

catalog/colleges/health-human-sciences/food-science-human-nutrition/nutrition-science-major/).

Requirements

MAJOR IN NUTRITION AND FOOD SCIENCE, FOOD SYSTEMS CONCENTRATION

No new students are being admitted into this concentration. Please visit the Major in Nutrition Science (<http://catalog.colostate.edu/general->

Effective Fall 2022

Freshman

		AUCC	Credits
CO 150	College Composition (GT-CO2)	1A	3
FSHN 150	Survey of Human Nutrition		3
FTEC 110	Food-From Farm to Table		3
MATH 117	College Algebra in Context I (GT-MA1)	1B	1
MATH 118	College Algebra in Context II (GT-MA1)	1B	1
MATH 125	Numerical Trigonometry (GT-MA1)	1B	1
PSY 100	General Psychology (GT-SS3)	3C	3
SOC 100	Introduction to Sociology (GT-SS3)	3C	3
Select one group from the following:			4
Group A:			
BZ 110	Principles of Animal Biology (GT-SC2)	3A	
BZ 111	Animal Biology Laboratory (GT-SC1)	3A	
Group B:			
LIFE 102	Attributes of Living Systems (GT-SC1)	3A	
Select one group from the following:			5-8
Group A:			
CHEM 107	Fundamentals of Chemistry (GT-SC2)	3A	
CHEM 108	Fundamentals of Chemistry Laboratory (GT-SC1)	3A	
Group B:			
CHEM 111	General Chemistry I (GT-SC2)	3A	
CHEM 112	General Chemistry Lab I (GT-SC1)	3A	
CHEM 113	General Chemistry II		
Diversity, Equity, and Inclusion (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#diversity-equity-inclusion)		1C	3

Total Credits

30-33

Sophomore

BMS 300	Principles of Human Physiology		4
BMS 302	Laboratory in Principles of Physiology		2
CHEM 245	Fundamentals of Organic Chemistry		4
CHEM 246	Fundamentals of Organic Chemistry Laboratory		1
FSHN 300	Food Principles and Applications		3
FSHN 301	Food Principles and Applications Laboratory		2
OT 215	Medical Terminology		1
SPCM 200	Public Speaking		3
Select one course from the following:			3
AGRI 116/IE 116	Plants and Civilizations (GT-SS3)	1C	
GES 101	Foundations of Environmental Sustainability		
SOC 324	Food Justice		

Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)	3B	3
Historical Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)	3D	3
Elective		3
Total Credits		32
Junior		
BC 351	Principles of Biochemistry	4
FSHN 350	Human Nutrition	3
FTEC 400	Food Safety	3
LIFE 205	Microbial Biology	3
LIFE 206	Microbial Biology Laboratory	2
RRM 400	Food and Society	3
STAT 201 or 204	General Statistics (GT-MA1) Statistics With Business Applications (GT-MA1)	1B 3
Select one course from the following:		3
CO 300	Writing Arguments (GT-CO3)	2
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)	2
CO 301C	Writing in the Disciplines: Social Sciences (GT-CO3)	2
JTC 300	Strategic Writing and Communication (GT-CO3)	2
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)	3B	3
Elective		0-3
Total Credits		27-30
Senior		
FSHN 360	Nutrition Assessment	2
FSHN 386A	Practicum: Food Service Management	2
FSHN 428	Nutrition Teaching and Counseling Techniques	3
FSHN 450	Medical Nutrition Therapy	5
FSHN 451	Community Nutrition	3
FSHN 455	Food Systems–Impact on Health/Food Security	4B 2
FSHN 459	Nutrition in the Life Cycle	4A 3
FSHN 470	Integrative Nutrition and Metabolism	3
FSHN 492	Seminar in Dietetics and Nutrition	4C 2
Elective ¹		3
Total Credits		28
Program Total Credits:		120

¹ Select enough elective credits to bring the program to a minimum of 120 credits, of which at least 42 must be upper-division (300- to 400-level).

