

# NUTRITION, BS (PENDING SCHEV APPROVAL)

Banner Code: HH-BS-NUTR

## Academic Advising

Website: <https://chhs.gmu.edu/students/academic-advising/>  
undergraduate-advising (<https://chhs.gmu.edu/students/academic-advising/undergraduate-advising/>)

**Note: as of catalog publication in April, the program described below has been approved by the Board of Visitors and sent to the State Council of Higher Education in Virginia for consideration as a new degree program. The university cannot accept applications or enroll students in this program until SCHEV approval has been granted.**

Good nutrition is essential for health and well-being, but notable deficiencies exist in nutrition knowledge and the quality of the diets of adults and children in the US and worldwide. The high rates of overweight and obesity, rising household food insecurity, and a rapidly changing food environment, accompanied by increased consumer interest in healthful eating inspired the development of this program which is focused on improving the health and nutritional status of local, national, and global populations. This underscores our commitment to creating a more just, free, and prosperous world, as well-nourished populations tend to thrive and achieve greater productivity.

The program is unique and innovative by drawing from courses and skills outside traditional nutrition undergraduate programs which focus on the physiological and biological aspects of foods and nutrients. In addition to those traditional courses, we offer innovative courses such as Food Systems, Experimental Foods, Fundamentals of Cooking and Nutrition Policy that will allow students to apply their skills and knowledge to developing programs, policy, and interventions that impact nutrition and nutrition solutions. The core courses include all the basic components within the discipline of nutrition with the purpose to train students to assess, evaluate, and intervene in the most current and relevant nutrition issues. It is guided by the competency guidelines of the Accreditation Council for Education in Nutrition and Dietetics (ACEND), the accrediting agency for education programs preparing students for careers in nutrition, to ensure that enrolled students acquire a thorough and valuable set of knowledge and skills.

The curriculum includes *three optional concentrations* that may be taken in place of Nutrition Electives:

## Food Systems Concentration

The *Food Systems* concentration will provide students with the knowledge and skills to understand how components of the food system affect the health of a community (e.g., nutrition, food security, inequity, agriculture, food safety). Students will examine the interrelationships within national and global food systems and their influence on such outcomes as the obesity epidemic, food security, and the environmental impact of agriculture.

## Global Nutrition and Food Security Concentration

The *Global Nutrition and Food Security* concentration will provide our students with the knowledge and tools to prepare them for careers in food security and safety, as well as a comprehensive skill

set to evaluate nutritional status and determinants across various populations worldwide. While undernutrition is predominant in low-income nations, overnutrition is more common in high-income countries and populations. These are issues of growing concern to government agencies, multilateral organizations and non-governmental organizations. Despite longstanding efforts, it is estimated that up to one billion people across the globe are hungry and food insecure in both developing and industrialized countries, including the United States.

## Pre-Dietetics Concentration

The *Pre-Dietetics* concentration will serve as preparation for students who wish to pursue the *Registered Dietitian Nutritionist* (RDN) credential, and includes medicine-oriented courses as well as food service courses, both competencies required by ACEND, to assure a smooth pathway towards an MS/RDN program and dietetic internship.

## Admissions & Policies

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## Policies

For policies governing all undergraduate degrees, see AP.5 Undergraduate Policies (<http://catalog.gmu.edu/policies/academic/undergraduate-policies/>).

## Advising

Each student is assigned an academic advisor who is a faculty member within their academic department or a professional academic advisor within the Office of Student Affairs (OSA). Academic advisor assignments are listed on the CHHS website (<https://chhs.gmu.edu/students/academic-advising/>), and students are expected to meet with their advisor regularly (at least once each semester) to seek advice about academic schedules and program plans. Students also should meet with their advisor if they are experiencing academic difficulty.

## Student Responsibilities

All students are responsible for knowing the requirements of their major as specified in the university catalog for their catalog year; academic deadlines outlined in the semester academic calendar (<http://registrar.gmu.edu/calendars/>); and university policies and procedures as stated in the catalog.

Students also should run their own degree-evaluation (<http://registrar.gmu.edu/students/degree-evaluation/>) to identify graduation requirements and progress towards their degree. While academic advisors can give advice to students, **students are responsible for the academic planning decisions they make.** Academic advisors cannot be held responsible for mistakes made by students in selecting courses that may not count toward their degree and thus delay a desired graduation date.

## Minimum Grade Requirement

A minimum grade of C must be obtained in all major requirements, including concentration coursework.

