

**ADVISING FORM FOR SAGE PROGRAM B.S./M.S. NUTRITIONAL SCIENCE AND
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
Psych 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 Packaging		F,S	_____
NuFS 139	3	Hunger & Environmental Nutrition	GE UD %	F,S	_____
NuFS 144	3	Food Culture: Consuming Passions	GE UD 3	F,S	_____

CONCENTRATION COURSES (35 UNITS)

Remaining courses can be huddled 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	4	Basic Spanish		F,S	_____
Or by Advisement					_____

¹Courses fulfill requirements for General Education (GE) Areas as specified

²NuFS 134 meets GE UD 4; NuFS 139 meets GE UD 2/5 and NuFS 144 meets GE UD 3.

**SUGGESTED 5-YEAR PLAN FOR NUTRITIONAL SCIENCE SAGE PROGRAM
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		Spring Semester – Year 1	
<u>Course or Requirement</u>	<u>Units</u>	<u>Course or Requirement</u>	<u>Units</u>
Chem 1A General Chem (5A+5C)	5	NuFS 8 Nutr. For Hlth Profession	3
Eng 1A First Year Writing (1A)	3	Chem 30B Intro Chem	3
General Education (4 +US 1 or US 2-3)	3	NuFS 20 Sanitation & Envir Issues	2
NUFS 21 Culinary Principles &Practice	3	NuFS 40 Debunk Nutr Misinf (1B)	3
NuFS 31 Profession in NuFS/Pkg	<u>1</u>	Physical Education	1
	15	Stat 95 ² or PH 67 Statistic (2)	<u>3</u>
			15
Fall Semester – Year 2		Spring Semester – Year 2	
<u>Course or Requirement</u>	<u>Units</u>	<u>Course or Requirement</u>	<u>Units</u>
Concentration Course	3	Psych 1 Intro to Psych (4)	3
General Education (6)	3	Biol 66 ³ Physiology (5B+5C)	5
General Education (3A)	3	Concentration Course	3
General Education (3B + US 2-3 or US 2-3)	3	Concentration Course	3
General Education (1C)	<u>3</u>	Physical Education	<u>1</u>
*** (Complete Directed Self Placement)**	15		15
Fall Semester – Year 3		Spring Semester – Year 3	
<u>Course or Requirement</u>	<u>Units</u>	<u>Course or Requirement</u>	<u>Units</u>
NuFS 101A Food Science	4	NuFS 106B Research Methodology	3
NuFS 106A ⁵ Human Nutr Life Span	3	NuFS 134 Comp Alt Health (GE UD 4)	3
Pkg 107 Principles of Pkg	3	NuFS 111 Foodserv Prod Mgmt	3
NUFS 100W Writing Workshop (WID)	3	Concentration Courses	6
NuFS 103 Food Processing & Pkg I	<u>2</u>	NuFS 151 Food Microbiology	2
	15	**Apply to Graduate	17
Fall Semester – Year 4		Spring Semester – Year 4	
<u>Course or Requirement</u>	<u>Units</u>	<u>Course or Requirement</u>	<u>Units</u>
NuFS 144 Food & Culture (GE UD 3) or	3	NuFS 144 Food & Culture (GE UD 3) or	3
NuFS 139 Hunger & Env Nutr ² (GE UD 2/5)		NuFS 139 Hunger & Env Nutr ² (GE UD 2/5)	
Concentration Courses	11	NuFS 192 Field Experience	2
NuFS 201 Colloquium in NUFS&PKG	<u>3</u>	NuFS 295 Research Methodology	3
	17	Concentration Courses	<u>2</u>
			17
Fall Semester – Year 5		Spring Semester – Year 5	
<u>Course or Requirement</u>	<u>Units</u>	<u>Course or Requirement</u>	<u>Units</u>
NuFS 217 Issues in Nutr, FS & Pkg	3	MS Electives	3
MS Electives	<u>6</u>	NuFS 257 Biostatistics	3
	9	NuFS 298 Project	<u>3</u>
			9

Notes:

NuFS 106A requires co requisite or prerequisite NuFS 100W, NuFS 31.

²NuFS 134 meets GE UD 4; NuFS 139 meets GE UD 2/5 and NuFS 144 meets GE UD 3.

**SAGE PROGRAM NUTRITIONAL SCIENCE
APPLIED NUTRITION AND FOOD SCIENCES CONCENTRATION**

Nutrition Science SAGE Program with Applied Nutrition and Food Sciences	Units
Core	12
NuFS 201 Colloquium in Nutrition, Food Science, and Packaging	3
NuFS 217 Issues in Nutrition, Food Science and Packaging	3
NuFS 257 Biostatistics in Research	3
NuFS 295 Research Methodology	3
Required Electives	9
Choose Three Courses:	
NuFS 219A Advanced Nutrition and Metabolism	3
NUFS 219B Seminar in Advanced Topics in Human Nutrition and Dietetics	3
NuFS 242 Advanced Foodservice Management	3
NuFS 243 Nutrition and Dietetics Leadership	3
NuFS 260 Multidisciplinary Health Promotion in Later Life	3
NuFS 290 Advanced Nutrition Education	3
NuFS 216 Seminar in Food Chemistry and Packaging	3
NuFS 220A Advance Medical Nutrition Therapy	3
PKG 270 - Package Design for End Use	3
Undergraduate Courses Double Count	6
Choose Two Courses:	
NuFS 117 Food Evaluation Techniques	3
NuFS 118 Food Chemistry	3
NuFS 122 Chemical Analysis of Food	3
NuFS 150 Food Toxicology	3
NUFS 123 Nutrition for Sport	3
NuFS 124 Disordered Eating & Nutrition Therapy	3
NuFS 114A Community Nutrition	3
NuFS 190 Nutrition Education	3
Project	3
NuFS 298 MS Project	3
Total	30

