



**Program**

**BS in Nutrition and Food Sciences**

**Options in: General Dietetics**

**Food and Nutrition Communication**

**Foodservice Administration**

**Minor in Foodservice Administration**

**Minor in Nutrition**

**MS in Nutritional Science**

**Options in: General Nutritional Science**

**Nutrition Education**

The mission of the Department of Nutrition and Food Sciences is to provide students with a broad educational background in the science of food and nutrition and foodservice management. Non-major students will gain an understanding of the role food plays in disease prevention and the promotion of health. The BS degree will prepare students to apply their knowledge and skills for careers that require a Registered Dietitian (RD) credential, other nutrition-related careers, and careers in foodservice administration. Courses in the option in General Dietetics meet the requirements of the American Dietetic Association (ADA) for an accredited Didactic Program in Dietetics (DPD).

**Faculty and Facilities**

Faculty members, in addition to teaching and advising, are actively involved in research and other professional activities. Facilities include laboratories for courses and research in food science and nutrition. Students learn to use software programs for nutrition analyses, food cost control, and recipe and menu evaluation. Externships are coordinated for majors in a variety of community settings such as the programs associated with the Center for Nutrition and Activity Promotion (CNAP).

**Career Outlook**

The US Bureau of Labor Statistics projects the employment of dietitians and nutritionists is expected to increase 9% from 2006-16 as a result of increasing emphasis on disease prevention through improved dietary habits. A growing and aging population will boost the demand for nutritional counseling in hospitals, residential care facili-

ties, schools, prisons, community health programs, home health care agencies, and foodservice management. Food service manager jobs are expected to grow 5% through 2016 with demand in special food services. This includes food service contractors that provide food for schools, health care facilities, and other commercial businesses and in nursing and residential care for the elderly.

Graduates may also work in food service and processing industries, food safety and inspection services, wellness programs, public communication, and product development and promotion.

**Nutrition and Food Science majors** gain knowledge and skills in nutrition communication and education, medical nutrition therapy, community nutrition, food science, and foodservice management.

**The Minor in Nutrition** offers an area of specialization for majors in exercise physiology, child development, nursing, health and community services, and others.

The Minor in Foodservice Administration offers an area of specialization for majors in business administration, management, marketing, recreation, and tourism.

**The mission of the MS program in Nutritional Science** is to provide educational experiences for students to increase their expertise in the science of nutrition and nutrition education. Students gain confidence in conducting and analyzing research. The program will prepare students to become competent, evidence-based nutrition professionals and practitioners. The Option in General Nutritional Science is designed increase competence in the science of nutrition and the Option in Nutrition Education is designed specifically to facilitate nutrition professionals in communicating information to promote optimal health and nutritional status.

**A post-baccalaureate Dietetic Internship**, which is accredited by the American Dietetic Association, is available for graduate students who wish to become eligible to sit for the registration examination to become registered dietitians and who are enrolled in the MS in Nutritional Sciences program.

# Nutrition and Food Sciences

College of Natural Sciences  
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## The Bachelor of Science in Nutrition and Food Sciences

### Total Course Requirements for the Bachelor's Degree: 120 units

See "Requirements for the Bachelor's Degree" in the *University Catalog* for complete details on general degree requirements. A minimum of 40 units, including those required for the major, must be upper division.

A suggested Major Academic Plan (MAP) has been prepared to help students meet all graduation requirements within four years. Please request a plan from your major advisor or view it and other current advising information at <http://em.csuchico.edu/aap/ProgramSearch>.

### General Education Requirements: 48 units

See "General Education Requirements" in the *University Catalog* and the *Class Schedule* for the most current information on General Education Requirements and course offerings. The course requirements marked below with an asterisk (\*) may also be applied toward General Education.

### Diversity Course Requirements: 6 units

See "Diversity Requirement" in the *University Catalog*. Most courses taken to satisfy these requirements may also apply to General Education.

### U.S. History, Constitution, and American Ideals: 6 units

See "U.S. History, Constitution, and American Ideals" under "Bachelor's Degree Requirements". This requirement is normally fulfilled by completing HIST 130 and POLS 155 or approved equivalents. Courses used to satisfy this requirement do not apply to General Education.

### Literacy Requirement:

See "Mathematics and Writing Requirements" in the *University Catalog*. Writing proficiency in the major is a graduation requirement and may be demonstrated through satisfactory completion of a course in your major which has been designated as the Writing Proficiency (WP) course for the semester in which you take the course. Students who earn below a C- are required to repeat the course and earn a C- or better to receive WP credit. See the *Class Schedule* for the designated WP courses for each semester. You must pass ENGL 130 (or its equivalent) with a C- or better before you may register for a WP course.

### Course Requirements for the Major: 69-75 units

Completion of the following courses, or their approved transfer equivalents, are required of all candidates for this degree. Additional required courses, depending upon the selected option or advising pattern, are outlined following the major core program requirements.

Note: A maximum of 15 units of externship courses may be applied to a bachelor's degree at CSU, Chico.

### Major Core: 40 units

#### 13 courses required:

BIOL 104	Human Physiology	4.0	FS *
BIOL 211	Allied Health Microbiology	4.0	FS
Prerequisites: A college course in biology and in general chemistry.			
CHEM 107	Gen Chem for Applied Sciences	4.0	FS *
Prerequisites: Intermediate Algebra.			
CHEM 108	Organic Chem for Applied Sci	4.0	FS
Prerequisites: CHEM 107 or CHEM 111 or equivalent.			
MATH 105	Statistics	3.0	FS *
Prerequisites: Completion of ELM requirement.			
NFSC 120	Elementary Food	3.0	FS
NFSC 122	Food Safety & Sanitation	2.0	FS
NFSC 155	Intro to Nutrition & Food Sci	1.0	FS
NFSC 230	Intro Foodserv Adm	3.0	FS
Prerequisites: NFSC 120.			
NFSC 240	Human Nutrition	3.0	FS
Prerequisites: BIOL 104, CHEM 108.			
NFSC 320	Science of Food	3.0	FA
Prerequisites: BIOL 211, CHEM 108, NFSC 120.			
NFSC 360	Nutrn Throughout Life Cycle	3.0	FS
Prerequisites: BIOL 104; NFSC 100 or NFSC 240.			
NFSC 429	Cultural Food	3.0	SP WP
Prerequisites: ENGL 130 (or its equivalent) with a grade of C- or higher, NFSC 120, NFSC 320; GEOG 102 and ANTH 113 are recommended.			

