

BACHELOR OF SCIENCE IN NUTRITION (COMMUNITY NUTRITION)

Web Site: <https://twu.edu/nutrition-food-sciences/undergraduate-programs/bs-in-nutrition-wellness/>

The Bachelor of Science in Nutrition (Community Nutrition) program provides students with nutritional knowledge that will allow the individual to assist others in reducing the risk of chronic disease through educational and behavioral approaches. In addition to core nutrition courses, students take courses in Health Studies, allowing graduates to effectively inform individuals, communities, and organizations about community health and nutrition. Graduates seek employment in health education, community health programs, school health programs, corporate wellness programs, insurance companies, and fitness centers. Studies focus on qualifying students to obtain the Certified Health Education Specialist credential (CHES), often required for public health positions.

Marketable Skills

Defined by the Texas Higher Education Coordinating Board's 60x30 Strategic Plan (<https://reportcenter.highered.texas.gov/agency-publication/miscellaneous/thecb-60x30-strategic-plan/>) as, "Those skills valued by employers that can be applied in a variety of work settings, including interpersonal, cognitive, and applied skills areas. These skills can be either primary or complementary to a major and are acquired by students through education, including curricular, co-curricular, and extracurricular activities."

- Analyze and interpret blood profile data related to specific health issues or concerns.
- Practice and contribute as part of a health team providing individual and group nutrition, health instruction, and education.
- Implement nutrition program planning according to community needs assessment.

Admissions

All applicants must meet the general undergraduate admission requirements (<https://catalog.twu.edu/undergraduate/admission-information/>).

Degree Requirements

Total Semester Credit Hours (SCH): 122

Major: 62 SCH

Program Code: _____ **CIP Code:** 30.1901.00

Texas Core Curriculum

Code	Title	SCHs
ENG 1013	Composition I (10)	3
ENG 1023	Composition II (10)	3
Mathematics (20)		3
Life & Physical Sciences (30)		6
Language, Philosophy, & Culture (40)		3
Creative Arts (50)		3

HIST 1013	History of the United States, 1492-1865 (60)	3
HIST 1023	History of the United States, 1865 to the Present (60)	3
POLS 2013	U.S. National Government (70)	3
POLS 2023	Texas Government (70)	3
Social & Behavioral Sciences (80)		3
CAO: Multicultural-Women's Studies (90)		3
CAO: First Year Seminar, Wellness or Mathematics (91)		3
Total SCHs		42

Courses Required for Major

Code	Title	SCHs
NFS 1302 & NFS 1301	Food Preparation Principles and Food Preparation Principles Laboratory	3
NFS 2323	Introduction to Nutrition	3
NFS 3033	Nutrition throughout the Life Cycle	3
NFS 3043	Community Nutrition	3
NFS 3083	Nutritional Biochemistry	3
NFS 3101	Advanced Nutrition Laboratory	1
NFS 3173	Culture and Food	3
NFS 4032 & NFS 4031	Culinary Nutrition Modification and Culinary Nutrition Modification Lab	3
NFS 4303	Advanced Nutrition: Macronutrients	3
NFS 4313	Advanced Nutrition: Micronutrients	3
NFS 4473	Nutrition Therapy and Education Methods	3
NFS 4601	Literature in Nutrition and Food Science Seminar	1
NFS 4943	Trends and Controversies in Nutrition and Food Sciences	3
HS 1363	Introduction to Public Health	3
HS 2013	Health Communications	3
HS 3053	Community Health Assessment	3
HS 3303	Program Planning and Evaluation	3
HS 3413	Epidemiology	3
HS 4353	Grant Writing in Health Education	3
HS 4573	Occupational Risk Assessment	3
HS Electives (see advisor for CHES eligibility)		6
HS 2373	Health Aspects of Human Sexuality	
HS 2813	Introduction to Global Health	
HS 3133	Perspectives on Women's Health	
HS 3433	Current Trends in Population Health and Health Informatics	
HS 3443	Health Aspects of Aging	
HS 4553	Stress Management Techniques	
HS 4363	Consumer Health	
HS 4563	Overview of Public Health Surveillance	
Total SCHs		62

Departmental Requirements

Code	Title	SCHs
BIOL 1113 & BIOL 1111	Principles of Biology I and Principles of Biology I Laboratory	4
CHEM 1013 & CHEM 1011	Introductory Chemistry and Introductory Chemistry Laboratory	4

