

2025-2026 CATALOG CHECKLIST

NAME: _____

SID#: _____

DATE: _____

UA FOUNDATIONS & GENERAL EDUCATION

MATH

MATH 112: College Algebra (3 units) _____

COMPOSITION~ (select one (1) sequence)

ENGL 101 & 102: First Year Composition (3 units) _____ & _____

or

ENGL 107 & 108: First Year Composition (3 units) _____ & _____

or

ENGL 109H: Advanced First-Year Composition (3 units) _____

SECOND LANGUAGE*

You must demonstrate second semester level proficiency in a foreign language (ex: SPAN 102 or higher) (0-8 units)

GENERAL EDUCATION

UNIV 101: Intro to General Education (1 unit) > _____

Exploring Perspectives (complete one (1) course in each category)

Artist: _____ (3 units) _____

Humanist: _____ (3 units) _____

Natural Scientist: NSC 170C1 (3 units) _____ X

Social Scientist: _____ (3 units) _____

Building Connections (complete three (3) courses)

_____ (3 units) _____

_____ (3 units) _____

_____ (3 units) _____

UNIV 301: General Education Capstone (1 unit) > _____

SUPPORTING COURSEWORK & SCIENCES

STATISTICS^ (complete one (1) course) (3-4 units)

AREC 239, BIOS 376, FCSC 201, ISTA 116

MATH 163, MATH 263, PSY 230, SBS 200, SOC 375

_____ (3 units) _____

BIOC 384: Foundations in Biochemistry (3 units) **OR**

BIOC 385: Metabolic Biochemistry (3 units) _____

CHEM 151: Chemical Thinking I (4 units) _____

CHEM 152: Chemical Thinking II (4 units) _____

CHEM 241A: Organic Chemistry I (3 units) _____

MCB 181R: Introductory Biology (3 units) _____

MCB 181L: Introductory Biology Lab (1 unit) _____

MIC 205A: General Microbiology (3 units) _____

MIC 205L: General Microbiology Lab (1 unit) _____

PSIO 201: Human Anatomy & Physiology I (4 units) _____

PSIO 202: Human Anatomy & Physiology II (4 units) _____

DIETETICS COURSEWORK

NSC 170C1: Nutrition, Food, & You ** (3 units) *Grade of B or better required* _____

NSC 195A: Exploring Professional Pathways in Nutrition (1 unit) _____

NSC 225: Foundational Skills in Nutritional Sciences (2 units) _____

NSC 260: Nutrition Communication and Scientific Literacy (3 units) _____

NSC 301: Nutrition and the Life Cycle (3 units) _____

NSC 308: Nutrition and Metabolism (3 units) _____

NSC 325: Foundations of Medical Nutrition Therapy (4 units) _____

NSC 325L: Foundations of Medical Nutrition Therapy Lab (1 unit) _____

NSC 351R: Fundamentals of Food Science (3 units) _____

NSC 351L: Fundamentals of Food Science Lab (1 unit) _____

NSC 358R: Institutional Food Management (2 units) _____

NSC 358L: Institutional Food Management Lab (1 unit) _____

NSC 395A: Experiential Learning in Nutritional Sciences (2 units) _____

NSC 395D: Earning the RDN Credential (1 unit) _____

NSC 408: Nutritional Biology (3 units) _____

NSC 420: Nutrition Education & Counseling (2 units) _____

NSC 422: Weight Inclusive Counseling (3 units) _____

NSC 425: Medical Nutrition Therapy I (4 units) _____

NSC 435: Medical Nutrition Therapy II (4 units) _____

NSC 444: Community Nutrition (3 units) _____

NSC 458: Food Service Organization and Management (3 units) _____

NSC 495A: Dietetic Internship Preparation (1 unit) _____

Major Elective (complete 3 units) _____

Students in the Didactic Program in Dietetics (DPD) are required to meet and complete a series of Knowledge Requirements for Registered Dietitian Nutritionists (KRDN) to receive a Verification Statement upon graduation. KRDNs prepare students with the necessary knowledge to enter an Accreditation Council for Education in Nutrition & Dietetics (ACEND) Accredited Graduate Program. KRDNs are measured in several DPD courses. For details on specific KRDNs and where they are mapped in the curriculum, please refer to the DPD handbook.