### Major Option Course Requirements: 29-35 units

The following courses, or their approved transfer equivalents, are required dependent upon the option chosen. Students must select one of the following options for completion of the major course requirements.

#### The Option in Food and Nutrition Communication: 30-31 units

Notice: Students must complete a GE Area A1 course before enrolling in the following NFSC required courses.

#### 9 courses required:

CDES 101	Introduction to Communication	3.0	FS
This course is also offered as JOUR 101.			
HCSV 369	Health Education Techniques	3.0	SP
NFSC 303	Nutrition/Physical Fitness	3.0	FS *
Prerequisites: One lower-division course in biological sciences.			
NFSC 318	Nutrition & Disease	3.0	FS
Prerequisites: NFSC 240			
NFSC 345	Diet Suppl & Functional Foods	3.0	FS
Prerequisites: NFSC 240.			
NFSC 455	Futures in Nut & Food Sci	1.0	SP
Prerequisites: Senior standing.			
NFSC 460	Nutrition Counseling & Educ	3.0	FS
Prerequisites: NFSC 318 or NFSC 470 (may be taken concurrently), NFSC 360.			
NFSC 465	Community Nutrition	2.0	FS
Prerequisites: NFSC 360, NFSC 460 (may be taken concurrently).			
NFSC 489	Externship	1.0-6.0	FS

Note: Students are required to take 3 units of externship in one of the areas of study. Please see the designated advisor of one of the core areas described below for recommendations on externship placements.

#### Area of Study: 6-7 units

The following courses, or their approved transfer equivalents, are required depending upon the area of study chosen. Students must select one of the following areas of study for completion of the major course requirements.

#### Child Nutrition Area of Study: 6 units

##### 2 courses selected from:

CHLD 252	Child Development	3.0	FS *
CHLD 354	School-Aged Child	3.0	FS
Prerequisites: CHLD 250 or CHLD 252 or PSYC 355.			
CHLD 362	Issues in Child Development	3.0	FS *
HCSV 363	Child Health	3.0	FS *
NFSC 468	Child Nutrition	3.0	Inq
Prerequisites: NFSC 100; or NFSC 240 and NFSC 360			

#### Media Area of Study: 6 units

##### 2 courses selected from:

CDES 222	Intro to WWW Design & Pub	3.0	FS
CDES 272	Media for Instruction/Training	3.0	FS
Prerequisites: CDES 271 or concurrent enrollment or faculty permission. Students taking the course for the Minor in Education should request faculty permission.			
HCSV 260	Computer Apps in Health Educ	3.0	FS

#### Senior Nutrition Area of Study: 6 units

##### 2 courses selected from:

HCSV 541	Health in the Later Years	3.0	FA
NFSC 469	Nutrition & Aging	3.0	Inq
Prerequisites: NFSC 360 or faculty permission.			
SWRK 474	Policy/Progs for Older Adults	3.0	SP

#### Sports Nutrition Area of Study: 6-7 units

##### 2 courses selected from:

KINE 323	Physiology of Exercise	4.0	FS
Prerequisites: BIOL 104 or faculty permission for non-majors, basic computer literacy skills.			
KINE 482	Exercise Pathophysiology	3.0	FS
Prerequisites: Bachelor's Degree in any discipline or KINE 322, KINE 323, KINE 480 or faculty permission.			
NFSC 403	Adv Nutrition/Physical Fitness	3.0	FS
Prerequisites: NFSC 303 or NFSC 240; CHEM 108.			
RECR 324	Health Club and Spa Management	3.0	FS
Prerequisites: RECR 200, or faculty permission.			

#### Writing Area of Study: 6 units

##### 2 courses selected from:

CDES 103	Writing for Electronic Media	3.0	FS
Prerequisites: ENGL 130.			
JOUR 260	Writing for Mass Media	3.0	FS
Prerequisites: ENGL 130.			
JOUR 325	Magazine Writing	3.0	FS
Prerequisites: JOUR 260.			

#### The Option in Foodservice Administration: 31 units

##### 8 courses required:

ACCT 201	Intro to Financial Accounting	3.0	FS
ACCT 202	Intro to Managerial Accounting	3.0	FS
Prerequisites: ACCT 201 (or ABUS 261 for ABUS majors only).			
ECON 103	Principles of Micro Analysis	3.0	FS *
NFSC 430	Foodservice Procurement & Mgmt	3.0	FA
Prerequisites: BIOL 211; NFSC 230 or MGMT 303; NFSC 120.			
NFSC 431	Foodservice Equip/Production	3.0	SP
Prerequisites: NFSC 430.			
NFSC 432	Adv Foodservice Administration	3.0	Inq
Prerequisites: NFSC 430, NFSC 431.			



NFSC 455 Futures in Nut & Food Sci 1.0 SP  
Prerequisites: Senior standing.

NFSC 489 Externship 1.0-6.0 FS

Note: Students are required to take at least 3 units of externship.

**3 courses selected from:**

ANSC 350 Meat and the Consumer 3.0 FS  
Prerequisites: ANSC 101.

BLAW 413 Employment Law 3.0 FS  
Prerequisites: At least junior standing.

MGMT 300 Communication in Business 3.0 FS WP  
Prerequisites: ENGL 130 (or its equivalent) with a grade of C- or higher.

MGMT 442 Managing Differences 3.0 FS  
Prerequisites: MGMT 303.

MINS 301 Corporate Tech Integration 3.0 FS

MKTG 305 Survey of Marketing 3.0 FS

NFSC 499H Honors Senior Thesis or Proj 3.0 FS

Prerequisites: NFSC 100 or NFSC 240; selected screening courses by content area, all with grades which place student in top five percent; interview; faculty permission.

PSSC 305 Introduction to Wines 3.0 FA

Prerequisites: At least 21 years of age.

RECR 354 Resort/Lodging Development 3.0 FS

Prerequisites: RECR 200, RECR 250, successful completion of computer literacy requirement, or faculty permission.

RECR 420 Recreation Budget/Finance Mgmt 3.0 FS

Prerequisites: RECR 200; one course chosen from RECR 220, RECR 240, RECR 250, or RECR 260; successful completion of computer literacy requirement; or faculty permission.

