Department of Nutrition and Food Sciences
Checklist of Required Courses
Fall 2016 – Spring 2017

General and CALS Core Curriculum Requirements (44-53 credits, required)

1. Communication Skills (6 credits)
   - Oral: CALS 001, CALS 183, Speech 11 (or equivalent) 3 _______
   - Written: ENGS 001 or HCOL 0085 (1st year CALS) 3 _______
   - ENGS 050 (non-first year CALS) 3 _______

2. Humanities (6 credits)
   - Any two humanities courses 3_______
   - Diversity courses in Art, Classics, History, Literature, Music, Philosophy, Religion, Language and Theater also fulfill humanities requirement

3. Social Science (6 credits)
   - Psychology 1 3 _______
   - Sociology 1 or ANTH 021 (D2) or HLTH 105 (D2) 3 _______

4. Basic Science Core (20 credits)
   - General Chemistry, Chem 23 or Chem 31* 4 _______
   - Organic Chemistry, Chem 42 or Chem 141* 4 _______
   - Anatomy and Physiology, ANPS 19-20 8_____/_____
   - Survey of Biochemistry, PBIO 185 3 _______
   - Survey of Biochemistry Lab, PBIO 187 1 _______

5. Analytical Science Core (9-10 credits)
   - NFS: Math placement test score ≤ 6 = Math 9, > 7 = Math 19 3 _______
   - DNFS: BSAD 060, CDAE 158 3 _______
     - required in place of Math
   - Elements of Statistics, STATS 111 3 _______
   - Computer Applications, CALS 002, CALS 85, or equivalent 3 _______

6. CALS Foundations: CALS 001 and CALS 002 (1st year students) 6 ______/
   - Transfer students take a course in Speech and one in Computer Science

7. Diversity Requirement (one course Category 1 and one course Category 1 or 2)
   - Diversity courses in Art, Classics, History, Literature, Music, Philosophy, Religion, Language, Theater will also fulfill humanities requirement 3 _______
   - ANTH 021 fulfills category 2 diversity and social science requirement 3 _______

8. Sustainability Course Requirement (1 course)
   - Required for students entering as of Fall 2015 3 _______

*Note: Students wishing to apply to Medical, Naturopathic, Chiropractic, Osteopathic, Dental or Graduate School should take: Chem 31 and Chem 141 (in place of Chem 23 and Chem 42), plus use electives to take Chem 32 and Chem 142, Biology 1 & 2, Physics 11 & 12, or 31 & 42 plus lab 21 & 22. Math 19 & 20 or Math 21 & 22 are optional depending on the school.
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**Nutrition and Food Sciences Core** (25 credits, required)

- NFS 043: Fundamentals of Nutrition  
  
- NFS 044: Survey of the Field  
  
- NFS 053: Basic Concepts of Food  
  
- NFS 054: Basic Concepts of Food Lab  
  
- NFS 073: Farm to Table (D2)  
  
- NFS 143: Nutrition in the Life Cycle  
  
- NFS 153: Principles of Food Technology  
  
- NFS 154: Principles of Food Technology Lab  
  
- NFS 203: Food Microbiology  
  
- NFS 213: Food Microbiology Lab  
  
- NFS 243: Advanced Nutrition  

**NFS Track Requirements (NFS)**

Credits Required: 12 NFS Didactic Course Credits plus 30-39 Elective Credits  
Total Credits: 120

In consultation with your advisor select **FOUR NFS Didactic Courses**, at least TWO of which must be at or above the 200 level:

- NFS: XXX  
  
- NFS: XXX  
  
- NFS: 2XX  
  
- NFS: 2XX  
  
- Elective Credits (30-39)  

**DNFS Track Requirements (DNFS)**

Credits Required: 25-27 credits in courses listed below plus 15-26 Elective Credits  
Total credits: 120

- NFS 223: Nutrition Education and Counseling  
  
- NFS 244: Nutrition in Health and Disease Prevention  
  
- NFS 250: Foodservice Systems Management  
  
- NFS 260: Diet and Disease  
  
- NFS 262: Community Nutrition  
  
- NFS 274: Practicum  
  
- BIOC 263: Nutritional Biochemistry  
  
- BSAD 120: Principles Management and Organizational Behavior  
  
- HLTH 003: Medical Terminology  
  
- Elective Credits (15-26)  

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The NFS Courses Offered to UVM Students as Electives:

- NFS 033: What’s Brewing in Food Science
- NFS 034: ServSafe Certification Course
- NFS 050: Cheese and Culture (D2)
- NFS 063: Obesity, Weight Control and Fitness
- NFS 113: Food, Policy and Politics
- NFS 114: Human Health in the Food System
- NFS 163: Sports Nutrition
- NFS 205: Functional Foods: Principles and Technology
- NFS 253: Food Safety and Regulation
- NFS 283: HACCP: Theory and Application
- NFS 295: Sustainable Food Purchasing: What is the Future for Food Services?
- NFS 295: Nutrition and Aging
- NFS 313: Food Safety and Public Policy
Fall 2016 - Spring 2017

1. Completion of University Degree Requirements for Undergraduates
   (http://catalogue.uvm.edu/undergraduate/academicinfo/degreerequirements/)
   - Minimum cumulative grade-point average of 2.00
   - Thirty of the last forty-five credits in residence requirement
   - Diversity Course Requirement:
     - One D1 category course
     - One additional D1 or D2 category course
   - Foundational Writing and Information Literacy Requirement
     - One course: ENGS 001 or HCOL 085 for first year students in CALS
     - ENGS 050 for other CALS students
   - General Education Requirement in Sustainability
     - One SU category course

2. Completion of CALS Degree Requirements for Undergraduates:
   - Successful completion of 120 credits of coursework
   - Completion of CALS Core Competencies
   - Completion of CALS 001 and CALS 002 (Foundations) or equivalent courses

3. All courses as specified in individual program majors

CALS Core Competency

Values

- **Citizenship and Social Responsibility**: Students develop an understanding, appreciation and empathy for the diversity of human experience and perspectives. Students are exposed to solving problems for a community and contributing to the common good. Competency met by satisfactory completion of the University Diversity Course Requirement (one D1 category course and one additional D1 or D2 category course).

- **Environmental Stewardship**: Students develop sensitivity for the interconnected relationship between human beings and the natural world and the responsibility for stewardship of the environment. Competency met by the completion of the University General Education Requirement in Sustainability (one SU category course)

- **Personal Growth**: Students develop an understanding and appreciation of a healthy lifestyle and a love for learning that will lead to a continuous growth and development throughout their lives. Students continue to improve themselves by developing and affirming the values of respect, integrity, innovation, openness, justice, and responsibility. Competency met by the completion of the NFS Course Requirements.