



## TEXAS A&M UNIVERSITY NUTRITION

# UNDERGRADUATE NEWSLETTER

Curriculum Updates • Credit Clarifications • Old Versus New Degree Plan

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## NORMAN E. BORLAUG

The Department of Nutrition has officially transitioned to the state-of-the-art **Norman E. Borlaug Building second floor** located at 498 Olsen Blvd, College Station, TX 77840 (Building 1513 on the Aggie map).

This new facility offers a new, innovative space for learning, collaboration, and research.

The building is open for students to study, meet for group projects, or just hang out in between classes. **We invite you** to come explore the new building!

### Stay in touch:



(979) 321-7060



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TEXAS A&M UNIVERSITY  
**Nutrition**

If you are having trouble finding us, you can use exact coordinates: 30.608287, -96.348856

# MAJOR DEGREE CHANGES IN THE HUMAN HEALTH TRACK

## Do I have to change my degree plan?

Students who started the **General Nutrition** track prior to these degree changes **DO NOT** have to change their degree paths. You are bound to the degree plan you started with. So students who started in nutrition prior to Fall 2024, can continue with their original plan. However, they have the **OPTION** to sub various classes:

### Previous

### Current

- BIOL 319/320, NUTR 365 —————→ **NUTR 366/367**  
*Students cannot take one of each (ex: BIOL 319/NUTR 367)*  
*If you would like to take NUTR 366/NUTR 367 and have already taken NUTR 365, NUTR 365 will count towards a Nutrition Elective*
- BIOL 351 —————→ **NUTR 440**
- BICH 410/411 —————→ **BICH 409**

## New Courses Specific to the Human Health Track

### **NUTR 400 Ethics in Nutrition and Healthcare**

**Credits 1. 1 Lecture Hour.**

Discussion of ethical issues and societal challenges experienced by professionals derived from scientific research and professional activities related to delivering wellness and healthcare services; review of sources, fundamental principles, scope of practice and applications of ethical behavior in the field of nutrition; application of ethical principles and scope of practice to different professional groups and organizations, including business, non-profits, government, health care, and science and technology.

### **NUTR 412 Nutritional Treatment of Disease**

**Credits 2. 2 Lecture Hours.**

Nutritional intervention in pathological conditions, based on biochemical, physiological and psychological effects of disease state; current research in clinical nutrition.

# HUMAN HEALTH DEGREE BREAKDOWN

## NEW TRACK

## PREVIOUS TRACK

First Year					
FALL					
NUTR 203*		3	MATH 140*		3
NUTR/FSTC 210	Credit hour change	1	NUTR/FSTC 210	Credit hour change	2
BIOL 111		4	BIOL 111		4
CHEM 119		4	CHEM 119		4
ENGL 103 or 104		3	ENGL 103 or 104		3
NUTR 204		1	NUTR 204		1
AGLS 125		0-1	AGLS 125		0-1
Semester Credit Hours		16	Semester Credit Hours		17
SPRING					
NUTR 301*		3	MATH 142*		3
CHEM 120		4	CHEM 120		4
BIOL 112		4	BIOL 112		4
American History		3	History Elective		3
Semester Credit Hours		14	Semester Credit Hours		14
Second Year					
FALL					
Mathematics*		3	NUTR 203*		3
CHEM 257	Course Number Change	4	CHEM 227/237		4
ENGL 210		3	ENGL 210		3
Social and Behavioral elective		3	Social and Behavioral elective		3
American History		3	History Elective		3
Semester Credit Hours		16	Semester Credit Hours		16
SPRING					
Mathematics*		3	NUTR 301*		3
CHEM 258	Course Number Change	4	CHEM 228		4
POLS 206		3	POLS 206		3
Creative Arts		3	Creative Arts		3
General Elective		1	General Elective		2
Semester Credit Hours		14	Semester Credit Hours		15