COMMENTS

GRADUATION REQUIREMENTS:

A minimum of 120 units is required. 56 units must be university level. 42 must be upper division (300, 400 level). A minimum major & cumulative GPA of 2.0 is required.

Total Units: _____ /120

Upper Division Units: _____ /42

University Level Units: _____ /56

KEY/NOTES:

~ Requires a "B" or better in second semester English Composition to satisfy Mid-Career Writing Assessment

* Requires a "C" or better in second semester language course

> UNIV 101 & UNIV 301 do not need to be taken by Transfer students

** Requires a "B" or better for graduation

^ Bolded statistic courses can also satisfy foundation math requirement

This is provided as a guide only. Please meet regularly with your Nutrition academic advisor to monitor your progress in the major.

B.S. Nutrition & Dietetics 4-Year Plan, 2025-2026

YEAR 1

FALL

MATH 112 College Algebra	3
ENGL 101 First Year Composition	3
NSC 170C1 Nutrition, Food, & You (<i>Natural Scientist</i>)	3
NSC 195A Exploring Professional Pathways in Nutrition	1
Second Language	4
UNIV 101 Introduction to the General Education (Entry Course)	1
Total Units	15

SPRING

Statistics	3
ENGL 102 First Year Composition	3
CHEM 151 Chemical Thinking I	4
NSC 225 Foundational Skills in Nutritional Sciences	2
Second Language	4
GE Core: Building Connections	3
Total Units	19

YEAR 2

FALL

CHEM 152 Chemical Thinking II	4
MCB 181R Introductory Biology	3
MCB 181L Introductory Biology Lab	1
NSC 260 Nutrition Communication & Scientific Literacy	3
NSC 301 Nutrition & The Life Cycle	3
NSC 395A Experiential Learning	2
Total Units	16

SPRING

CHEM 241A Lectures in Organic Chemistry	3
PSIO 201 Human Anatomy & Physiology I	4
NSC 308 Nutrition and Metabolism	3
GE Core: Building Connections	3
GE Core: Artist	3
Total Units	16

YEAR 3

FALL

MIC 205A General Microbiology	3
MIC 205L General Microbiology Lab	1
PSIO 202 Human Anatomy & Physiology II	4
NSC 351R Fundamentals of Food Science	3
NSC 351L Fundamentals of Food Science Lab	1
NSC 395D Earning the RDN Credential	1
GE Core: Humanist	3
Total Units	16

SPRING

GE Core: Social Scientist	3
NSC 325 Foundations in Medical Nutrition Therapy	4
NSC 325L Foundations in Medical Nutrition Therapy Lab	1
NSC 358R Institutional Food Management	2
NSC 358L Institutional Food Management Lab	1
NSC 420 Nutrition Education & Counseling	2
Nutrition Elective	3
Total Units	16

YEAR 4

FALL

BIOC 384 or BIOC 385	3
NSC 422 Weight Inclusive Approach to Counseling	3
NSC 425 Medical Nutrition Therapy I	4
NSC 458 Food Service Organization & Management	3
NSC 495A Dietetic Internship Preparation	3
Total Units	16

SPRING

NSC 408 Nutritional Biology	3
NSC 435 Medical Nutrition Therapy II	4
NSC 444 Community Nutrition	3
GE Core: Building Connections	3
UNIV 301 General Education Portfolio (Exit Course)	1
Total Units	14

