Department of Nutrition, Food Science & Packaging
San Jose State University

ADVISING FORM FOR B.S. NUTRITIONAL SCIENCE
APPLIED NUTRITION AND FOOD SCIENCES CONCENTRATION

Name: _____ ID#: _____ Advisor: _____
Street Address: _____ Phone: _____
City, State, Zip: _____ Email: _____

CORE SUPPORT COURSE (22 UNITS)

Subject Area/Catalog #	Units	Course Title	GE Areas[1]	Semester Offered	Sem/Yr or Grade
Psyc 1	3	Intro to Psych	4	F,S	_____
Biol 66	5	Physiology	5B+ 5C	S	_____
Chem 1A	5	General Chemistry	5A + 5C	F,S	_____
Chem 30B	3	Organic Chemistry		S	_____
NuFS 100W	3	Writing Workshop	WID	F,S	_____
Stat 95 or PH 67	3	Statistics	2	F,S	_____

CORE MAJOR COURSES (40 UNITS)

NuFS 8	3	Nutrition Health Prof		F,S	_____
NuFS 20	2	Sanitation & Envir Issues		F,S	_____
NuFS 21	3	Culinary Principles &Practice		F,S	_____
NuFS 31	1	Professionalism NuFS		F,S	_____
NuFS 101A	4	Food Science		F,S	_____
NuFS 103	2	Food Process & Pkg I		F,S	_____
NuFS 106A	3	Human Nutr Life Span		F,S	_____
NuFS 106B	3	Research Method Nutr		F,S	_____
NuFS 111	3	Foodservice Prod'n Mgmt		F,S	_____
NuFS 134	3	Comp Alt Health	GE UD 4	F,S	_____
NuFS 151	2	Food Microbiology		F,S	_____
NuFS 192	2	Field Experience		F,S	_____
Pkg 107	3	Principles of Pkg		F,S	_____
NuFS 139	3	Hunger & Environ Nutrition	GE UD 2/5	F,S	_____
NuFS 144	3	Food Culture: Consuming Passions	GE UD 3	F,S	_____

CONCENTRATION COURSES (35 UNITS)
Remaining courses can be bundled according to career objective & advisement. (32 units)

NuFS 10	3	Basic Life Skills		F,S	_____
NuFS 22	3	Catering and Beverage Management		F	_____
NuFS 24	3	Introductory Baking and Pastry Arts		F,S	_____
NuFS 103L	1	Food Proc & Pkg lab		F,S	_____
NuFS 104A	3	Cultural Aspects of Food		S	_____
NuFS 105	3	Current Issues in Nutr		F,S	_____
NuFS 108A	3	Nutrition & Metabolism		F,S	_____
NuFS 114A	3	Community Nutrition		S	_____
NuFS 116	3	Aging and Nutr		F,S	_____
NuFS 117	3	Food Evaluation Techniques		Alt S	_____
NuFS 118	3	Food Chemistry		F	_____
NuFS 122	3	Chemical Analysis of Food		Alt S	_____
NuFS 123	3	Sport & Tactical Nutrition		F	_____
NuFS 124	3	Disordered Eating & Nutr Therapy		S	_____
NuFS 150	2	Food Toxicology		S	_____
NuFS 155	3	Sustainable Local Food Systems		F	_____
NuFS 180	1-2	Independent Study		F,S	
NuFS 190	3	Nutrition Education & Counseling		S	_____
NuFS 194	1	Entrep Nutr		Alt F	_____
EnvS 001[4]	3	Intro to Environmental Issues	1B	F,S	_____
Chem 132	4	Biochemistry		F	_____
Kin 155	3	Physiology of Human Performance		F,S	_____
Span 1A or	4	Elem Spanish	3B	F,S	_____
Span 4A		Basic Spanish		F,S	_____
Or by Advisement	_____	_____		_____	_____

[1]Courses fulfill requirements for General Education (GE) Areas as specified
2. NuFS 134 meets GE UD 4; NuFS 139 meets GE UD 2/5 and NuFS 144 meets GE UD 3.

Effective Fall 2026
Revised 03/23/2026

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SUGGESTED 4-YEAR PLAN FOR B.S. NUTRITIONAL SCIENCE
APPLIED NUTRITION & FOOD SCIENCES CONCENTRATION

The following road map is an advising tool that outlines a path of courses a student can take to complete requirements for graduation. This roadmap should be used in consultation with the catalog and your department to identify additional requirements for completing the major (for example course grade minimums).
Students must have 60+ units in order to take SJSU Studies courses.

Fall Semester – Year 1

Course or Requirement	*Units*
Chem 1A General Chem (5A+ 5C)	5
Eng 1A First Year Writing (1A)	3
General Education (4 +US 1 or US 2-3)	3
NUFS 21 Culinary Principles &Practice	3
NuFS 31 Profession in NuFS/Pkg	1
	15

Spring Semester – Year 1

Course or Requirement	*Units*
NuFS 8 Nutr. For Hlth Profession	3
Chem 30B Intro Chem	3
NuFS 20 Sanitation & Envir Issues	2
NuFS 40 Debunk Nutr Misinf (1B)	3
Physical Education	1
Stat 95[2] or PH 67 Statistic (2)	3
	15

Fall Semester – Year 2

Course or Requirement	*Units*
Concentration Course	3
General Education (6)	3
General Education (3A)	3
General Education (1C)	3
General Education (3B + US 1 or US 2-3)	3
(Complete the Directed Self Placement)	15

Spring Semester – Year 2

Course or Requirement	*Units*
Psych1 Intro to Psych (4)	3
Biol 66[3] Physiology (5B + 5C)	5
Concentration Course	3
Concentration Course	3
Physical Education	1
	15

Fall Semester – Year 3

Course or Requirement	*Units*
NuFS 101A Food Science	4
NuFS 106A[5] Human Nutr Life Span	3
Pkg 107 Principles of Pkg	3
NUFS 100W Writing Workshop (WID)	3
NuFS 103 Food Processing & Pkg I	2
	15

Spring Semester – Year 3

Course or Requirement	*Units*
NuFS 106B Research Methodology	3
NuFS 134 Comp Alt Health (GE UD 4)	3
NuFS 111 Foodserv Prod Mgmt	3
Concentration Courses	6
NuFS 151 Food Microbiology	2
Apply to Graduate	17

Fall Semester – Year 4

Course or Requirement	*Units*
NuFS 144 Food & Culture (GE UD 3) or	
NuFS 139 Hunger & Env Nutr[2](GE UD 2/5)	3
Concentration Courses	11
	14

Spring Semester – Year 4

Course or Requirement	*Units*
NuFS 144 Food & Culture (GE UD 3) or	3
NuFS 139 Hunger & Env Nutr[2] (GE UD 2/5)	
Concentration Courses	9
NuFS 192 Field Experience	2
	14

Notes:
[1]NuFS 106A requires co requisite or pre-requisite NuFS 100W, NuFS 31.
[2]NuFS 134 meets GE UD 4 NuFS 139 meets GE UD 2/5 and NuFS 144 meets GE UD 3.

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