## Writing Intensive Requirement

The university requires all students to complete at least one course designated "writing intensive" within the major. Students majoring in nutrition fulfill this requirement by successfully completing NUTR 326 Food Systems.

## Requirements

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## Degree Requirements

Total credits: 120

Students must fulfill all requirements for bachelor's degrees, including the Mason Core (<https://catalog.gmu.edu/mason-core/>) requirements.

### Mason Core Requirements

Code	Title	Credits
<b>Foundation Requirements</b>		
Written Communication		
ENGH 100	Composition for Multilingual Writers (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	3
or ENGH 101	Composition (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	
Oral Communication		
Any Mason Core Oral Communication course ( <a href="http://catalog.gmu.edu/mason-core/#oral">http://catalog.gmu.edu/mason-core/#oral</a> )		3
Quantitative Reasoning		
STAT 250	Introductory Statistics I (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	3
Information Technology		
Any Mason Core Information Technology course ( <a href="http://catalog.gmu.edu/mason-core/#information-technology">http://catalog.gmu.edu/mason-core/#information-technology</a> )		3
<b>Exploration Requirements</b>		
Arts		
Any Mason Core Arts course ( <a href="http://catalog.gmu.edu/mason-core/#arts">http://catalog.gmu.edu/mason-core/#arts</a> )		3
Global Understanding		
GCH 205	Global Health (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	3
Literature		
Any Mason Core Literature course ( <a href="http://catalog.gmu.edu/mason-core/#literature">http://catalog.gmu.edu/mason-core/#literature</a> )		3
Natural Science		
BIOL 213	Cell Structure and Function (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	4

NUTR 295	Introduction to Nutrition (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	3
Social and Behavioral Science		
Any Mason Core Social and Behavioral Science course ( <a href="http://catalog.gmu.edu/mason-core/#social-behavioral-science">http://catalog.gmu.edu/mason-core/#social-behavioral-science</a> )		3
Western Civilization/World History		
Any Mason Core Western Civilization/World History course ( <a href="https://catalog.gmu.edu/mason-core/#western-civilization-world-history">https://catalog.gmu.edu/mason-core/#western-civilization-world-history</a> )		3
<b>Integration Requirement</b>		
Written Communication		
ENGH 302	Advanced Composition (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	3
Writing-Intensive <sup>1</sup>		
Capstone		
NUTR 495	Nutrition and Food Studies Capstone	3
Total Credits		40

<sup>1</sup> This program includes the writing-intensive course as a part of the major requirements; this course is therefore not counted towards the total required for Mason Core.

### Core Courses

Code	Title	Credits
BIOL 425	Human Physiology	3
BIOL 483	General Biochemistry	4
or CHEM 463	General Biochemistry I	
CHEM 211	General Chemistry I (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	3
CHEM 212	General Chemistry II (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	3
CHEM 213	General Chemistry Laboratory I (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	1
CHEM 214	General Chemistry Laboratory II (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	1
CHEM 313	Organic Chemistry I	3
GCH 300	Introduction to Public Health	3
GCH 412	Fundamentals of Epidemiology	3
NUTR 312	Experimental Foods	3
NUTR 313	Experimental Foods Lab	1
NUTR 315	Fundamentals of Cooking	3
NUTR 326	Food Systems	3
NUTR 330	Food Composition	3
NUTR 383	Taste and Place	3
NUTR 420	Strategies for Nutrition Education	3
NUTR 421	Community Nutrition	3
NUTR 422	Nutrition throughout the Life Cycle	3
NUTR 423	Nutrition and Chronic Illnesses	3
NUTR 440	Nutrition Policy	3
NUTR 442	Advanced Nutrition I	3
NUTR 444	Advanced Nutrition II	3

NUTR 451	Nutrition Assessment	3
Total Credits		64

### Restricted Electives

Code	Title	Credits
Select one of the following:		
UNIV 320	Internship and Career Readiness	1
UNIV 370	Special Topics	
UNIV 371	Dimensions of Well-Being	
UNIV 420	College to Career	
UNIV 421	College to Graduate School	
UNIV 490	Critical Decisions in Postgraduate Transitions	
UNIV 491	RS: Students as Scholars Individualized Scholarly Experience	
UNIV 495	RS: Undergraduate Research Scholars Program Seminar	
Other courses as approved by director		
Total Credits		1