RECR 524 Commercial Recr Operations 3.0 FS

Prerequisites: RECR 200, RECR 420, RECR 422, one course chosen from RECR 220, RECR 240, RECR 250, or RECR 260; successful completion of computer literacy requirement, or faculty permission.

Prerequisites: RECR 200, RECR 250, or RECR 260; successful completion of computer literacy requirement, or faculty permission.

**The Option in General Dietetics: 35 units**

Registered Dietitians (RDs) are food and nutrition expert who have met the following criteria to earn the RD credential:

1. Completed a minimum of a bachelor's degree at a U.S. regionally accredited university or college and course work approved by the Commission on Accreditation for Dietetics Educators (CADE) of the American Dietetic Association (ADA). Courses in the Option in General Dietetics meet the requirements of the American Dietetic Association for an accredited Didactic Program in Dietetics (DPD).
2. Completed a post-baccalaureate CADE accredited supervised practice program.
3. Pass a national registration exam.

**Notice to Prospective Applicants for Option in General Dietetics**

A supplemental Dietetics application must be submitted by March 1 for the fall semester and by November 1 for the spring semester. A Dietetics application is available from the Nutrition and Food Sciences department office. In addition to the application, students must provide transcripts of all previous college or university level work, a resume, two letters of recommendation, and a one-page written personal statement about your career goals. Applications are reviewed by a committee which ranks all applications for placement. Students not selected for the option are encouraged to meet with a NFSC faculty advisor. Students not selected may reapply one additional semester.

**Prerequisites for Admission to the Option in General Dietetics**

1. The cumulative grade point average for all college-level work must be a minimum of 2.75.

2. The following prerequisites must be completed with a grade of C or higher: MATH 105, BIOL 104, BIOI 211, CHEM 107, CHEM 108, NFSC 240. It is highly recommended that CHEM 350 be in progress or completed the semester students apply for admission to the option.

**15 courses required:**

CHEM 350 Introductory Biochemistry 3.0 FS

Prerequisites: CHEM 108.

CHEM 350L Introductory Biochemistry Lab 1.0 FS

Prerequisites: Concurrent enrollment in or prior completion of CHEM 350.

NFSC 345 Diet Suppl & Functional Foods 3.0 FS

Prerequisites: NFSC 240.

NFSC 370L Nutrition Assessment Lab 1.0 SP

Prerequisites: NFSC 240.

NFSC 430 Foodservice Procurement & Mgmt 3.0 FA

Prerequisites: BIOL 211; NFSC 230 or MGMT 303; NFSC 120.

NFSC 431 Foodservice Equip/Production 3.0 SP

Prerequisites: NFSC 430.

NFSC 440 Advanced Human Nutrition 4.0 FA

Prerequisites: NFSC 240; CHEM 350 or CHEM 451 with a grade of C or higher.

NFSC 457 Futures in Dietetics 1.0 FA

Prerequisites: Senior standing, permission of Didactic Program Director.

NFSC 460 Nutrition Counseling & Educ 3.0 FS

Prerequisites: NFSC 318 or NFSC 470 (may be taken concurrently), NFSC 360.

NFSC 465 Community Nutrition 2.0 FS

Prerequisites: NFSC 360, NFSC 460 (may be taken concurrently).

NFSC 465L Community Nutrition Clinical 1.0 FS

Prerequisites: NFSC 440, NFSC 460

Corequisites: NFSC 465

NFSC 470 Medical Nutrition Therapy I 3.0 FA

Prerequisites: NFSC 370L, NFSC 440 (may be taken concurrently).

NFSC 471 Medical Nutrition Therapy II 3.0 SP

Prerequisites: NFSC 470

NFSC 497 Portfolio Review 1.0 FS

Prerequisites: Senior standing, permission of Didactic Program Director.

PSYC 101 Principles of Psych 3.0 FS \*

**Electives Requirement:**

To complete the total units required for the bachelor's degree, select additional elective courses from the total University offerings. You should consult with an advisor regarding the selection of courses which will provide breadth to your University experience and possibly apply to a supportive second major or minor.

**Suggested electives:**

HCSV 365 Complementary & Alt Medicine 3.0 Inq

NFSC 489 Externship 1.0-6.0 FS

**Grading Requirement:**

All courses taken to fulfill major course requirements must be taken for a letter grade except those courses specified by the department as Credit/No Credit grading only.

**Advising Requirement:**

Advising is mandatory for all majors in this degree program. Consult your undergraduate advisor for specific information.

**Honors in the Major**

Honors in the Major is a program of independent work in your major. It requires 6 units of honors course work completed over two semesters.

The Honors in the Major program allows you to work closely with a faculty mentor in your area of interest on an original performance or research project. This year-long collaboration allows you to work in your field at a professional level and culminates in a public presentation of your work. Students sometimes take their projects beyond the University for submission in professional journals, presentation at conferences, or academic competition. Such experience is valuable for graduate school and professional life. Your honors work will be recognized at your graduation, on your permanent transcripts, and on your diploma. It is often accompanied by letters of commendation from your mentor in the department or the department chair.

Some common features of Honors in the Major program are

1. You must take 6 units of Honors in the Major course work. All 6 units are honors classes (marked by a suffix of H), and at least 3 of these units are independent study (399H, 499H, 599H) as specified by your department. You must complete each class with a minimum grade of B.
2. You must have completed 9 units of upper-division course work or 21 overall units in your major before you can be admitted to Honors in the Major. Check the requirements for your major carefully, as there may be specific courses that must be included in these units.
3. Your cumulative GPA should be at least 3.5 or within the top 5% of majors in your department.
4. Your GPA in your major should be at least 3.5 or within the top 5% of majors in your department.
5. Most students apply for or are invited to participate in Honors in the Major during the second semester of their junior year. Then they complete the 6 units of course work over the two semesters of their senior year.
6. Your honors work culminates with a public presentation of your honors project.

While Honors in the Major is part of the Honors Program, each department administers its own program. Please contact your major department or major advisor to apply.

**Clinical Nutrition**

Students preparing for advanced degrees or careers in nutrition research should complete the required units of the Option in General Dietetics and also complete the following courses, which include a Chemistry minor.

BIOL 303 Human Genetics 3.0 FS \*

Prerequisites: One biological sciences course.

OR (the following course may be substituted for the above)

BIOL 360 Genetics 4.0 FS

Prerequisites: BIOL 153 or permission of instructor.