\*Course changed semester sequence to better serve the degree track

Third Year							
FALL							
<b>NUTR 366</b>	New Human Anatomy	<b>4</b>		<b>BIOL 319</b>	Replaced with NUTR 366	<b>4</b>	
<b>Nutrition Elective*</b>		<b>3</b>		<b>NUTR 365</b>	Replaced with NUTR 366/367	<b>3</b>	
POLS 207		3		POLS 207		3	
Technical Elective		3		Technical Elective		3	
General Elective		3		General Elective		2	
Semester Credit Hours		16		Semester Credit Hours		15	
SPRING							
<b>NUTR 367</b>	New Human Anatomy	<b>4</b>		<b>BIOL 320</b>	Replaced with NUTR 367	<b>4</b>	
GENE 301		3		GENE 301		3	
GENE 312		1		GENE 312		1	
Technical Elective		3		Technical Elective		3	
STAT 301, 302, or 303		3		STAT 301, 302, or 303		3	
Semester Credit Hours		14		Semester Credit Hours		14	
Fourth Year							
FALL							
<b>BICH 409</b>	Replacing BICH 410/411	<b>3</b>		<b>BICH 410</b>	Replaced with BICH 409	<b>3</b>	
<b>NUTR 440</b>	NEW Nutrition Microbiology	<b>4</b>		<b>BIOL 351</b>	Replaced with NUTR 440	<b>4</b>	
Nutrition Elective		3		Nutrition Elective		3	
Technical elective		3		Technical Elective		3	
Semester Credit Hours		13		Semester Credit Hours		13	
SPRING							
<b>NUTR 400</b>	New Ethics in Nutrition/Healthcare	<b>1</b>		<b>BICH 411</b>	Replaced with BICH 409	<b>3</b>	
<b>Technical Elective</b>	Added Technical Elective	<b>3</b>		Nutrition Elective*		3	
Nutrition Elective		6		Nutrition Elective		3	
NUTR 475		3		NUTR 475		3	
NUTR 481		1		NUTR 481		1	
Language, Philosophy, and Culture		3		Language, Philosophy, and Culture		3	
Semester Credit Hours		17		Semester Credit Hours		16	

*\*Course changed semester sequence to better serve the degree track*

**FALL 2025 IS THE LAST SEMESTER NUTR 365 WILL BE TAUGHT. IF YOU NEED THIS COURSE YOU ARE REQUIRED TO TAKE IT FALL 2025 OR YOU WILL BE REQUIRED TO TAKE BOTH NUTR 366 AND 367. Please reach out to [bea.bradley@ag.tamu.edu](mailto:bea.bradley@ag.tamu.edu) if this is a concern.**

# MAJOR DEGREE CHANGES IN THE DIDACTIC PROGRAM IN DIETETICS

## Do I have to change my degree plan?

Students are bound to the degree plan they entered Nutrition with, however, DPD students must ensure they are meeting **not only the degree requirements**, but also **all of the KRDNs**. As the curriculum shifts and KRDNs shift slightly with them, you must ensure that the courses you are taking **cover all aspects of the Didactic Program in Dietetics**.

### Previous

### Current

- BIOL 319/320, NUTR 365 → **NUTR 366/367**  
*Students cannot take one of each (ex: BIOL 319/NUTR 367)*  
*If you would like to take NUTR 366/NUTR 367 and have already taken NUTR 365, NUTR 365 will count towards a Nutrition Elective*
- FSTC/ANSC 326 → **NUTR 440**
- BICH 410/411 → **BICH 409**
- NUTR 304 (4 cr hr), MGMT 309 → **NUTR 304 (3 cr hr), NUTR 307 (4 cr hr)**  
*NUTR 304 is SPRING ONLY*  
*NUTR 307 offered starting Fall 2025*

## New Courses Specific to the Didactic Program in Dietetics

### **NUTR 304 Food Service Systems and Management**

*(Offered starting Spring 2025)*

**Credits 3. 3 Lecture Hours. OFFERED SPRING SEMESTERS ONLY**

Principles of food service management used in selecting, storing, preparing, and serving food in quantity; emphasis is on menu planning, quality control, purchasing, production, food service equipment, and layout design. **Prerequisites:** NUTR 211.

### **NUTR 307 Quantity Food Production**

*(Offered starting Fall 2025)*

**Credits 4. 3 Lecture Hours. 1 Lab Hour. OFFERED FALL SEMESTERS ONLY**

Principles of food service management used in selecting, storing, preparing, and serving food in quantity; emphasis is on menu planning, quality control, purchasing, production, food service equipment, and layout design. **Prerequisites:** NUTR 211.

### **NUTR 408 Professional Development in Nutrition and Dietetics**

*(Offered starting Spring 2025)*

**Credits 1. 1 Lecture Hour. OFFERED SPRING SEMESTERS ONLY**

Techniques in professional development with focus on knowledge requirements for a Registered Dietitian Nutritionist; emphasis on oral and written communication, professional leadership, interprofessional relationships, mentoring, and critical thinking. **Course intended for Junior DPD students.**

### **NUTR 409 Nutrition Education and Counseling**

*(Spring 2025 listed as NUTR 489-500)*

**Credits 2. 2 Lecture Hours. OFFERED SPRING SEMESTERS ONLY**

Principles and techniques of nutrition education and counseling methods applied to diverse areas of the dietetic profession, including motivational interviewing, communication skills, and evaluation methods. **Prerequisites:** NUTR 404.