Major Completion Map

Freshman

Semester 1		Critical	Recommended	AUCC	Credits
FSHN 150	Survey of Human Nutrition	X			3
MATH 117	College Algebra in Context I (GT-MA1)	X		1B	1
MATH 118	College Algebra in Context II (GT-MA1)	X		1B	1
MATH 125	Numerical Trigonometry (GT-MA1)			1B	1
PSY 100	General Psychology (GT-SS3)			3C	3
Select one group from the following:					4

Group A:					
BZ 110	Principles of Animal Biology (GT-SC2)	X		3A	
BZ 111	Animal Biology Laboratory (GT-SC1)	X		3A	
Group B:					
LIFE 102	Attributes of Living Systems (GT-SC1)	X		3A	
If taking CHEM 111, CHEM 112, CHEM 113 sequence				5	
CHEM 111	General Chemistry I (GT-SC2)	X		3A	
CHEM 112	General Chemistry Lab I (GT-SC1)	X		3A	
Total Credits				15-16	
Semester 2		Critical	Recommended	AUCC	Credits
CO 150	College Composition (GT-CO2)	X		1A	3
FTEC 110	Food-From Farm to Table				3
SOC 100	Introduction to Sociology (GT-SS3)			3C	3
Select one group from the following:				3-5	
Group A:					
CHEM 107	Fundamentals of Chemistry (GT-SC2)	X		3A	
CHEM 108	Fundamentals of Chemistry Laboratory (GT-SC1)	X		3A	
Group B:					
CHEM 113	General Chemistry II	X			
Diversity, Equity, and Inclusion (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#diversity-equity-inclusion)				1C	3
Total Credits				15-17	
Sophomore					
Semester 3		Critical	Recommended	AUCC	Credits
CHEM 245	Fundamentals of Organic Chemistry	X			4
CHEM 246	Fundamentals of Organic Chemistry Laboratory	X			1
FSHN 300	Food Principles and Applications		X		3
FSHN 301	Food Principles and Applications Laboratory		X		2
OT 215	Medical Terminology				1
Select one course from the following:				3	
AGRI 116/ IE 116	Plants and Civilizations (GT-SS3)			1C	
GES 101	Foundations of Environmental Sustainability				
SOC 324	Food Justice				
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			X	3B	3
Total Credits				17	
Semester 4		Critical	Recommended	AUCC	Credits
BMS 300	Principles of Human Physiology	X			4
BMS 302	Laboratory in Principles of Physiology	X			2
SPCM 200	Public Speaking				3
Historical Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)				3D	3
Elective					3
Total Credits				15	
Junior					
Semester 5		Critical	Recommended	AUCC	Credits
BC 351	Principles of Biochemistry	X			4
FTEC 400	Food Safety				3
Select one course from the following:				3	
CO 300	Writing Arguments (GT-CO3)			2	
CO 301B	Writing in the Disciplines: Sciences (GT-CO3)			2	
CO 301C	Writing in the Disciplines: Social Sciences (GT-CO3)			2	

JTC 300	Strategic Writing and Communication (GT-C03)			2	
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)				3B	3
Elective					0-3
Total Credits					13-16
Semester 6		Critical	Recommended	AUCC	Credits
FSHN 350	Human Nutrition				3
LIFE 205	Microbial Biology		X		3
LIFE 206	Microbial Biology Laboratory		X		2
RRM 400	Food and Society				3
Select one course from the following:					3
STAT 201	General Statistics (GT-MA1)			1B	
STAT 204	Statistics With Business Applications (GT-MA1)			1B	
Total Credits					14
Senior					
Semester 7		Critical	Recommended	AUCC	Credits
FSHN 386A	Practicum: Food Service Management				2
FSHN 450	Medical Nutrition Therapy				5
FSHN 451	Community Nutrition				3
FSHN 455	Food Systems--Impact on Health/Food Security	X		4B	2
FSHN 459	Nutrition in the Life Cycle			4A	3
Total Credits					15
Semester 8		Critical	Recommended	AUCC	Credits
FSHN 360	Nutrition Assessment	X			2
FSHN 428	Nutrition Teaching and Counseling Techniques	X			3
FSHN 470	Integrative Nutrition and Metabolism	X			3
FSHN 492	Seminar in Dietetics and Nutrition	X		4C	2
Elective		X			3
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.					X
Total Credits					13
Program Total Credits:					120