

MONTCLAIR STATE UNIVERSITY
NUTRITION AND FOOD SCIENCE – APPLIED NUTRITION AND WELLNESS (APNW)
 Department of Nutrition and Food Studies
 Effective Fall 2019

I. General Education Requirements*		IV. Major Requirements	
A. New Student Seminar	1	A. Nutrition & Food Science Core	24 cr
C. Communication		NUFD-130 Intro to Nutrition & Food Science Prof	1
1. Writing	3	NUFD-150 Food Comp & Scientific Prep	3
2. Literature	3	NUFD-153 Dynamics of Food & Society	3
3. Communication	3	NUFD-192 Nutrition with Laboratory	4
D. Fine and Performing Arts	3	<i>NUFD130 (Pre- or Coreq)</i>	
		<i>NUFD150</i> NUFD-240 Sanitation Mgt & Food Microbio: Cert	1
		<i>NUFD150</i> NUFD-258 Experimental Food Science	3
		<i>NUFD192</i>	
F. Humanities		NUFD-381 Applied Nutrition in Life Cycle	3
		<i>NUFD258 (Pre- or Coreq)</i>	
1. Great Works and Their Influences	3	<i>MATH109</i> NUFD-404 Introduction to Research	3
		<i>NUFD381 (Pre- or Coreq); Junior or senior standing</i>	
2. Philosophical and Religious Perspectives	3	NUFD-452 Organization Mgt of Food Service Systems	3
		<i>NUFD381 (Pre- or Coreq); Junior or senior standing</i>	
G. Computer Science	0-3		
H. Mathematics (MATH-109)	Counts towards major	B. Applied Nutrition & Wellness Concentration Courses	30 cr
I. Natural Science Laboratory (NUFD-192)	Counts towards major	<i>NUFD192</i> NUFD-285 Nutrition in Chronic Disease Prevention	3
J. Physical Education	1	<i>NUFD130</i> NUFD-299 Professional Development for Careers in Nutrition, Food, & Wellness	3
K. Social Science		<i>NUFD240</i> NUFD-300 Fundamentals of Healthy Cuisine	3
1. American/European History	3	NUFD-388 Nutrition for Community Fitness Programs	3
		<i>NUFD285 (Pre- or Coreq)</i>	
2. Global Cultural Perspectives	3	NUFD-390 Planning & Evaluating Programs	3
		<i>NUFD285 (Pre- or Coreq)</i>	
3. Social Science Perspectives (NUFD-153)	Counts towards major	NUFD-395 Managing Programs	3
		<i>NUFD285 (Pre- or Coreq)</i>	
L. Interdisciplinary Studies (NUFD-150)	Counts towards major	NUFD-410 Policy & Advoc for Nutr-Based Wellness Progs	3
		<i>NUFD395 (Pre- or Coreq)</i>	
GENERAL EDUCATION REQ TOTAL	26-29	NUFD-412 Nutrition Education Techniques	3
		<i>NUFD381 OR NUFD395; Junior or senior standing</i>	
		NUFD-482 Nutrition Counseling	3
		<i>NUFD381 OR NUFD395; Junior or senior standing</i>	
II. World Languages and Cultures Requirement**		<i>NUFD299</i> NUFD-409 Internship in Nutrition & Food Science	3
		<i>NUFD381; Junior or senior standing</i>	
A. World Languages***	3-6	C. Applied Nutrition & Wellness Collateral Courses	13 cr
1. _____		CHEM-113 Fundamentals of Chemistry	4
2. _____		BIOL-240 I Mammalian Anatomy & Physiology	3
B. World Cultures Requirement (NUFD-153)	Counts towards major	MATH-109 Statistics	3
WORLD LANG AND CULT REQ TOTAL	3-6	FCST-120 Mindfulness: Theory, Research & Practice	3
III. Free Electives	0-6	D. Required Minor OR Study Abroad Experience (Select One)****	18 cr
A. _____ (____-____)		****See Reverse for Minor Options	
B. _____ (____-____)			
C. _____ (____-____)			
FREE ELECTIVES TOTAL	0-6	TOTAL MAJOR REQUIREMENTS	85 cr
		GRAND TOTAL CREDITS	120

*, **, ***, and ****See Reverse

** If you transferred into MSU with an AA or an AS degree from a NJ community college, your Gen Ed requirements should have been waived. If you transferred in with an AAS degree from a NJ community college or with coursework from another institution of higher education, your transfer courses were assessed on a course-by-course basis. If some of your courses transferred in as free electives, but you think that they should count toward your General Education, World Language and Culture, or Major Requirements, please submit a credit adjustment form to the department(s) offering the course(s) for which you think your transfer course(s) can substitute. (Whether or not a transfer course is an adequate substitute for a Montclair State University course will be determined by each department).*

*** If you are a transfer or second Bachelor's student for whom General Education requirements have been waived, you are still required to fulfill the World Languages and Cultures Requirement.*

****Students wishing to continue a language with which they have some prior experience, either academic or personal, must take a placement test. If they place at the 2nd semester level, they must take 6 semester hours (two sequential world language courses) to fulfill the requirement. If they place at the third semester level or higher, they must take only 3 semester hours (one world language course) at the level at which they place OR a course in English about a foreign culture or civilization. Please go to http://www.montclair.edu/catalog/requirements/world_languages.html to learn more about the World Languages and Cultures Requirement. Students who are fluent in another language who can pass a language proficiency exam at the NYU School of Continuing Education (brochures are available in the Center for Advising and Student Transitions in Webster Hall) will not have to fulfill the World Languages requirement.*

***** Students must select one of the minors or the Study Abroad Experience listed below. Depending upon which minor a student selects, he or she will need more or fewer free electives if minor requirements also count toward General Education or Major requirements. Note that the Study Abroad Experience, in lieu of a minor, is a good option for students interested in a career that combines nutrition with background in exercise science, sports development and coaching science. Students will be required to take a cluster of courses (one course for 3 credits -- NUFD 470 Selected Topics in Nutrition and Food Science – Sports Nutrition -- at Montclair State University and an additional course for 15 credits in the Sports Development and Coaching Science Program at Bournemouth University, U.K), that will fulfill the minor requirement in this major. **Students should plan their course of study carefully, consulting an advisor.***

1. SPORTS NUTRITION (18 CREDITS) †
2. ENTREPRENEURSHIP (18 credits) †
3. BUSINESS (18 credits)
4. PUBLIC ADMINISTRATION (18 credits)
5. SOCIAL WORK (18 credits)
6. COMMUNICATION STUDIES (18 credits) †
7. JOURNALISM (18 credits) †
8. GERONTOLOGY (18 credits) †
9. POLITICAL SCIENCE (18 credits) †
9. PSYCHOLOGY (18 credits) †
10. PUBLIC HEALTH (18 credits) †
11. SOCIOLOGY (18 credits) †
12. NUFD 470 SELECTED TOPICS IN NUTRITION AND FOOD SCIENCE-SPORTS NUTRITION AT MSU FOR 3 CREDITS PLUS STUDY ABROAD EXPERIENCE AT BOURNEMOUTH UNIVERSITY FOR 15 CREDITS IN SPORTS DEVELOPMENT AND COACHING SCIENCES (18 credits) ††

†See separate worksheet

††See advisor