

MAJOR IN NUTRITION SCIENCE, DIETETICS AND NUTRITION MANAGEMENT CONCENTRATION

The concentration in dietetics and nutrition management in the Nutrition Science major is designed to provide students with the knowledge and skills to work in the health industry as a registered dietitian nutritionist (RDN). The program emphasizes hands-on and real-world learning experiences through practicums and laboratories. Areas of focus include clinical dietetics, counseling, food service, and sports nutrition.

It is important to understand that to become a registered dietitian nutritionist, one must complete an 8-12 month internship **AFTER** completion of the degree at CSU. Completing this concentration alone and earning the B.S. degree is not sufficient to become a dietitian. As of 2024, one must have a master's degree to become a registered dietitian nutritionist.

Learning Objectives

1. Scientific and Evidence Base of Practice: Integration of scientific information and translation of research into practice.
2. Professional Practice Expectations: Beliefs, values, attitudes, and behaviors for the nutrition and dietetics practitioner level of practice.
3. Clinical and Client Services: Development and delivery of information, products, and services to individuals, groups, and populations.
4. Practice Management and Use of Resources: Strategic application of principles of management and systems in the provision of services to individuals and organizations.
5. Leadership and Career Management: Skills, strengths, knowledge, and experience relevant to leadership potential and professional growth for the nutrition and dietetics practitioner.

See the department's website for the Dietetics and Nutrition Management concentration (<https://www.chhs.colostate.edu/fshn/programs-and-degrees/b-s-in-nutrition-and-food-science/dietetics-and-nutrition-management-concentration/>) for specific learning outcomes for the ACEND Accredited Dietetics Program.

Requirements Effective Fall 2024

Freshman

		AUCC	Credits
CO 150	College Composition (GT-CO2)	1A	3
FSHN 115	Health Equity (GT-SS3)	1C,1C	3
FSHN 150	Survey of Human Nutrition		3
MATH 117	College Algebra in Context I (GT-MA1)	1B	1
MATH 118	College Algebra in Context II (GT-MA1)	1B	1
MATH 124	Logarithmic and Exponential Functions (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)	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		
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)			6

Total Credits

30-33

Sophomore

BMS 300 or HES 300	Principles of Human Physiology Physiology for Clinical Health Professions		4
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CHEM 245	Fundamentals of Organic Chemistry		4
CHEM 246	Fundamentals of Organic Chemistry Laboratory		1
FSHN 292	Careers in Nutrition Science Seminar		1
FSHN 300	Food Principles and Applications		3
FSHN 301	Food Principles and Applications Laboratory		2
FSHN 302	Dietetics Management and Leadership		3
SPCM 200	Public Speaking		3
STAT 201 or 204	General Statistics (GT-MA1)	1B	3
	Statistics With Business Applications (GT-MA1)		
Historical Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)		3D	3
Elective			3

Total Credits**30****Junior**

BC 351	Principles of Biochemistry		4
FSHN 340	Food as Preventive Medicine		3
FSHN 350	Human Nutrition		3
FSHN 360	Nutrition Assessment		2
FSHN 386A	Practicum: Food Service Management		2
FSHN 392	Dietetic Practice Seminar		1
FSHN 453	Biology of Body Weight Regulation		3
LIFE 205	Microbial Biology		3
LIFE 206	Microbial Biology Laboratory		2
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	
Elective			3

Total Credits**29****Senior**

FSHN 428	Nutrition Teaching and Counseling Techniques		3
FSHN 449	Pathophysiology of Nutrition-Related Diseases		2
FSHN 450	Medical Nutrition Therapy	4B	3
FSHN 451	Community Nutrition	4A	3
FSHN 459	Nutrition in the Life Cycle		3
FSHN 470	Integrative Nutrition and Metabolism		3
FSHN 492	Seminar in Dietetics and Nutrition	4C	2
Guided Electives (see list below)			9-12

Total Credits**28-31****Program Total Credits:****120****Guided Electives**

Code	Title	Credits
FSHN 220	Intro to Nutrition for Sports and Fitness	3
FSHN 271	Integrative Wellness Coaching I	3
FSHN 272	Integrative Wellness Coaching II	3
FSHN 435	Lactation Benefits and Promotion	2
FSHN 445/HDFS 445	Early Childhood Health, Safety, and Nutrition	3

FSHN 455	Food Systems—Impact on Health/Food Security	2
FSHN 461	Global Nutrition	2
FTEC 210	Science of Food Fermentation	3

¹ Select enough elective credits to bring the program total 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
CO 150	College Composition (GT-CO2)	X		1A	3
FSHN 150	Survey of Human Nutrition	X			3
PSY 100	General Psychology (GT-SS3)	X		3C	3
Select one of the following groups:		X			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	
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)				3B	3

Total Credits

16

Semester 2		Critical	Recommended	AUCC	Credits
FSHN 115	Health Equity (GT-SS3)	X		1C,1C	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 124	Logarithmic and Exponential Functions (GT-MA1)	X		1B	1
Select one of the following groups:		X			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				
Arts and Humanities (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities)				X	3B

Total Credits

14-17

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 292	Careers in Nutrition Science Seminar	X			1
FSHN 300	Food Principles and Applications	X			3
FSHN 301	Food Principles and Applications Laboratory	X			2
Historical Perspectives (http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives)				X	3D

Total Credits

14

Semester 4		Critical	Recommended	AUCC	Credits
BMS 300 or HES 300	Principles of Human Physiology Physiology for Clinical Health Professions	X			4
FSHN 302	Dietetics Management and Leadership	X			3
SPCM 200	Public Speaking	X			3
STAT 201 or 204	General Statistics (GT-MA1) Statistics With Business Applications (GT-MA1)	X		1B	3
Elective					3

Total Credits

16

<i>Junior</i>					
Semester 5		Critical	Recommended	AUCC	Credits
BC 351	Principles of Biochemistry	X			4
FSHN 350	Human Nutrition	X			3
FSHN 386A	Practicum: Food Service Management	X			2
FSHN 392	Dietetic Practice Seminar	X			1
Select one of the following courses:		X			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	
Elective		X			3
Total Credits					16
Semester 6		Critical	Recommended	AUCC	Credits
FSHN 340	Food as Preventive Medicine	X			3
FSHN 360	Nutrition Assessment	X			2
FSHN 453	Biology of Body Weight Regulation	X			3
LIFE 205	Microbial Biology	X			3
LIFE 206	Microbial Biology Laboratory	X			2
Total Credits					13
<i>Senior</i>					
Semester 7		Critical	Recommended	AUCC	Credits
FSHN 449	Pathophysiology of Nutrition-Related Diseases	X			2
FSHN 451	Community Nutrition	X		4A	3
FSHN 459	Nutrition in the Life Cycle	X			3
Guided Electives (see list on Program Requirements tab)		X			6
Total Credits					14
Semester 8		Critical	Recommended	AUCC	Credits
FSHN 428	Nutrition Teaching and Counseling Techniques	X			3
FSHN 450	Medical Nutrition Therapy	X		4B	3
FSHN 470	Integrative Nutrition and Metabolism	X			3
FSHN 492	Seminar in Dietetics and Nutrition	X	X	4C	2
Guided Electives		X			3-6
The benchmark courses for the 8th semester are the remaining courses in the entire program of study.		X			
Total Credits					14-17
Program Total Credits:					120