

# MAJOR IN NUTRITION AND FOOD SCIENCE, FOOD SYSTEMS CONCENTRATION

## 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/<br>IE 116                   | Plants and Civilizations (GT-SS3)            |          |             | 1C   |         |
| GES 101                               | Foundations of Environmental Sustainability  |          |             |      |         |
| SOC 324                               | Food Justice                                 |          |             |      |         |

|                                                                                                                                                                                                                                           |   |    |   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|----|---|
| Arts and Humanities ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities</a> ) | X | 3B | 3 |
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| <b>Total Credits</b> |  |  | <b>17</b> |
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| <b>Semester 4</b>                                                                                                                                                                                                                                             |                                        | <b>Critical</b> | <b>Recommended</b> | <b>AUCC</b> | <b>Credits</b> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|-----------------|--------------------|-------------|----------------|
| BMS 300                                                                                                                                                                                                                                                       | Principles of Human Physiology         | X               |                    |             | 4              |
| BMS 302                                                                                                                                                                                                                                                       | Laboratory in Principles of Physiology | X               |                    |             | 2              |
| SPCM 200                                                                                                                                                                                                                                                      | Public Speaking                        |                 |                    |             | 3              |
| Historical Perspectives ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#historical-perspectives</a> ) |                                        |                 |                    | 3D          | 3              |
| Elective                                                                                                                                                                                                                                                      |                                        |                 |                    |             | 3              |

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| <b>Total Credits</b> |  |  | <b>15</b> |
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**Junior**

| <b>Semester 5</b>                                                                                                                                                                                                                         |                                                      | <b>Critical</b> | <b>Recommended</b> | <b>AUCC</b> | <b>Credits</b> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------|--------------------|-------------|----------------|
| 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-CO3)         |                 |                    | 2           |                |
| Arts and Humanities ( <a href="http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities">http://catalog.colostate.edu/general-catalog/all-university-core-curriculum/aucc/#arts-humanities</a> ) |                                                      |                 |                    | 3B          | 3              |
| Elective                                                                                                                                                                                                                                  |                                                      |                 |                    |             | 0-3            |

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| <b>Total Credits</b> |  |  | <b>13-16</b> |
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| <b>Semester 6</b>                     |                                                | <b>Critical</b> | <b>Recommended</b> | <b>AUCC</b> | <b>Credits</b> |
|---------------------------------------|------------------------------------------------|-----------------|--------------------|-------------|----------------|
| 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          |                |

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| <b>Total Credits</b> |  |  | <b>14</b> |
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**Senior**

| <b>Semester 7</b> |                                              | <b>Critical</b> | <b>Recommended</b> | <b>AUCC</b> | <b>Credits</b> |
|-------------------|----------------------------------------------|-----------------|--------------------|-------------|----------------|
| 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              |

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| <b>Total Credits</b> |  |  | <b>15</b> |
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| <b>Semester 8</b>                                                                                    |                                              | <b>Critical</b> | <b>Recommended</b> | <b>AUCC</b> | <b>Credits</b> |
|------------------------------------------------------------------------------------------------------|----------------------------------------------|-----------------|--------------------|-------------|----------------|
| 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               |                    |             |                |

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| <b>Total Credits</b> |  |  | <b>13</b> |
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| <b>Program Total Credits:</b> |  |  | <b>120</b> |
|-------------------------------|--|--|------------|