

# NUTRITION AND FOOD SCIENCE - APPLIED WELLNESS CONCENTRATION (B.S.)

The B.S. in Nutrition and Food Science with a concentration in Applied Nutrition and Wellness is ideal for those students who are interested in working with groups of people in non-clinical settings. The curriculum gives students the opportunity to acquire knowledge and skills in nutrition education techniques with the aim of promoting overall good health among diverse population groups. Graduates are prepared to develop and coordinate wellness programs within a variety of settings including community health centers, fitness centers, state health departments, harm reduction agencies, supplement stores, or corporate institutions, to name a few.

Students have the unique opportunity to combine their coursework in nutrition with courses from other disciplines by building a minor into their major program. A minor option in Public Health, Sports Nutrition, Communication Studies, Journalism, Business, Political Science, Psychology, or Sociology allows graduates to apply their knowledge of nutrition-based wellness in a tangential but specialized field such as public health programming and policy, nutrition communication, social marketing, substance abuse rehabilitation, supplement industry, or corporate wellness programming.

The specific objectives of the program are:

- To prepare practitioners with skills in performing group-level nutritional needs assessments in the community.
- To prepare practitioners with skills in analyzing gaps in existing policies and planning appropriate population-based nutrition education initiatives.
- To prepare practitioners who are committed to social justice and the elimination of health disparities in their community using advanced-level critical thinking and problem solving skills.
- To contribute to a diverse student body representing multiple cultural, educational and other professional backgrounds.
- To collaborate with other professionals in the field and work together to advance the standing of the health and wellness industry.

This concentration can also serve as the first part of an accelerated BS/MS program (<http://catalog.montclair.edu/programs/nutrition-food-science-combined-bs-ms/>). Contact [nufs@montclair.edu](mailto:nufs@montclair.edu) for more information about this option.

For details about this program, including program description, admission requirements, and contact information, click here (<https://www.montclair.edu/academics/programs/bs-nutrition-and-food-science/>).

## Degree Requirements Overview

| Code                 | Title                                | Credits    |
|----------------------|--------------------------------------|------------|
|                      | New Student Seminar                  | 1          |
|                      | SEEDS General Education Requirements | 21-24      |
|                      | Major Requirements                   | 68         |
|                      | Free Electives                       | 30-27      |
| <b>Total Credits</b> |                                      | <b>120</b> |

## Major Requirements

| Code                                       | Title                                                      | Credits   |
|--------------------------------------------|------------------------------------------------------------|-----------|
| <b>Nutrition and Food Science Core</b>     |                                                            |           |
| NUFD 130                                   | Introduction to Nutrition and Food Science Profession      | 1         |
| NUFD 150                                   | Food Composition and Scientific Preparation                | 3         |
| NUFD 153                                   | Dynamics of Food and Society                               | 3         |
| NUFD 192                                   | Nutrition with Laboratory                                  | 4         |
| NUFD 240                                   | Sanitation Management and Food Microbiology: Certification | 1         |
| NUFD 404                                   | Introduction to Research                                   | 3         |
| <b>Concentration Requirements</b>          |                                                            |           |
| Complete Concentration Requirements below. |                                                            | 53        |
| <b>Total Credits</b>                       |                                                            | <b>68</b> |