OR (the following course may be substituted for the above)

BIOL 416 Vertebrate Physiology 4.0 FS

Prerequisites: BIOL 152, BIOL 153; CHEM 108 or CHEM 270.

CHEM 270 Organic Chemistry 4.0 FS

Prerequisites: CHEM 112.

## Nutrition and Food Sciences

CHEM 320	Quantitative Analysis	4.0	FS
Prerequisites: CHEM 112 with a grade of C- or higher..			
CHEM 370	Organic Chemistry	3.0	FS
Prerequisites: CHEM 270 with a grade of C- or higher.			
CHEM 370L	Organic Chem Laboratory	1.0	FS
Prerequisites: CHEM 370 may be taken as a prerequisite or concurrently with CHEM 370L.			
CHEM 451	Biochemistry	3.0	FS
Prerequisites: CHEM 370 with a grade of C- or higher.			
CHEM 455L	Biochemistry Laboratory	2.0	FS
Prerequisites: CHEM 320, CHEM 451; CHEM 370L or CHEM 370M; or faculty permission.			

### The Minor in Foodservice Administration

#### Course Requirements for the Minor: 25 units

The following courses, or their approved transfer equivalents, are required of all candidates for this minor.

##### 6 courses required:

BIOL 211	Allied Health Microbiology	4.0	FS
Prerequisites: A college course in biology and in general chemistry.			
NFSC 120	Elementary Food	3.0	FS
NFSC 100	Basic Nutrition	3.0	FS *
NFSC 230	Intro Foodserv Adm	3.0	FS
Prerequisites: NFSC 120.			
NFSC 430	Foodservice Procurement & Mgmt	3.0	FA
Prerequisites: BIOL 211; NFSC 230 or MGMT 303; NFSC 120.			
NFSC 431	Foodservice Equip/Production	3.0	SP
Prerequisites: NFSC 430.			

##### 2 courses selected from:

ANSC 350	Meat and the Consumer	3.0	FS
Prerequisites: ANSC 101.			
NFSC 429	Cultural Food	3.0	SP WP
Prerequisites: ENGL 130 (or its equivalent) with a grade of C- or higher, NFSC 120, NFSC 320; GEOG 102 and ANTH 113 are recommended.			
NFSC 489	Externship	1.0-6.0	FS

You must take NFSC 489 for a minimum of 3 units.

PSSC 305	Introduction to Wines	3.0	FA
Prerequisites: At least 21 years of age.			
PSSC 390	Food Forever	3.0	FS * GC
RECR 354	Resort/Lodging Development	3.0	FS
Prerequisites: RECR 200, RECR 250, successful completion of computer literacy requirement, or faculty permission.			
RECR 422	Leisure Services Promotion	3.0	FS
Prerequisites: Successful completion of computer literacy requirement, or faculty permission.			
RECR 524	Commercial Recr Operations	3.0	FS
Prerequisites: RECR 200, RECR 420, RECR 422, one course chosen from RECR 220, RECR 240, RECR 250, or RECR 260; successful completion of computer literacy requirement, or faculty permission.			

### The Minor in Nutrition

#### Course Requirements for the Minor: 23-24 units

The following courses, or their approved transfer equivalents, are required of all candidates for this minor.

##### 4 courses required:

BIOL 104	Human Physiology	4.0	FS *
CHEM 107	Gen Chem for Applied Sciences	4.0	FS *
Prerequisites: Intermediate Algebra.			
CHEM 108	Organic Chem for Applied Sci	4.0	FS
Prerequisites: CHEM 107 or CHEM 111 or equivalent.			
NFSC 240	Human Nutrition	3.0	FS
Prerequisites: BIOL 104, CHEM 108.			

##### 3 courses selected from:

CHEM 350	Introductory Biochemistry	3.0	FS
Prerequisites: CHEM 108.			
NFSC 120	Elementary Food	3.0	FS
NFSC 303	Nutrition/Physical Fitness	3.0	FS *
Prerequisites: One lower-division course in biological sciences.			
NFSC 310	Ecology of Human Nutrition	3.0	FA *
NFSC 318	Nutrition & Disease	3.0	FS
Prerequisites: NFSC 240			
NFSC 345	Diet Suppl & Functional Foods	3.0	FS
Prerequisites: NFSC 240.			
NFSC 360	Nutrtn Throughout Life Cycle	3.0	FS
Prerequisites: BIOL 104; NFSC 100 or NFSC 240.			
NFSC 468	Child Nutrition	3.0	Inq
Prerequisites: NFSC 100; or NFSC 240 and NFSC 360			
NFSC 469	Nutrition & Aging	3.0	Inq
Prerequisites: NFSC 360 or faculty permission.			

NFSC 403	Adv Nutrition/Physical Fitness	3.0	FS
Prerequisites: NFSC 303 or NFSC 240; CHEM 108.			
NFSC 460	Nutrition Counseling & Educ	3.0	FS
Prerequisites: NFSC 318 or NFSC 470 (may be taken concurrently), NFSC 360.			
NFSC 465	Community Nutrition	2.0	FS
Prerequisites: NFSC 360, NFSC 460 (may be taken concurrently).			

## The Master of Science in Nutritional Science

### Course Requirements for the Master's Degree: 30 units

Continuous enrollment is required. A maximum of 9 semester units of transfer and/or CSU Chico Open University course work may be applied toward the degree.

#### Graduate Time Limit:

All requirements for the degree are to be completed within five years of the end of the semester of enrollment in the oldest course applied toward the degree. See "Graduate Education" in the University Catalog for complete details on general degree requirements.

The MS in Nutritional Science provides an opportunity for students to:

1. Specialize in nutrition, food science, clinical nutrition, or community nutrition.
2. Complete a master's degree and concurrently qualify for membership in the American Dietetic Association.
3. Increase competence in food and nutrition subject matter in preparation for college teaching, research, graduate study beyond the master's degree, and administrative positions in public and private agencies.

#### Prerequisites for Admission to Conditionally Classified Status:

1. Satisfactory grade point average as specified in "Admission to Master's Degree Programs" in the University Catalog.
2. Approval by the department and the Office of Graduate Studies.
3. An acceptable baccalaureate from an accredited institution, or an equivalent approved by the Office of Graduate Studies, which includes a minimum of 24 upper-division units among the subject areas of biochemistry, chemistry, nutrition and food science, mathematics, microbiology, physiology, and statistics. Computer literacy is also required. Students with deficiencies in undergraduate preparation may be required to take prerequisite course work at the discretion of the Graduate Coordinator after consultation with the student and faculty in the subject matter area(s) considered deficient. In addition, prerequisites for graduate-level courses must have been completed within the five years prior to taking the graduate courses. Outdated prerequisites must be validated either by examination or by registration (credit will not be earned for validating this course work).
4. Approval by the Nutrition and Food Science Graduate Coordinator.

