**NUTRITION AND FOOD SCIENCE MAJOR, APPLIED NUTRITION AND WELLNESS CONCENTRATION (B.S.)**

In 2008, more than half of all graduates in nutrition were employed in hospitals, nursing care facilities, or offices of physicians or other health practitioners. Today, roughly 63% of nutritionist positions are specifically situated in local and state health departments, schools, public or private health agencies, and other community-based organizations that provide nutrition education, monitoring, and other supportive health care services for their target audiences. According to the National Bureau of Labor Statistics, the demand for graduates with a strong background in community health and nutrition education is expected to increase 20 percent from 2010 to 2020, faster than the average for all occupations.

The B.S. in Nutrition with a concentration in Applied Nutrition is ideal for those individuals who are interested in working in the field of nutrition in non-clinical settings. The curriculum gives students the opportunity to acquire knowledge and skills in nutritional assessment and support techniques that target groups of people within a community and not just individuals. Graduates are prepared to develop, manage and coordinate group-based nutrition education programs for a wide variety of federal-, state-, or privately-funded community-based services.

Students also have the unique opportunity to combine their coursework in nutrition with courses for other disciplines by building a minor into their major program. Minors such as Public Health, Communication Studies, Journalism, Political Science, Psychology or Sociology allow graduates to apply their knowledge of nutrition in a tangential but specialized field such as weight loss consulting, nutrition communication, public health policy and regulations, social services, elder care health services, or food retail, to name a few.

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 applied nutrition profession.

**Program Requirements**

Students must complete General Education requirements ([http://catalog.montclair.edu/undergraduate-graduate-degree-requirements/general-ed-ba-bs](http://catalog.montclair.edu/undergraduate-graduate-degree-requirements/general-ed-ba-bs)) and World Languages and Cultures Requirements ([http://catalog.montclair.edu/undergraduate-graduate-degree-requirements/world-languages-cultures-requirement](http://catalog.montclair.edu/undergraduate-graduate-degree-requirements/world-languages-cultures-requirement)).

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### Code | Title | Credits
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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 258 | Experimental Food Science | 3
NUFD 381 | Applied Nutrition in the Lifecycle | 3
NUFD 404 | Introduction to Research | 3
NUFD 452 | Organization and Management of Foodservice Systems | 3

### Applied Nutrition & Wellness Concentration Required Courses

- NUFD 285 Nutrition in Chronic Disease Prevention 3
- NUFD 299 Professional Development for Careers in Nutrition, Food and Wellness 3
- NUFD 300 Fundamentals of Healthy Cuisine 3
- NUFD 388 Nutrition for Community Fitness Programs 3
- NUFD 390 Planning and Evaluating Programs 3
- NUFD 395 Managing Programs 3
- NUFD 410 Policy and Advocacy for Nutrition Based Wellness Programs 3
- NUFD 412 Nutrition Education Techniques 3
- NUFD 482 Nutrition Counseling 3
- NUFD 409 Internship in Nutrition and Food Science or COED 401 Cooperative Education Experience I 4

### Collateral Courses

- CHEM 113 Fundamentals of Chemistry 4
- BIOL 240 Mammalian Anatomy and Physiology I 3
- MATH 109 Statistics 3
- FSHD 120 Mindfulness: Theory, Research and Practice across the Life Course 3

### Required Minor or Study Abroad Experience

Select one of the required minors (see below) 18

Total Credits 86

**Minor**

In lieu of the required minor, students may complete 3 NUFD 470 (Selected Topics in Nutrition and Food Science - Sports Nutrition) for 3 credits at MSU, plus complete a Study Abroad experience at Bournemouth University for 15 credits in Sports Development and Coaching Sciences. See department advisor for details.


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

Entrepreneurship Minor ([http://catalog.montclair.edu/programs/entrepreneurship-minor](http://catalog.montclair.edu/programs/entrepreneurship-minor))

Gerontology Minor ([http://catalog.montclair.edu/programs/gerontology-minor](http://catalog.montclair.edu/programs/gerontology-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)

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)