Prerequisite Guide

Course Name	Course Prefix & Number	Prerequisites	Semesters Offered
Nutrition, Food, & You	NSC 170C1	None	Spring, Summer, Fall
Exploring Professional Pathways in Nutrition, Food, Health, and Wellness	NSC 195A	None	Spring, Fall
Foundational Skills in Nutritional Sciences	NSC 225	NSC 170C1	Spring, Summer, Fall
Nutrition Communication and Scientific Literacy	NSC 260	NSC 170C1, ENGL 102; Sophomores, Juniors, and Seniors only	Spring, Summer, Fall
Nutrition and the Life Cycle	NSC 301	NSC 170C1	Spring, Summer, Fall
Nutrition & Metabolism	NSC 308	Prerequisite or concurrent enrollment in NSC 260; NSC 170C1, CHEM 142 or CHEM 152, AND MCB 181R <i>or</i> PSIO 201	Spring, Summer, Fall
Foundations in Medical Nutrition Therapy	NSC 325	NSC 308, CHEM 241A, and PSIO 202	Spring, Summer
Foundations in Medical Nutrition Therapy Lab	NSC 325L	Concurrent enrollment or completion of NSC 325	Spring, Summer
Fundamentals of Food Science	NSC 351R	NSC 170C1 and CHEM 152	Spring, Summer, Fall
Fundamentals of Food Science Lab	NSC 351L	Concurrent enrollment or completion of NSC 351R	Spring, Summer, Fall
Institutional Food Management	NSC 358R	Concurrent enrollment or completion of NSC 351R and concurrent enrollment in NSC 358L	Spring, Summer
Institutional Food Management Lab	NSC 358L	Concurrent enrollment in NSC 358R	Spring, Summer
Experiential Learning in Nutritional Sciences	NSC 395A	NSC 170C1	Spring, Fall
Earning the RDN Credential	NSC 395D	NSC 195A	Spring, Fall
Nutritional Biology	NSC 408	NSC 308, CHEM 241A, and PSIO 202; concurrent enrollment in BIOC 384 <i>or</i> 385	Spring, Summer, Fall
Nutrition Education & Counseling	NSC 420	NSC 325	Spring only
Weight Inclusive Counseling	NSC 422	Dietetic seniors only	Spring, Summer, Fall
Medical Nutrition Therapy I	NSC 425	NSC 325 and concurrent enrollment or completion of BIOC 384 <i>or</i> 385	Fall only
Medical Nutrition Therapy II	NSC 435	NSC 425	Fall only
Community Nutrition	NSC 444	NSC 301; Dietetic seniors only	Spring only
Food Service Organization & Management	NSC 458	NSC 358R and NSC 358L	Summer, Fall
Internship Prep Workshop	NSC 495A	Dietetic seniors only	Summer, Fall

**B.S. NUTRITION & DIETETICS
ELECTIVES GUIDE**

Course Prefix	Course Name	Unit(s)
NSC 212	Intuitive Eating Approach to Health & Wellbeing	3
NSC 255	Food & Culture	3
NSC 312	Weight Stigma, Nutrition & Health	3
NSC 315	Sports Nutrition	3
NSC 320	Health Promotion	3
NSC 332	Health Coaching	3
NSC 371L	Fermented Foods & Beverages Lab	1
NSC 371R	Fermented Food & Beverages	3
NSC 375	Diet, Genes, & Disease	3
NSC 376	Bioactive Food Compounds & Additives	1
NSC 391	Preceptorship	3
NSC 392	Directed Research	3
NSC 393	Internship	3
NSC 399	Independent Study	3
NSC 412	Body Positivity	3
NSC 415R	Sports Nutrition Lecture Advanced	1
NSC 415L	Sports Nutrition Lab	3
NSC 432	Exploring Eating Disorders	3
NSC 442	Health Communication from a Weight Inclusive Lens	3
NSC 445R	Body Composition Lecture	2
NSC 445L	Body Composition Lab	1
NSC 475	Nutrigenomics	3
NSC 497F	Community & School Garden Workshop	3

IMPORTANT NOTES	COMMENTS
Students must secure their own sites for experiential learning courses (NSC 391, NSC 392, NSC 393, NSC 399).	

This sheet is provided as a guide only.