CHEM 1023 & CHEM 1021	Introduction to Organic and Physiological Chemistry and Introduction to Organic and Physiological Chemistry Laboratory	4	HS 2013	Health Communications	3
MATH 1703	Elementary Statistics I	3	SCHs 16		
NFS 2033 & NFS 2031	Food Microbiology and Food Microbiology Laboratory	4	Spring		
PSY 1013	Introduction to General Psychology	3	TCCN		
ZOOL 2013 & ZOOL 2011	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory	4	CHEM 1023 & CHEM 1021	Introduction to Organic and Physiological Chemistry and Introduction to Organic and Physiological Chemistry Laboratory	CHEM 1307 & CHEM 1107 4
ZOOL 2023 & ZOOL 2021	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory	4	POLS 2023	Texas Government	GOVT 2306 3
Total SCHs 30			ZOOL 2013 & ZOOL 2011	Human Anatomy and Physiology I and Human Anatomy and Physiology I Laboratory	BIOL 2401 & BIOL 2101 4
			HS 3053	Community Health Assessment	3
			SCHs 14		

Recommended Plan of Study

First Year

Fall		TCCN	SCHs	Third Year	
NFS 1302 & NFS 1301	Food Preparation Principles and Food Preparation Principles Laboratory		3	Fall	TCCN
ENG 1013	Composition I	ENGL 1301	3	NFS 3033	Nutrition throughout the Life Cycle 3
HIST 1013	History of the United States, 1492-1865	HIST 1301	3	NFS 3043	Community Nutrition 3
PSY 1013	Introduction to General Psychology	PSYC 2301	3	CAO: Women's Studies	3
Select 3 SCH from the following			3	ZOOL 2023 & ZOOL 2021	Human Anatomy and Physiology II and Human Anatomy and Physiology II Laboratory 4
KINS 1902	Health and Wellbeing: Enhancing Personal Wellness	PHED 1338 & EDUC 1100, EDUC 1200, EDUC 1300		HS 3303	Program Planning and Evaluation 3
& UNIV 1233	and Learning Frameworks: First-Year Seminar (required for first year students)			SCHs 16	
KINS 1902	Health and Wellbeing: Enhancing Personal Wellness	PHED 1338 & PHED 1164		Spring	
& KINS 1903	and Fitness and Health Laboratory			TCCN	
SCHs 15			NFS 2033 & NFS 2031	Food Microbiology and Food Microbiology Laboratory	4
Spring		TCCN	NFS 3083	Nutritional Biochemistry	3
NFS 2323	Introduction to Nutrition	BIOL 1322	NFS 3173	Culture and Food	3
BIOL 1113 & BIOL 1111	Principles of Biology I and Principles of Biology I Laboratory	BIOL 1406 & BIOL 1106	HS 3413	Epidemiology	3
ENG 1023	Composition II	ENGL 1302	Creative Arts Core		3
HIST 1023	History of the United States, 1865 to the Present	HIST 1302	SCHs 16		
Language, Philosophy, & Culture Core				Fourth Year	
SCHs 16			Fall		TCCN
Second Year		TCCN	NFS 3101	Advanced Nutrition Laboratory	1
Fall			NFS 4303	Advanced Nutrition: Macronutrients	3
CHEM 1013 & CHEM 1011	Introductory Chemistry and Introductory Chemistry Laboratory	CHEM 1305 & CHEM 1106	NFS 4601	Literature in Nutrition and Food Science Seminar	1
POLS 2013	U.S. National Government	GOVT 2305	NFS 4943	Trends and Controversies in Nutrition and Food Sciences	3
MATH 1703	Elementary Statistics I	MATH 1342	HS 4573	Occupational Risk Assessment	3
HS 1363	Introduction to Public Health		HS Elective		3
			SCHs 14		
			Spring		TCCN
			NFS 4032 & NFS 4031	Culinary Nutrition Modification and Culinary Nutrition Modification Lab	3
			NFS 4313	Advanced Nutrition: Micronutrients	3
			NFS 4473	Nutrition Therapy and Education Methods	3
			HS 4353	Grant Writing in Health Education	3
			HS Elective		3
			SCHs 15		
			Total SCHs: 122		

27 SCH in Health Studies allows the student to sit for the Certified Health Education Specialist (CHES) exam (<https://www.nchec.org/>).