### Nutrition Electives

Students may select 15 credits of additional 300-400 level courses from any of the following prefixes: ANTH (<http://catalog.gmu.edu/courses/anth/>), COMM (<http://catalog.gmu.edu/courses/comm/>), EDUC (<http://catalog.gmu.edu/courses/educ/>), INTS (<http://catalog.gmu.edu/courses/ints/>), GCH (<http://catalog.gmu.edu/courses/gch/>), GGS (<http://catalog.gmu.edu/courses/ggs/>), HAP (<http://catalog.gmu.edu/courses/hap/>), HEAL (<http://catalog.gmu.edu/courses/heal/>), KINE (<http://catalog.gmu.edu/courses/kine/>), NUTR (<http://catalog.gmu.edu/courses/nutr/>), PSYC (<http://catalog.gmu.edu/courses/psyc/>), TOUR (<http://catalog.gmu.edu/courses/tour/>), RHBS (<http://catalog.gmu.edu/courses/rhbs/>), SOCW (<http://catalog.gmu.edu/courses/socw/>) or other courses as approved by the director.

### Concentration Areas

In lieu of the Nutrition Electives, students may choose a concentration area.

### Concentration in Food Systems (FOOD)

The Food Systems concentration will provide students with the knowledge and skills to understand how components of the food system affect the health of the community (e.g. nutrition, food security, inequity, agriculture, and food safety). Students will examine the interrelationships within national and global food systems and their influence on such outcomes as the obesity epidemic, food security, and the environmental impact of agriculture.

Code	Title	Credits
<b>Required Courses</b>		
NUTR 318	Global Nutrition and Food Security	3
INTS 371	Food Systems and Policy (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	3
<b>Electives</b>		
Select 9 credits from the following:		
BIOL 385	Biotechnology and Genetic Engineering	
EVPP 442	Urban Ecosystems and Processes	
INTS 370	Sustainable Food Systems	

MKTG 303	Principles of Marketing	
NUTR 410	Introduction to Food Safety and Defense	
NUTR 435	Urban Agriculture	
PHIL 243	Global Environmental Ethics (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	
PHIL 358	Ethics and Economics	
Other courses as approved by director		
Total Credits		15

### Concentration in Food Security and Global Nutrition (FSGN)

The Food Security and Global Nutrition concentration will provide students with the knowledge and tools to prepare them for careers in food security, as well as a comprehensive skill set to evaluate nutritional status and determinants across various populations worldwide. While undernutrition is predominant in low-income nations, overnutrition is more common in high-income countries and populations. These are issues of growing concern to government agencies, multilateral organizations, and non-government organizations. Despite longstanding efforts, it is estimated that up to one billion people across the globe are hungry and food insecure in both developing and industrialized countries, including the United States.

Code	Title	Credits
<b>Required Courses</b>		
NUTR 318	Global Nutrition and Food Security	3
NUTR 410	Introduction to Food Safety and Defense	3
<b>Electives</b>		
Select 9 credits from the following:		
ANTH 366	Food and Human Evolution	
ANTH 376	Food and Culture	
CEIE 100	Environmental Engineering around the World (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	
CONF 101	Conflict and Our World (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	
ECON 385	International Economic Policy	
GGS 103	Human Geography (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	
GGS 110	Introduction to Geoinformation Technologies	
GGS 304	Population Geography (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	
NUTR 435	Urban Agriculture	
Any FRLN prefix course		
Other courses as approved by director		
Total Credits		15

### Concentration in Pre-Dietetics (PRDI)

The Pre-Dietetics concentration will serve as a preparation for students who wish to pursue the Registered Dietitian Nutritionist (RDN) credential, and includes medicine-oriented courses as well as food service courses, both competencies required by Accreditation Council for Education in Nutrition and Dietetics (ACEND), to assure a smooth pathway towards an MS/RDN program and dietetic internship.

Code	Title	Credits
<b>Required Courses</b>		
HAP 201	Health Professions Careers	3
NUTR 410	Introduction to Food Safety and Defense	3
TOUR 230	Introduction to Hospitality Management	3
TOUR 310	Food and Beverage Management	3
<b>Electives</b>		
Select 3 credits from the following:		3
BIOL 246	Introductory Microbiology	
COMM 301	Relational Communication Theory	
ECON 103	Contemporary Microeconomic Principles (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	
HAP 202	Medical Terminology	
PSYC 100	Basic Concepts in Psychology (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	
SOCI 101	Introductory Sociology (Mason Core) ( <a href="http://catalog.gmu.edu/mason-core/">http://catalog.gmu.edu/mason-core/</a> )	
Other courses as approved by director		
Total Credits		15