ENGL 1302, Advanced Coll. Rhetoric †: 3
- ENGL 2300, Statistical Methods †: 3
- POLS 2302, American Political Policy: 3
- NS 1410, Science of Nutrition: 4
- CHEM 1306/1106, Chem. That Matters †: 4
- TOTAL: 17

SECOND YEAR

**Fall**
- HIST 2300, History of U.S. before 1777: 3
- ZOOL 2403, Human Anat. & Phys. I: 4
- ENGL 2311, Intro. to Technical Writing: 3
- NS 2380, Cultural Aspects of Food †: 3
- NS 2310, Principles of Food Prep.: 3
- NS 2351 or 2388 or 2391: 2
- TOTAL: 16

**Spring**
- HIST 2301, History of U.S. Since 1777: 3
- CFAS 2300, Commm., Civility, & Ethics: 3
- FDSC 3303, Food Sanitation: 3
- ENGL 2305 or 2306 or 2308 or 2311: 3
- NS 2301, Foundations of FCS †: 3
- ADRS 2310 or HDFS 2322 or PFP 3301: 3
- TOTAL: 15

THIRD YEAR

**Fall**
- NS 3340, Nutrition in the Life Cycle †: 3
- NS 3325, Sports Nutrition †: 3
- RHIM 4341, Hospitality Management †: 3
- RHIM 3370, Restaurant Ops. & Mgmt.: 3
- NS 4330, Community Nutrition: 3
- FCSE 3301, Foundations of FCS †: 3
- TOTAL: 15

**Spring**
- FCSE 4308, Research and Eval. in FCS §: 3
- FCSE 4012, Student Teaching in FCS ‡: 12
- NS 4340, Medical Nutritional Therapy ‡: 3
- NS 3302, Survey of Biochemistry ‡: 3
- NS 3470, Institutional Food Systems ‡: 3
- HUSC 3350, Special Topics: 3
- RHIM 4360, Experimental Meth. w/Foods ‡: 3
- TOTAL: 15

**Total Hours: 120**

* Choose from core curriculum requirements.
† Concurrent enrollment is required.
‡ Prerequisites or restrictions apply.
§ Admission to Teacher Certification (Education) Program and a minimum 2.75 GPA required (www.edu.ttu.edu)

NOTE: FCSE 3301 requires application and advisor approval.

Course Descriptions

(To interpret course descriptions, see page 23.)

**Nutritional Sciences (NS)**

Undergraduate Courses

1201. Introduction to Dietetics (2). Prerequisite: NS Dietetic majors only, 2.5 TGU GPA. Introduction to the field of dietetics including registration, ethical, legal, and professional issues. S.

1325. [BIOL 1322, 1323; HECO 1322] Nutrition, Foods, and Healthy Living (3). No nutrition or nutritional sciences and dietetics majors. An introduction to the nutrients, their content in food, energy utilization, and the role of diet in health and disease. F, S.

1410. Science of Nutrition (4). Study of the nutrients found in foods and utilization of those nutrients by the body. Designed to convey the basic principles of nutritional science. Partially fulfills core Life and Physical Sciences requirement. F, S.

2310. [HECO 1315] Principles of Food Preparation (3). Prerequisite: Nutrition, nutritional sciences and dietetics majors, minors, and concentrations only. Application of scientific principles to food preparation. F, S.

2320. Fundamentals of Human Health Behavior Change (3). Behavioral and psychological theory that forms the basis for assisting and motivating people to make health behavior changes. S.

2330. Nutrition for Health, Fitness and Sport (3). Introduces students to nutrients, their content in food, energy utilization, and their role in health, fitness and sports. Particular attention will focus on body weight, weight loss and weight gain through nutrition and exercise. F, S.

2350. Medical Physiology (3). Concepts of normal nutrition in relation to the biochemistry and physiology of the human body. F, S.

2380. Cultural Aspects of Food (3). Prerequisite: Sophomore standing. A study of the historical, social, psychological, economic, religious, and aesthetic significance of food customs in various cultures. Fulfills multicultural and core Social and Behavioral Sciences requirement. (Writing Intensive)

3302. Survey of Biochemistry (4). Prerequisites: C or better in CHEM 2303 and 2103 or CHEM 3305 and 3105, nutrition and nutritional sciences and dietetics majors only. Survey of general biochemistry. F, S.

3310. Introduction to Medical Nutrition Therapy (3). Prerequisites: Nutrition, nutritional sciences and dietetics majors only; C or better in NS 1325 or 1410; CHEM 2303 or 3305; ZOOL 2402 or 2403 or 2404; 2.75 TGU GPA; Didactic Program in Dietetics approval. Role of dietitian in modern health care system, including the legal aspects of the health care industry. Techniques of assessment, nutrition care planning, and documentation. F, S.

3325. Sports Nutrition (3). Prerequisite: C or better in NS 1325 or 1410 and ZOOL 2403 or 2404. Nutrition concepts and applied nutritional practices for the competitive and amateur athlete and physically active individual. F, S.

3340. Nutrition in the Life Cycle (3). Prerequisites: Junior standing, C or better in NS 1410 or 2420. Didactic Program in Dietetics approval. Factors that affect diet and nutrition throughout the life cycle. F, S.

3360. Nutrition Education (3). Prerequisite: C or better in NS 1410 or 2420. Nutritional sciences (NTRN) majors only. Nutrition education and resources for diverse populations across the lifespan.

Curriculum for Bachelor of Science in Nutritional Sciences and Dietetics

This is a six-semester sequenced curriculum. Courses must be taken in sequence as indicated by the prerequisites and semesters offered. Acceptance into the Didactic Program in Dietetics at the junior level is based on an overall 3.0 GPA, a 3.0 GPA in NS courses, and a 2.0 GPA in CHEM and ZOOL courses. For more information see www.depts.ttu.edu/hs/ns/undergraduate/bnsaid.php.

FIRST YEAR

**Fall**
- HUSC 1100 or IS 1100: 3
- ENGL 1302, Advanced Coll. Rhetoric †: 3
- CHEM 1306/1106, Chem. That Matters †: 4
- TOTAL: 14

**Spring**
- HUSC 1100 or IS 1100: 3
- ENGL 1302, Advanced Coll. Rhetoric †: 3
- MATH 2300, Statistical Methods †: 3
- CHEM 1307/1107, Princ. of Chem. of Fats † †: 4
- TOTAL: 16

SECOND YEAR

**Fall**
- HIST 2301, History of U.S. Since 1877: 3
- RHIM 3322, Hospitality Control †: 3
- ENGL 2311, Intro. to Technical Writing: 3
- RHIM 3320, Purchasing in Hosp. Ind. †: 3
- RHIM 3330, Nutrition in the Life Cycle †: 3
- NS 3310, Essentials of Dietetic Practice †: 3
- TOTAL: 16

**Spring**
- NS 3302, Survey of Biochemistry ‡: 3
- NS 4341, Medical Nutritional Therapy ‡: 3
- NS 4370, Institutional Food Systems ‡: 3
- NS 4340, Medical Nutritional Therapy I ‡: 3
- NS 4341, Hospitality Management ‡: 3
- NS 4330, Community Nutrition ‡: 3
- TOTAL: 15

**Total Hours: 120**

NOTE: It is highly recommended that students enroll in the in-class (rather than the online) section of ZOOL 2404.

* Choose from core curriculum requirements.
† Concurrent enrollment is required.
‡ Prerequisites apply.