Nutrition Science

(Community College of San Mateo)

Faculty
See the Department of Nutrition, on page 454.

The Major Program
The study of nutrition encompasses all aspects of the consumption and utilization of food and its constituents. Key areas of study include: the biochemical reactions important to the utilization of nutrients and food constituents; the impact of diet on health and disease; and, nutrition-related policy and public health issues. The nutrition science major includes two options for studying these areas: nutritional biology and nutrition in public health.

The Program. Nutrition as it is taught on the Davis campus is a biological science and requires a complete background in chemistry and biology, along with calculus and physics (nutritional biology option) or economics (nutrition in public health option). These courses are generally completed during the first two years, and along with biochemistry, must be completed before most nutrition classes can be taken. During their junior and senior years, students in the nutritional biology option take additional course work in biochemistry, physiology, and toxicology. Students in the nutrition in public health option take additional course work in social and health-related sciences.

Career Alternatives. Both options are excellent preparation for professional or graduate training in medicine, public health, or other health sciences. The nutritional biology option also provides preparation for technical work in nutrition in the animal, food, and pharmaceutical industries. The nutrition in public health option prepares students for jobs in administrative, teaching, or public health/public service positions.

B.S. Major Requirements:

Preparatory Subject Matter ............... 62-66

Biological Sciences 2A, 2B & 2C .............. 15
Nursing 10 ........................................... 3
Plant Sciences 120 ............................... 4
Sociology 46A or Psychology 41 .............. 4

The remaining preparatory subject matter is based on which major option you choose.

Nutritional Biology option:

Anthropology 2 or Sociology 1 or 3 ........... 4.5
Mathematics 16A-16B ............................. 6
Physics 1A-1B ......................................... 6

Nutrition in Public Health option:

Anthropology 2 or Sociology 1 or 3 ........... 4.5
Economics 1A-1B ..................................... 8
Psychology 1 .......................................... 4

Depth Subject Matter ......................... 75-85

Biological Sciences 101 .......................... 4
Food Science and Technology 100A and 100B .............................................. 8
Microbiology 101 ..................................... 5
Neurobiology, Physiology, and Behavior 101, 101L ......................................... 8
Nutrition 111A, 111B, 112, 116A ............... 11
The remaining depth subject matter is based on which major option you choose when completing your preparatory courses.

Nutritional Biology option:

Biological Sciences 102, 103 .................... 6
Molecular and Cellular Biology 120L-120R 
Neurobiology, Physiology, and Behavior 114 ............................................. 3
Nutrition 104, 117 ................................... 10
Nutrition Restricted Electives ............... 15-20

Selection of courses must be made in consultation with a faculty advisor prior to or upon reaching the 120 unit level:

Exercise Biology 110; Nutrition 99, 105, 114, 115, 116B, 118, 120AN, 120BN, 122, 123, 124, 127, 130, 190, 192, 199

Nutrition in Public Health option:

Animal Biology 102, 103 ......................... 10
Exercise Biology 110 ....................... 3
Nutrition 118 ....................................... 4
Nutrition Restricted Electives ............... 15-20

Selection of courses must be made in consultation with a faculty advisor prior to or upon reaching the 120 unit level:

Food Service Management 120, 122, Nutrition 99, 104, 105, 114, 116B, 117, 120AN, 120BN, 129, 130, 190, 192, 199

Restricted Electives ......................... 8-12

Choose one of the following areas to complete the restricted elective units in:

Agricultural and Health Policy:

Agricultural and Resource Economics 15, 120, Public Health Sciences 175W, or Political Science 109

Cultural Diversity & Community Change:

African American and African Studies 100, American Studies 55, Agricultural and Resource Economics 112, Communication 136, Community & Regional Development 2, 152, 176, International Agricultural Development 10, 103, Science and Society 130, or Sociology 181

Community Health and Education:

Communication 165, Education 110, 120, 153, Psychology 126, 130 or Sociology 154

Natural and Applied Sciences:

Chicanas Studies 140A, Community & Regional Development 20, Environmental Toxicology 101, 128, Exercise Biology 101, 102, 113, 117, Human Development 100A, 100B, 100C, Neurobiology, Physiology & Behavior 132, Philosophy 15, Plant Sciences 151, Science and Society 2, 15, 90C, or 90F

Total Units for the Degree .............. 139-151

Major Adviser. B. L. Lönnerdal

Advising Center.

Meyer Hall 530-752-2512.

Department of Nutrition Science

Note. Courses Geology 150C/Environmental Science and Policy 150A ........... 4
Geology 150B/Environmental Science and Policy 150B ......................... 3
Geology 150C/Environmental Science and Policy 150C ......................... 4
Environmental Science and Policy 152 .................... 3
An electives sequence, with one course from each group (a) and one to two additional electives from either groups (a) or (b) ......................... 9-10
(a) Geology 116N/Environmental Science and Policy 116N, Atmospheric Science 158, Wildlife, Fish, and Conservation Biology 120, 157, Environmental Toxicology 120, Evolution and Ecology 112, 115;
(b) Atmospheric Science 121A, 121B, Geology 108, 109, 152, Evolution and Ecology 106, 114, Environmental Science and Policy 124, Environmental Toxicology 127

Note. Courses Geology 150C/Environmental Science and Policy 150C, Environmental Science and Policy 124, 152, Environmental Toxicology 127, and Evolution and Ecology 106 and 114 are taught at Bodega Marine Laboratory.

Minor Adviser. T.M. Hill (Geology). 3115 Earth and Physical Sciences Building 530-752-0179

Oceanography

(Community College of San Mateo)

Oceanography is the study of the earth's oceans, investigating connections between geological, biological, chemical and physical processes in the marine realm, and the interactions between the Earth's ocean/atmosphere system. The interdisciplinary minor in oceanography is for students with backgrounds in any of these fields, as well as those interested in marine policy and conservation. The curriculum reflects the integrative nature of oceanography, with core courses covering the major disciplines in oceanography and elective courses that allow students to cater the minor to their interests. The Oceanography minor includes courses taught at the Davis campus and courses offered at Bodega Marine Laboratory.

Minor Program Requirements:

UNITS

Oceanography ........................................ 22-24

Geology 150A/Environmental Science and Policy 150A ........... 4
Geology 150B/Environmental Science and Policy 150B ......................... 3
Geology 150C/Environmental Science and Policy 150C ......................... 4
Environmental Science and Policy 152 .................... 3
An electives sequence, with one course from each group (a) and one to two additional electives from either groups (a) or (b) ......................... 9-10
(a) Geology 116N/Environmental Science and Policy 116N, Atmospheric Science 158, Wildlife, Fish, and Conservation Biology 120, 157, Environmental Toxicology 120, Evolution and Ecology 112, 115;
(b) Atmospheric Science 121A, 121B, Geology 108, 109, 152, Evolution and Ecology 106, 114, Environmental Science and Policy 124, Environmental Toxicology 127

Note. Courses Geology 150C/Environmental Science and Policy 150C, Environmental Science and Policy 124, 152, Environmental Toxicology 127, and Evolution and Ecology 106 and 114 are taught at Bodega Marine Laboratory.

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Ophthalmology

See Medicine, School of, on page 396.

Organizational Studies

See Sociology, on page 304.