## Applied Nutrition and Wellness Concentration

| Code                                          | Title                                                                        | Credits   |
|-----------------------------------------------|------------------------------------------------------------------------------|-----------|
| <b>Required Courses</b>                       |                                                                              |           |
| NUFD 285                                      | Nutrition in Chronic Disease Prevention                                      | 3         |
| NUFD 299                                      | Professional Development for Careers in Nutrition, Food Science and Wellness | 3         |
| NUFD 381                                      | Applied Nutrition in the Lifecycle                                           | 3         |
| NUFD 409                                      | Internship in Nutrition and Food Science                                     | 3         |
| NUFD 410                                      | Policy and Advocacy for Nutrition Based Wellness Programs                    | 3         |
| <b>Application Elective</b>                   |                                                                              |           |
| Complete one course from the following:       |                                                                              | 3         |
| NUFD 426                                      | Fundamentals of Healthy Cuisine                                              |           |
| NUFD 477                                      | Social Marketing in Nutrition                                                |           |
| <b>Supervision Elective</b>                   |                                                                              |           |
| Complete two courses from the following:      |                                                                              | 6         |
| NUFD 411                                      | Managing Programs                                                            |           |
| NUFD 412                                      | Nutrition Education Techniques                                               |           |
| NUFD 496                                      | Special Topics in Health and Wellness                                        |           |
| <b>Collateral Courses</b>                     |                                                                              |           |
| BIOL 243                                      | Human Anatomy and Physiology                                                 | 4         |
| CHEM 113                                      | Fundamentals of Chemistry                                                    | 4         |
| STAT 109                                      | Statistics                                                                   | 3         |
| <b>Required Minor</b>                         |                                                                              |           |
| Select one of the required minors (see below) |                                                                              | 18        |
| <b>Total Credits</b>                          |                                                                              | <b>53</b> |

### Required Minor (complete one)

Business Minor (<http://catalog.montclair.edu/programs/business-minor/>)

Communication Studies Minor (<http://catalog.montclair.edu/programs/communication-studies-minor/>)

Entrepreneurship Minor (<http://catalog.montclair.edu/programs/entrepreneurship-minor/>)

Gerontology Minor (<http://catalog.montclair.edu/programs/gerontology-minor/>)

Journalism Minor (<http://catalog.montclair.edu/programs/journalism-minor/>)

Political Science Minor (<http://catalog.montclair.edu/programs/political-science-minor/>)

Psychology Minor (<http://catalog.montclair.edu/programs/psychology-minor/>)

Public Administration Minor (<http://catalog.montclair.edu/programs/public-administration-minor/>)

Public Health Minor (<http://catalog.montclair.edu/programs/public-health-minor/>)

Social Work Minor (<http://catalog.montclair.edu/programs/social-work-minor/>)

Sociology Minor (<http://catalog.montclair.edu/programs/sociology-minor/>)

Sports Nutrition Minor (<http://catalog.montclair.edu/programs/sports-nutrition-minor/>)

## New Student Seminar

| Code                                                                                                               | Title                                             | Credits |
|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|---------|
| Students in the Adult Learner program must take GNED 100.                                                          |                                                   |         |
| Complete one course from the following. Some courses may be restricted by major. Consult with an academic advisor. |                                                   | 1       |
| ADVS 198                                                                                                           | Pathways to Success                               |         |
| CHEM 190                                                                                                           | Freshman Seminar in Chemistry                     |         |
| FYS 100                                                                                                            | First Year Seminar                                |         |
| GNED 100                                                                                                           | Adult Academic Success Seminar                    |         |
| GNED 199                                                                                                           | New Student Seminar                               |         |
| HPEM 199                                                                                                           | Freshman Seminar in Health and Physical Education |         |
| IDS 155                                                                                                            | Pathways to Adult Learning                        |         |
| JUST 199                                                                                                           | New Student Seminar                               |         |
| MATH 102                                                                                                           | New Student Experience for Mathematical Sciences  |         |
| MUGN 199                                                                                                           | Freshman Seminar for Music Majors                 |         |
| NURS 199                                                                                                           | Introduction to Nursing                           |         |
| POLS 199                                                                                                           | Freshman Seminar in Political Science and Law     |         |

## SEEDS General Education Requirements

Click here for a list of courses that fulfill the SEEDS requirements. (<http://catalog.montclair.edu/programs/seeds-general-education-requirements/>)

| Code                       | Title | Credits |
|----------------------------|-------|---------|
| <b>Foundations</b>         |       |         |
| <i>Effective Writing I</i> |       |         |

