

DIETETICS ADVISING SHEET

(NUTRITION AND FOOD PROGRAM)

Catalog 2024-2025

Date:

Student:

Advisor:

Please use this advising sheet in conjunction with professional advising. Advisors can help identify your correct catalog rights, courses that complete multiple requirements (overlap) & provide requirement updates.

To declare the Dietetics Concentration, first year or transfer students admitted as Nutrition and Food Major are required to complete the Core Course requirements below (Section A, 28 units) with a grade of at least C in each course, and an overall GPA ≥ 2.75 . Only first and second course attempts will be considered. Advising sessions for Nutrition and Food/Dietetics are scheduled on a monthly basis during the fall and spring semesters. Visit the [NUFD program website](#) and the [Didactic Program Dietetics \(DPD\) website](#) for more information.

The Didactic Program of Dietetics is granted accreditation by the Accreditation Council for Education in Nutrition and Dietetics of the Academy of Nutrition and Dietetics.

DIETETICS CONCENTRATION Requirements

A. Required Core courses (28 units)	Prerequisite [†]	NOTE
BIO 10 Basic Biological Concepts (3) (GE B2)		
CHEM 1A General Chemistry I (5) (GE B1+ B3)	CARA or CHEM 4 AND ALEKS Score 61 or higher	
CHEM 1B General Chemistry II (5)	CHEM 1A	
NUFD 9 Food Safety and Sanitation (3)		
NUFD 10 Nutrition and Wellness (3) (GE E)		
NUFD 11 Principles of Food Preparation (3)	NUFD Majors and Minors	
NUFD 113 Nutrition and Metabolism (3) (GE B5)	NUFD 10; BIO 2 or BIO 10 or BIO 20; and CHEM 1A or CHEM 5 or CHEM 6A*	
STAT 1 Intro to Statistics** (GE B4)	ALEKS PPL Score ≥ 51 or Math 10	
B. Required lower division (10 units)		
BIO 39 Microbiology for Allied Health Students (4)	BIO 10; CHEM 1 A	
CHEM 20 Organic Chemistry Lecture: Brief Course (3)	CHEM 1B	
PSYC 2 Introductory Psychology (3) GE (D)		
C. Required upper division (43 units)		
BIO 131 Systemic Physiology (4)	CHEM 1B and BIO 10	
CHEM 161 General Biochemistry (3)	CHEM 20 or CHEM 124; one year of Biological Science recommended.	
NUFD 100 Research: Methods and Application in Nutrition and Food (3)	6 NUFD units	
NUFD 107 Nutrition Education, Communication, and Counseling (3)	NUFD 10 and 3 NUFD units	
NUFD 110 Food Production and Sustainability (4)	NUFD 9; NUFD 10; NUFD 11	
NUFD 114 Cultural and Social Aspects of Food (3) (GE C2)	NUFD 10	
NUFD 115 Nutrition: Pre-conception through Childhood (3)	NUFD 113	
NUFD 119 Nutrition: Adolescence through Older Adulthood (3)	NUFD 113	
NUFD 117 Community Nutrition (3)	NUFD 107; and either NUFD 115 or NUFD 119	
NUFD 121 Nutrition Assessment, Methods, and Support (3)	NUFD 113	
NUFD 118A Medical Nutrition Therapy I (3) (Fall only)	NUFD 113, NUFD 121, and BIO 131	
NUFD 118B Medical Nutrition Therapy II (3) (Spring Only)	NUFD 118A and CHEM 161	
NUFD 116 Food Service Management (3)	NUFD 110	
NUFD 168 Senior Seminar (3) (Fall only)	Permission from the DPD Director	

[†] Dietetics core courses must be a grade of at least C. Other prerequisite courses must have a minimum grade of C.

*Students wishing to declare dietetics must choose CHEM 1A. C.H.E.M. 5 CHEM 6A will not meet the dietetics requirements for chemistry. ** STAT 10A or STAT 10B may be substituted for STAT 1

Applied for Graduation	Y	Sac State GPA	
Overall GPA		GE GPA	
GPA for Major		GPA for UD Major	
Graduation Requirements:			Note
*Items numbered 1-4 should be taken in sequence.			
Minimum 120 units to graduate			
39 units of upper division (courses 100-199)			
American Institutions: # U.S. History			
# U.S. Constitution			
# CA State & Local Government			
1. Written Communication (GE A2) (ENGL 5 or 11) "C- or better required"			
2. Second Semester Composition (ENGL 20) "C- or better required"			
Foreign Language (FL) "C- or better required"			
Race & Ethnicity in American Society (RE)			
3. Writing Placement for Juniors (WPI) Portfolio			
4. Writing Intensive (WI) "C- or better required"			

General Education Requirements	Course	Note
A. Basic Subjects (9 units)		
A1. Oral Communication	C- or better required	
A2. Written Communication	C- or better required	
A3. Critical Thinking	C- or better required	
B. Physical Universe & Its Life Forms (12 units) (Minimum 3 units upper division)		
B1. Physical Science	CHEM 1A	
B2. Life Forms	BIO 10	
B3. Lab	CHEM 1A	
B4. Math Concept	C- or better required	STAT 1 OR 10A/B
B5. Any Area B Course (Upper-division, 100-199)	NUFD 113	
C. Arts & Humanities (12 units) (Minimum 3 units upper division)		
C1. Arts		
C2. Humanities		
Any Area C Course		
Any Area C Course (Upper-division, 100-199)	NUFD 114	
D. The Individual & Society (9 units) (Minimum 3 units upper division) (Minimum of two disciplines must be represented in Area D)		
U.S. History or US Constitution/CA Govt.		
Any Area D Course	PSYC 2	
Any Area D Course (Upper-division, 100-199)		
E. Understanding Personal Development (3 units)		
KINS 99 may be taken CONCURRENTLY with any 1 unit KINS course for a total of 3 units.	NUFD 10	
F. Ethnic Studies (3 units) (Catalog year Fall 21)		
ETHN 11, ETHN 14, ETHN 30, ETHN 53 or ETHN 70		

Note: For more information, please visit the [General Education page](#) and the Academic Requirement Page in the Student Center.

DIETETICS ACADEMIC PLAN

Chart your 2 or 4 year plan below:

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
	Total		Total		Total

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
	Total		Total		Total

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
	Total		Total		Total

FALL:	UNITS	SPRING:	UNITS	SUMMER:	UNITS
1		1		1	
2		2		2	
3		3		3	
4		4		4	
5		5		5	
6		6		6	
	Total		Total		Total

Notes: