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/) and World Languages and Cultures Requirements (http://catalog.montclair.edu/undergraduate-graduate-degree-requirements/world-languages-cultures-requirement/).

<table>
<thead>
<tr>
<th>Code</th>
<th>Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>NUFD 130</td>
<td>Introduction to Nutrition and Food Science Profession</td>
<td>1</td>
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<tr>
<td>NUFD 150</td>
<td>Food Composition and Scientific Preparation</td>
<td>3</td>
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<tr>
<td>NUFD 153</td>
<td>Dynamics of Food and Society</td>
<td>3</td>
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<td>NUFD 192</td>
<td>Nutrition with Laboratory</td>
<td>4</td>
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<td>NUFD 240</td>
<td>Sanitation Management and Food Microbiology Certification</td>
<td>1</td>
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<tr>
<td>NUFD 258</td>
<td>Experimental Food Science</td>
<td>3</td>
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<tr>
<td>NUFD 381</td>
<td>Applied Nutrition in the Lifecycle</td>
<td>3</td>
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<tr>
<td>NUFD 404</td>
<td>Introduction to Research</td>
<td>3</td>
</tr>
<tr>
<td>NUFD 452</td>
<td>Organization and Management of Foodservice Systems</td>
<td>3</td>
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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
- STAT 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. They must also complete a Study Abroad experience at Bournemouth University for 15 credits in Sports Development and Coaching Sciences. See department advisor for details.

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/)
Nutrition and Food Science Major, Applied Nutrition and Wellness Concentration (B.S.)

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/)