#### Prerequisites for Admission to Classified Status:

In addition to any requirements listed above:

1. Development and submission of an approved program plan in consultation with the Graduate Advisor and a faculty member of the student's choice.
2. Completion of 12 departmentally specified units of letter-graded 400/500/600-level course work (of which 9 units must be in residence and part of the approved program) with a minimum grade point average of 3.0.

#### Advancement to Candidacy:

In addition to any requirements listed above:

1. Classified graduate standing and completion at the University of at least 15 units of approved course work.
2. Completion of MATH 615 or equivalent.

#### Requirements for the MS in Nutritional Science:

Completion of all requirements as established by the program graduate committee, the graduate advisory committee, and the Office of Graduate Studies, to include:

1. Completion of 30 units of approved 400/500/600-level course work as follows:

(a) Units required for both options:

##### 13 units required:

MATH 615	Stat Methods for Grad Research	3.0	FA
Prerequisites: MATH 105, MATH 350, MATH 315, or MATH 305 (only one is required).			
NFSC 600	Res Meth in Nutritional Sci	4.0	Inq
Prerequisites: MATH 615 or similar statistics course.			
NFSC 641	Topics in Macronutrients	3.0	Inq
Prerequisites: NFSC 440, biochemistry.			
NFSC 642	Topics in Vitamins & Minerals	3.0	Inq
Prerequisites: NFSC 440, biochemistry.			

**3-6 units required:**

NFSC 697P	Professional Paper	3.0	FS
NFSC 699T	Master's Thesis	1.0-6.0	FS

**2-6 units selected from:**

NFSC 620	Food Science	2.0	Inq
Prerequisites: NFSC 320, biochemistry.			
NFSC 661	Top in Developmntl Nutrition	2.0	Inq
Prerequisites: NFSC 360, biochemistry.			
NFSC 665	Topics in Community Nutrition	2.0	Inq
NFSC 667	Nutrition: International Iss	2.0	Inq
Prerequisites: NFSC 429, biochemistry.			
NFSC 670	Topics in Clinical Nutrition	2.0	Inq
Prerequisites: NFSC 470, biochemistry.			
NFSC 689	Graduate Internship	1.0-6.0	FS
NFSC 697	Independent Study	1.0-3.0	FS

**Completion of one of the following options:**

**The Option in General Nutritional Science**

**9 units required:**

BIOL 416	Vertebrate Physiology	4.0	FS
Prerequisites: BIOL 152, BIOL 153; CHEM 108 or CHEM 270.			
CHEM 451	Biochemistry	3.0	FS
Prerequisites: CHEM 370 with a grade of C- or higher.			
CHEM 455L	Biochemistry Laboratory	2.0	FS
Prerequisites: CHEM 320, CHEM 451; CHEM 370L or CHEM 370M; or faculty permission.			

**The Option in Nutrition Education**

**9-12 units required:**

NFSC 660	Nutrition Education	3.0	Inq
Prerequisites: NFSC 465.			
NFSC 689	Graduate Internship	1.0-6.0	FS
PSYC 573	Counseling Psychology	3.0	FS
Prerequisites: PSYC 381 or PSYC 382, senior or graduate standing, faculty permission.			

(b) At least 18 of the units required for the degree must be in 600-level courses.

(c) Not more than 9 semester units of transfer and/or extension credit (correspondence courses and U.C. extension course work are not acceptable).

(d) Not more than a total of 10 units of Independent Study (697), Professional Paper (697P), and Master's Thesis (699T); not more than 3 units of Professional Paper (697P) and 6 units of Master's Thesis (699T).

2. Completion and final approval of a thesis or a professional paper as specified by the graduate advisory committee.

3. Completion of a comprehensive final oral examination in the field of study.

4. Approval by the graduate advisory committee and the Graduate Coordinators Committee on behalf of the faculty of the University.

**Culminating Activity:**

1. **Thesis Plan.** The candidate shall submit an acceptable thesis based on original research and developed by the student and agreed to by the student's graduate advisory committee.

(a) Thesis proposal: A proposal of the thesis must be submitted and approved by the graduate advisory committee before the student begins the research. The proposal includes a literature review, a statement of the problem and purpose or hypothesis of the research, research design, and methods to be used. The proposal is a formal document that must have appropriate attention given to the matters of format, documentation, and quality of writing.

(b) Registration in NFSC 699T, Master's Thesis.

(c) Approval of thesis: Members of the graduate advisory committee shall approve the thesis.

(d) Oral defense: the candidate's graduate advisory committee shall conduct an oral defense of the thesis. The oral defense is generally limited to matters within the scope of the thesis.

2. **Professional Paper Plan.** The candidate shall submit an acceptable professional paper based on original research developed by the student and agreed to by the student's graduate advisory committee.

(a) Professional paper proposal: A proposal of the professional paper must be submitted and approved by the graduate advisory committee before the student begins the research. The proposal includes a literature review, a statement of the problem and purpose or hypothesis of the research, research design, and methods to be used. The proposal is a formal document that must have appropriate attention given to matters of format, documentation, and quality of writing.

(b) Registration in NFSC 697P, Professional Paper.

(c) Approval of professional paper: Members of the graduate advisory committee shall approve the professional paper.

(d) Oral defense: the candidate's graduate advisory committee shall conduct an oral defense of the professional paper. The oral defense is generally limited to matters within the scope of the paper.

**Graduate Requirement in Writing Proficiency:**

Writing proficiency is a graduation requirement.

Nutritional Science majors will demonstrate their writing competence through successful completion of written papers assigned in NFSC 660. For those students not completing NFSC 660 under the Option in General Nutritional Science, a writing portfolio will be evaluated for literacy.