Complete one Effective Writing I course. 3

### *Effective Writing II*

Complete one Effective Writing II course. 3

### *Interactive Communication*

Complete one Interactive Communication course. 3

### *Quantitative Reasoning*

Fulfilled by STAT 109 in the major

### *Political and Civic Life*

Complete one Political and Civic Life course. 3

### *World Language*

Complete two sequential classes in one World Language when starting at the Beginner I or Beginner II level. Complete one class when starting at the Intermediate/Advanced Level. 3-6

### **Exploration**

Complete one course from four different Exploration categories: 6

### *Analyzing Cultures and Societies*

Fulfilled by NUFD 153 in the major.

### *Creative Expression*

### *Ethical Inquiry*

### *Historical Thinking*

### *Literary and Artistic Analysis*

### *Scientific Reasoning*

Fulfilled by NUFD 192 in the major.

**Total Credits**

**21-24**

## Recommended Roadmap to Program of Study Completion

This recommended degree plan is provided as an outline for students to follow in order to complete their program of study requirements within **four years** and 120 credits. This plan is a recommendation and must be used in consultation with their academic advisor. Important note: Students should be aware this plan assumes no pre-requisite coursework is required. If pre-requisite coursework is needed, students may have additional requirements to fulfill which do not appear on the plan.

### **First Year**

| Fall                       | Credits Spring                                                                | Credits   |
|----------------------------|-------------------------------------------------------------------------------|-----------|
| New Student Seminar        | 1 SEEDS: Effective Writing II                                                 | 3         |
| SEEDS: Effective Writing I | 3 NUFD 153 (Fulfills SEEDS: Exploration 1 – Analyzing Cultures and Societies) | 3         |
| NUFD 130                   | 1 NUFD 192 (Fulfills SEEDS: Exploration 2 - Scientific Reasoning)             | 4         |
| NUFD 150                   | 3 STAT 109 (Fulfills SEEDS: Quantitative Reasoning)                           | 3         |
| CHEM 113                   | 4 Free Elective                                                               | 2         |
| Free Elective              | 3                                                                             |           |
| <b>15</b>                  |                                                                               | <b>15</b> |

**Second Year**

| <b>Fall</b>                      | <b>Credits Spring</b>             | <b>Credits</b> |
|----------------------------------|-----------------------------------|----------------|
| SEEDS: Exploration 3             | 3 SEEDS: Political and Civic Life | 3              |
| SEEDS: Interactive Communication | 3 NUFD 285                        | 3              |
| NUFD 240                         | 1 NUFD 299                        | 3              |
| BIOL 243                         | 4 Free Elective                   | 3              |
| Free Elective                    | 4 Free Elective                   | 3              |
|                                  | <b>15</b>                         | <b>15</b>      |

**Third Year**

| <b>Fall</b>             | <b>Credits Spring</b>     | <b>Credits</b> |
|-------------------------|---------------------------|----------------|
| SEEDS: World Language 1 | 3 SEEDS: World Language 2 | 3              |
| SEEDS: Exploration 4    | 3 NUFD 409                | 3              |
| NUFD 381                | 3 NUFD 410                | 3              |
| Minor course            | 3 Minor Course            | 3              |
| Free Elective           | 3 Free Elective           | 3              |
|                         | <b>15</b>                 | <b>15</b>      |

**Fourth Year**

| <b>Fall</b>          | <b>Credits Spring</b>  | <b>Credits</b> |
|----------------------|------------------------|----------------|
| NUFD 404             | 3 Supervision Elective | 3              |
| Application Elective | 3 Supervision Elective | 3              |
| Minor Course         | 3 Minor Course         | 3              |
| Minor Course         | 3 Minor Course         | 3              |
| Free Elective        | 3 Free Elective        | 3              |
|                      | <b>15</b>              | <b>15</b>      |

**Total Credits 120**