Spartan Accelerated Graduate Education (SAGE) Program Roadmap¹

Combined Program: Nutritional Science with Applied Nutrition and Food Sciences

Total Units to Degree: 144

150 minimum units²

Academic Year: 2025-2026

BA Requirements – Blue		Graduate Courses taken @ UGRD level - Green		Masters only Requirements – Orange	
Fall Semester Year 1			Spring Semester Year 1		
Course	Units	Course	Units	Course	Units
Chem 1A General Chem (Area 5A+5C)	5	NuFS 8 Nutr. For Hlth Profession	3	Chem 30B Intro Chem	3
Eng 1A First Year Writing (Area 1A)	3	Chem 30B Intro Chem	3	NuFS 20 Sanitation & Envir Issues	2
General Education (Area 4 +US 1 or US 2-3)	3	NuFS 40 Debunk Nutr Misinf (Area 1B)	3	NuFS 31 Profession in NuFS/Pkg	1
NuFS 21 Culinary Principles & Practice	3	Physical Education	1	Stat 95 or PH 67 Statistic (Area 2)	3
NuFS 31 Profession in NuFS/Pkg	1	Stat 95 or PH 67 Statistic (Area 2)	3		
Total Units	15	Total Units	15		
Fall Semester Year 2 [Take the WST*]			Spring Semester Year 2		
Course	Units	Course	Units	Course	Units
Concentration Course	3	Psych 1 Intro to Psych Area(Area 4)	3	General Education (Area 6)	5
General Education (Area 6)	3	Biol 66 Physiology (Area 5B+5C)	5	General Education (Area 3A)	3
General Education (Area 3A)	3	Concentration Course	3	General Education (Area 3B + US 1 or US 2-3)	3
General Education (Area 3B + US 1 or US 2-3)	3	General Education (Area 4, US123)	3	General Education (Area 1C)	3
General Education (Area 1C)	3	Physical Education	1		
Total Units	15	Total Units	15		
Fall Semester Year 3			Spring Semester Year 3		
			Four-year or transfer student applies to BS + MS program.		
Course	Units	Course	Units	Course	Units
NuFS 101A Food Science	4	NuFS 106B Research Methodology	3	NuFS 101A Food Science	4
NuFS 106A Human Nutr Life Span	3	NuFS 134 Comp Alt Health (GE UD 4)	3	NuFS 106A Human Nutr Life Span	3
Pkg 107 Principles of Pkg	3	NuFS 111 Foodserv Prod Mgmt	3	Pkg 107 Principles of Pkg	3
NUFS 100W Writing Workshop (WID)	3	Concentration Courses	6	NUFS 100W Writing Workshop (WID)	3
NuFS 103 Food Processing & Pkg I	2	NUFS 151 Food Microbiology	2	NuFS 103 Food Processing & Pkg I	2
		**Apply to Graduate			
Total Units	15	Total Units	17		
Fall Semester Year 4			Spring Semester Year 4		
Student admitted to BS + MS program.					
Course	Units	Course	Units	Course	Units
NuFS 144 Food & Culture (GE UD 3) or	3	Concentration Courses	9	NuFS 144 Food & Culture (GE UD 3) or	3
NuFS 139 Hunger & Env Nutr ² (GE UD 2/5)		NuFS 144 Food & Culture (GE UD 3) or	3	NuFS 139 Hunger & Env Nutr ² (GE UD 2/5)	
Concentration Courses	11	NuFS 139 Hunger & Env Nutr ² (GE UD 2/5)		Concentration Courses	11
NuFS 201 Colloquium in NUFS&PKG	3	NuFS 295 Research Methodology	3	NuFS 201 Colloquium in NUFS&PKG	3
		NuFS 192 Field Experience	2		
Total Units	17	Total Units	17		
Fall Semester Year 5			Spring Semester Year 5		
BS degree posted.					
Course	Units	Course	Units	Course	Units
NuFS 217 Issues in Nutr, FS & Pkg	3	NuFS 257 Biostatistics	3	NuFS 217 Issues in Nutr, FS & Pkg	3
MS Electives	6	MS Electives	3	MS Electives	6
		NuFS 298 MS Project	3		
Total Units	9	Total Units	9		

¹ Reference CSU Coded Memorandum [AA-2012-01](#), University Policy [F19-1, DRAFT SAGE Scholars Application](#) (to be developed as an online application). The roadmap must include at least one semester in which students enroll in a combination of undergraduate and graduate courses.

² The CSU is considering a proposal to allow 9-12 units of double counting between the baccalaureate and master's degree. Expecting an approved policy to allow for this by March 2021. Please provide 150-unit minimum roadmap, indicating which courses you might consider for double counting.