**Graduate Grading Requirements:**

All courses in the major (with the exceptions of Independent Study - 697, Comprehensive Examination - 696, Master's Project - 699P, and Master's Thesis - 699T) must be taken for a letter grade, except those courses specified by the department as ABC/No Credit (400/500-level courses), AB/No Credit (600-level courses), or Credit/No Credit grading only. A maximum of 10 units combined of ABC/No Credit, AB/No Credit, and Credit/No Credit grades may be used on the approved program (including 697, 696, 699P, 699T and courses outside the major). While grading standards are determined by individual programs and instructors, it is also the policy of the University that unsatisfactory grades may be given when work fails to reflect achievement of the high standards, including high writing standards, expected of students pursuing graduate study.

Students must maintain a minimum 3.0 grade point average in each of the following three categories: all course work taken at any accredited institution subsequent to admission to the master's program; all course work taken at CSU, Chico subsequent to admission to the program; and all courses on the approved master's degree program.

**Graduate Advising Requirement:**

Advising is mandatory each semester for Nutritional Science majors. Consult the Graduate Coordinator for specific information.

**The Faculty**

**Stephanie Bianco-Simeral**, 2006, Assist Professor, MS, RD, Texas A&M U.

**Dawn Clifford**, 2007, Assist Professor, MS, PhD, RD, Colorado State U.

**Keiko Goto**, 2006, Assist Professor, PhD, Cornell U.

**Michelle R. Morris**, 2000, Assoc Professor, PhD, RD, UC Davis.

**Julie Schneider**, 2007, Assist Professor, PhD, UC Davis.

**Kathryn Silliman**, 1990, Professor, PhD, RD, UC Berkeley.

**Cindy B. Wolff**, 1987, Professor, PhD, MPA, RD, Colorado State U.

**Emeritus Faculty**

**Faye C. Johnson**, 1976, Professor Emerita, EdD, RD, UOP.

**Evelyn L. Mar**, 1968, Professor Emeritus, RD, PhD, Iowa State U.

**Barbara K. Kirks**, 1976, Professor Emerita, MPH, RD, EdD, Utah State U.

**Nutrition and Food Science Course Offerings**

Please see the section on "Course Description Symbols and Terms" in the University Catalog for an explanation of course description terminology and symbols, the course numbering system, and course credit units. All courses are lecture and discussion and employ letter grading unless otherwise stated. Some prerequisites may be waived with faculty permission. Many syllabi are available on the Chico Web.

**NFSC 100 Basic Nutrition 3.0 Fa/Spr**

Physiological, social, and psychological factors affecting food intake are examined. Relationships of nutrients to health throughout life. This is an approved General Education course. (004273)

**NFSC 100H Basic Nutrition - Honors 3.0 Spring**

Prerequisites: Acceptance into the Honors Program. Physiological, social, and psychological factors affecting food intake are examined. Relationships of nutrients to health throughout life. This is an approved General Education course. (006373)

**NFSC 120 Elementary Food 3.0 Fa/Spr**

An elementary study of the physical and chemical properties and reactions of foods. An emphasis on food purchasing, storage, preparation, and use as well as safety, sanitation, and nutrient preservation. 2.0 hours discussion, 3.0 hours laboratory. Special fee required; see the Class Schedule. (004271)

**NFSC 122 Food Safety & Sanitation 2.0 Fa/Spr**

Knowledge of national (FDA's Food Code and Hazard Analysis Critical Control Point (HACCP) program) and statewide (California Retail Food Code) health and sanitation principles for retail food facilities. A student may receive a ServSafe®; Certification from the National Restaurant Association Education Foundation and an approved HACCP certification if he or she receives a minimum of 75% on the respective examinations. (020596)



## Nutrition and Food Sciences

### NFSC 155 Introduction to Nutrition and Food Sciences 1.0 Fa/Spr

Introduction to professional associations, legislation, and career opportunities in the Nutrition and Food Sciences major and an introduction to campus resources. Credit/no credit grading only. (020288)

### NFSC 198 Special Topics 1.0–3.0 Fa/Spr

This course is for special topics, which may be offered for 1.0 to 3.0 units. Typically the topic is offered on a one-time-only basis and may vary from term to term and be different for different sections. See the Class Schedule for the specific topic being offered. (006374)

### NFSC 230 Introduction to Foodservice Administration 3.0 Fa/Spr

Prerequisites: NFSC 120.

Study of management tools and practices ranging from conceptual to applied as they relate to all aspects of the field of nutrition and food sciences. (004294)

### NFSC 240 Human Nutrition 3.0 Fa/Spr

Prerequisites: BIOL 104, CHEM 108.

Physiological and chemical roles of proteins, lipids, carbohydrates, minerals, vitamins, and water in the functioning of the human body. Factors affecting the digestion of foods, use of nutrients, and the body's need for nutrients. (004296)

### NFSC 303 Nutrition and Physical Fitness 3.0 Fa/Spr

Prerequisites: One lower-division course in biological sciences.

Analyzes and evaluates current practices and theories regarding nutrition and its relationship to athletics, weight control, and physical exercise. This is an approved General Education course. (004288)

### NFSC 310 Ecology of Human Nutrition 3.0 Fall

This course examines the relationships among human dietary patterns, human biology, and societies. Topics covered include the prevalence of hunger and malnutrition, factors contributing to malnutrition, and the ecology of obesity and chronic diseases in both developing and industrialized nations. Special attention is given to a critical analysis of the biological and socio-cultural determinants of nutrition-related issues around the world and strategies for addressing those issues. This is an approved General Education course. (020508)

### NFSC 318 Nutrition and Disease 3.0 Fa/Spr

Prerequisites: NFSC 240

This course is designed to develop skills in the use of clinical nutrition in the prevention and treatment of diet-related health problems, such as cardiovascular disease, diabetes, hypertension, and kidney disease. (020608)

### NFSC 320 Science of Food 3.0 Fall

Prerequisites: BIOL 211, CHEM 108, NFSC 120.

Application of principles and methods of physical and sensory analysis of food; effects of additives, irradiation, and biotechnology on the food supply. Group research projects are conducted, presented, and evaluated. 2.0 hours discussion, 3.0 hours laboratory. Special fee required; see the Class Schedule. (004293)

### NFSC 345 Diet Supplements and Functional Foods 3.0 Fa/Spr

Prerequisites: NFSC 240.

Scientific overview of popular dietary supplements and food phytochemicals and their relation to human health and disease. Current government regulations are also considered. (020289)

### NFSC 360 Nutrition Throughout the Life Cycle 3.0 Fa/Spr

Prerequisites: BIOL 104; NFSC 100 or NFSC 240.

A survey of nutritional needs from conception to death, including the relationship of nutrients to health and well-being and factors which affect food selection of different population groups. (004298)

### NFSC 370L Nutrition Assessment Laboratory 1.0 Spring

Prerequisites: NFSC 240.

Active application of tools and techniques used for assessment of nutritional status. Research methodology and application of research finding to nutrition care will be introduced. Majors only. 3.0 hours laboratory. Special fee required; see the Class Schedule. (006375)

### NFSC 398 Special Topics 1.0–3.0 Fa/Spr

This course is for special topics offered for 1.0-3.0 units. Typically the topic is offered on a one-time-only basis and may vary from term to term and be different for different sections. See the Class Schedule for the specific topic being offered. (006376)

### NFSC 399 Special Problems 1.0–3.0 Fa/Spr

This course is an independent study of special problems offered for 1.0-3.0 units. You must register directly with a supervising faculty member. You may take this course more than once for a maximum of 6.0 units. Credit/no credit grading only. (006377)

### NFSC 403 Advanced Nutrition and Physical Fitness 3.0 Fa/Spr

Prerequisites: NFSC 303 or NFSC 240; CHEM 108.

Integration of nutrition, physiology, and biochemistry in the examination of the relationship among nutrition, fitness, and exercise performance. Emphasis is on the application of current research findings. (015977)

### NFSC 420 Experimental Food 3.0 Inquire

Prerequisites: NFSC 320.

Individual research projects will be planned, conducted, evaluated, and discussed in writing; sensory and objective analyses for evaluation of foods; functions of components in food systems. 2.0 hours discussion, 3.0 hours laboratory. (004325)

### NFSC 429 Cultural Food 3.0 Spring

Prerequisites: ENGL 130 (or its equivalent) with a grade of C- or higher, NFSC 120, NFSC 320; GEOG 102 and ANTH 113 are recommended.

Study of world food patterns, including food customs of peoples of different ethnic backgrounds. Emphasis upon nutritional significance. Survey of social, economic, religious, and aesthetic aspects of food customs. 2.0 hours discussion, 3.0 hours laboratory. This is a writing proficiency, WP, course; a grade of C- or better certifies writing proficiency for majors. Special fee required; see the Class Schedule. (004330)

### NFSC 430 Foodservice Procurement and Management 3.0 Fall

Prerequisites: BIOL 211; NFSC 230 or MGMT 303; NFSC 120.

Principles of purchasing for commercial and institution foodservice. A study of the types of food, their distribution, and laws affecting sales and quality; purchase procedures for other supplies and equipment. Preparation of purchase specifications, factors affecting cost control, and theories of internal control. 2.0 hours activity, 2.0 hours lecture. (004326)

### NFSC 431 Foodservice Equipment and Production Systems 3.0 Spring

Prerequisites: NFSC 430.

Application of procedures and principles of menu planning, operation of foodservice equipment, recipe adaptation and costing, employee and production schedules, environmental health control, inservice training, and merchandising techniques. Experience in a variety of foodservice systems. 2.0 hours discussion, 3.0 hours laboratory. Special fee required; see the Class Schedule. (004332)

### NFSC 432 Advanced Foodservice Administration 3.0 Inquire

Prerequisites: NFSC 430, NFSC 431.

Advanced study and application of foodservice concepts and procedures for accountable management of organizational resources. 2.0 hours activity, 2.0 hours seminar. (004329)

### NFSC 440 Advanced Human Nutrition 4.0 Fall

Prerequisites: NFSC 240; CHEM 350 or CHEM 451 with a grade of C or higher.

Theories integrated from physiology, biochemistry, and nutrition with recent developments in the discipline. Emphasis on practical significance of current research and theory. (004331)

### NFSC 455 Futures in Nutrition and Food Science 1.0 Spring

Prerequisites: Senior standing.

Overview of career opportunities and application procedures for post-baccalaureate programs in the discipline. (004336)

### NFSC 457 Futures in Dietetics 1.0 Fall

Prerequisites: Senior standing, permission of Didactic Program Director.

Overview of career opportunities in dietetics and application procedures for dietetic internships and other post-baccalaureate programs in the discipline. (020609)

### NFSC 460 Nutrition Counseling and Education 3.0 Fa/Spr

Prerequisites: NFSC 318 or NFSC 470 (may be taken concurrently), NFSC 360.

Communication skills for nutrition counseling and nutrition education; strategies and techniques for nutrition education; development of nutrition care plans; principles of evaluation and documentation. (004335)

### NFSC 465 Community Nutrition 2.0 Fa/Spr

Prerequisites: NFSC 360, NFSC 460 (may be taken concurrently).

Acquaints the student with nutrition programs that relate the science of health to the improvement, maintenance, and promotion of the health status of individuals and groups. Community organization and assessment, program planning, funding and evaluation, and current status of foreign and domestic food insecurity and hunger will be addressed. (004333)

### NFSC 465L Community Nutrition Clinical 1.0 Fa/Spr

Prerequisites: NFSC 440, NFSC 460

Corequisites: NFSC 465

Provides fieldwork experience in a community-based nutrition program. Development, implementation and evaluation of a nutrition education plan is also addressed. 3.0 hours laboratory. (020610)

<b>NFSC 468</b>	<b>Child Nutrition</b>	<b>3.0 Inquire</b>
Prerequisites: NFSC 100; or NFSC 240 and NFSC 360 Examines the relationship of food and nutrition with social, cultural and behavioral factors in child and adolescent development. Topics include nutrition and learning, nutrition education, eating disorders, sports nutrition, public policy, food safety and child nutrition programs. (020611)		
<b>NFSC 469</b>	<b>Nutrition and Aging</b>	<b>3.0 Inquire</b>
Prerequisites: NFSC 360 or faculty permission. Designed to provide an overview of the physiological, socioeconomic, psychological, and environmental factors affecting the nutritional status and requirements of older adults. Policies and programs related to health care and nutrition services for older Americans is also addressed. (020612)		
<b>NFSC 470</b>	<b>Medical Nutrition Therapy</b>	<b>3.0 Fall</b>
Prerequisites: NFSC 370L, NFSC 440 (may be taken concurrently). Investigation of the physiological and biochemical changes imposed on the body by certain disorders as well as by dietary modifications, and analysis of nutritive value of diets prescribed for treatment of disease as part of the nutrition care process. Adaptation of dietary patterns of individuals to special needs. (015979)		
<b>NFSC 471</b>	<b>Medical Nutrition Therapy II</b>	<b>3.0 Spring</b>
Prerequisites: NFSC 470 A continuation of the investigation of the physiological and biochemical changes imposed on the body by certain disorders as well as by dietary modifications, and analysis of nutritive value of diets prescribed for treatment of disease as part of the nutrition care process. Adaptation of dietary patterns of individuals to special needs. (020613)		
<b>NFSC 489</b>	<b>Externship</b>	<b>1.0–6.0 Fa/Spr</b>
This course is an externship offered for 1.0-6.0 units. You must register directly with a supervising faculty member. The externship provides students with preprofessional experience and is designed as a transition to professional practice wherein the student applies learned theory to actual practice. Students may be required to purchase professional liability insurance. You may take this course more than once for a maximum of 15.0 units. Credit/no credit grading only. (004353)		
<b>NFSC 497</b>	<b>Portfolio Review</b>	<b>1.0 Fa/Spr</b>
Prerequisites: Senior standing, permission of Didactic Program Director. Design of a portfolio representative of the skills and abilities required for completion of the Didactic Program in Dietetics according to the competencies set forth by the accrediting body, the American Dietetic Association. Credit/no credit grading only. (015886)		
<b>NFSC 498</b>	<b>Special Topics</b>	<b>3.0 Fa/Spr</b>
This course is for special topics offered for 1.0-3.0 units. Typically the topic is offered on a one-time-only basis and may vary from term to term and be different for different sections. See the Class Schedule for the specific topic being offered. (006378)		
<b>NFSC 499H</b>	<b>Honors Senior Thesis or Project</b>	<b>3.0 Fa/Spr</b>
Prerequisites: NFSC 100 or NFSC 240; selected screening courses by content area, all with grades which place student in top five percent; interview; faculty permission. An independent study involving substantial research for a thesis or project culminating in a public presentation. Students will enroll in NFSC 499H twice. You may take this course more than once for a maximum of 6.0 units. (004357)		
<b>NFSC 600</b>	<b>Research Methods in Nutritional Sciences</b>	<b>4.0 Inquire</b>
Prerequisites: MATH 615 or similar statistics course. An examination of quantitative and qualitative research methods via the analysis of data and the design and implementation of original research and evaluation studies. Activities are designed to develop skills in research design, sampling design, instrumentation, data collection, statistics analysis, presentation and interpretation of results, and the presentation of original research via poster boards and journal manuscripts. 2.0 hours activity, 3.0 hours lecture. (006380)		
<b>NFSC 620</b>	<b>Food Science</b>	<b>2.0 Inquire</b>
Prerequisites: NFSC 320, biochemistry. New developments in food processing, techniques of food preservation, chemical additives, sanitation, and other topics to be selected for discussion using current scientific literature. (004364)		
<b>NFSC 641</b>	<b>Topics in Macronutrients</b>	<b>3.0 Inquire</b>
Prerequisites: NFSC 440, biochemistry. Review of current scientific literature in selected aspects of protein, carbohydrates, and lipids, and their use by the body. (004362)		
<b>NFSC 642</b>	<b>Topics in Vitamins and Minerals</b>	<b>3.0 Inquire</b>
Prerequisites: NFSC 440, biochemistry. Review of current scientific literature in contemporary issues of selected micronutrients. (004363)		
<b>NFSC 660</b>	<b>Nutrition Education</b>	<b>3.0 Inquire</b>
Prerequisites: NFSC 465. An integrated approach to the ways in which individuals and groups use nutrition information. Includes considerations of human development, learning theory, curriculum development, and the evaluation process. (004361)		
<b>NFSC 661</b>	<b>Topics in Developmental Nutrition</b>	<b>2.0 Inquire</b>
Prerequisites: NFSC 360, biochemistry. A review of selected contemporary issues of nutritional status in one or more groups in the life cycle; infant nutrition, child nutrition, or geriatric nutrition. (004365)		
<b>NFSC 662</b>	<b>Advanced Nutrition Counseling</b>	<b>2.0 Inquire</b>
Prerequisites: NFSC 460, NFSC 471 or faculty permission. Advanced communication skills for nutrition counseling including disease-specific counseling strategies, the nutrition care process, documentation, and motivational interviewing. (020938)		
<b>NFSC 665</b>	<b>Topics in Community Nutrition</b>	<b>2.0 Inquire</b>
This course reinforces principles of community-based organization and evaluation. Oral presentation and critique of research-based interventions, current issues, and strategies for effective grant writing are addressed. (006381)		
<b>NFSC 667</b>	<b>International Issues in Nutrition</b>	<b>2.0 Inquire</b>
Prerequisites: NFSC 429, biochemistry. Review of international issues that influence nutritional status of individuals and populations, with emphasis on contemporary problems in less developed countries. (004366)		
<b>NFSC 670</b>	<b>Topics in Clinical Nutrition</b>	<b>2.0 Inquire</b>
Prerequisites: NFSC 470, biochemistry. A review and application of the nutrition care process to selected contemporary issues in therapeutic nutrition. Role of dietitian as health care team member is considered and examined. (004360)		
<b>NFSC 689</b>	<b>Graduate Internship</b>	<b>1.0–6.0 Fa/Spr</b>
This course is an internship offered for 1.0-6.0 units. You must register directly with a supervising faculty member. The internship is designed to provide semiprofessional field experience for graduate students in agencies which use application of theoretical knowledge in the discipline. May be repeated more than once for credit. You may take this course more than once for a maximum of 15.0 units. Credit/no credit grading only. (004368)		
<b>NFSC 697</b>	<b>Independent Study</b>	<b>1.0–3.0 Fa/Spr</b>
This course is a graduate-level independent study offered for 1.0-3.0 units. You must register directly with a supervising faculty member. You may take this course more than once for a maximum of 6.0 units. (006382)		
<b>NFSC 697P</b>	<b>Professional Paper</b>	<b>3.0 Fa/Spr</b>
Culminating activity for the MS degree. A professional paper is written based on original research. You must register directly with a supervising faculty member. (006386)		
<b>NFSC 699T</b>	<b>Master's Thesis</b>	<b>1.0–6.0 Fa/Spr</b>
Offered for 1.0-6.0 units, the master's thesis is the culminating activity for the MS degree. You must register directly with a supervising faculty member. You may take this course more than once for a maximum of 6.0 units. (006387)		

Highlighted text indicates a change from the original publication.