# DPD DEGREE BREAKDOWN

## NEW TRACK

## PREVIOUS TRACK

First Year					
FALL					
NUTR 203*		3	TAMU Core Math*		3
NUTR/FSTC 210	Credit hour change	1	NUTR/FSTC 210	Credit hour change	2
AGLS 125		0-1	AGLS 125		0-1
BIOL 111		4	BIOL 111		4
CHEM 119		4	CHEM 119		4
ENGL 103		3	ENGL 103		3
or ENGL104			or ENGL104		
NUTR 204		1	NUTR 204		2
Semester Credit Hours		16	Semester Credit Hours		17
SPRING					
NUTR 301*		3	MATH 142*		3
CHEM 120		4	CHEM 120		4
BIOL 112		4	BIOL 112		4
American History		3	History Elective		3
Semester Credit Hours		14	Semester Credit Hours		14
Second Year					
FALL					
Mathematics*		3	NUTR 203*		3
CHEM 257	Course Number Change	4	CHEM 227/237		4
ENGL 210		3	ENGL 210		3
PBSI 107		3	PSYC 107		3
American History		3	History Elective		3
Semester Credit Hours		16	Semester Credit Hours		16
SPRING					
Mathematics*		3	General Elective*		2
CHEM 258	Course Number Change	4	Creative Arts*		3
NUTR 211		4	CHEM 228		4
POLS 206		3	NUTR 211		4
			POLS 206		3
Semester Credit Hours		14	Semester Credit Hours		16

\*Course changed semester sequence to better serve the degree track

Third Year					
FALL					
<b>NUTR 366</b>	New Human Anatomy	4	<b>BIOL 319</b>	Replaced with NUTR 366	4
<b>Nutrition Elective</b>	Added Nutrition Elective	3	NUTR 301*		3
<b>NUTR 307</b>	New Quantity Foods	4	POLS 207		3
POLS 207		3	MGMT 309	Replaced by NUTR 304	3
Semester Credit Hours		14	Semester Credit Hours		13
SPRING					
<b>NUTR 367</b>	New Human Anatomy	4	<b>BIOL 320</b>	Replaced with NUTR 367	4
<b>NUTR 408</b>	Professional Development	1	<b>NUTR 365</b>	Replaced with NUTR 366/367	3
NUTR 304	Replacing MGMT 309	3	NUTR 304	Credit hour change	4
Creative Arts*		3	GENE 301		3
GENE 301		3	GENE 312		1
GENE 312		1			
Semester Credit Hours		15	Semester Credit Hours		15
Fourth Year					
FALL					
<b>BICH 409</b>	Replacing BICH 410/411	3	<b>BICH 410</b>	Replaced with BICH 409	3
<b>NUTR 440</b>	NEW Nutrition Microbiology	4	<b>FSTC/ANSC 326</b>	Replaced with NUTR 440	3
NUTR 404		3	NUTR 404		3
NUTR 430		3	NUTR 430		3
STAT 301, 302, or 303		3	STAT 301, 302, or 303		3
Semester Credit Hours		16	Semester Credit Hours		15
SPRING					
<b>NUTR 409</b>	New Counseling	2	<b>BICH 411</b>	Replaced with BICH 409	3
General Elective*		2	NUTR 475		3
NUTR 475		3	NUTR 481		1
NUTR 481		1	NUTR 407		4
NUTR 407		4	ANTH 205 or 210		3
ANTH 205 or 210		3			
Semester Credit Hours		15	Semester Credit Hours		14

\*Course changed semester sequence to better serve the degree track

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# NEW AVAILABLE ELECTIVE COURSES

## New Courses Available to Nutrition Students

### **CULN 305      Culinary Health**

***Credits 4. 3 Lecture Hours 1 Lab Hour.***

Integration of nutrition science principles, dietary recommendations, and food and cooking skills to facilitate healthy eating behaviors for health promotion. Application to recipe development and modification to meet specific dietary needs and sensory acceptability.

### **NUTR 306      Nutrition in Sports**

***Credits 3. 3 Lecture Hours.***

Exploration of energy systems and the macronutrient and micronutrient needs in different sport contexts.

### **NUTR 403      Advanced Nutrition in Sports**

***Credits 3. 3 Lecture Hours.***

Examination of sports nutrition for specific athlete populations, training settings, and lessons on being a sports dietitian beyond the nutrition knowledge need.

### **NUTR 483      Practicum for Nutrition in Sports**

***Credits 3. 3 Credit Hours.***

Exploration of applied aspects of sports nutrition; topics include team talks to athletes, one-on-one counseling, planning travel nutrition, needs assessments of athletes, pre and post workout fueling, and accompanying dietitians with grocery tours.

### **NUTR 412      Nutritional Treatment of Disease**

***Credits 3. 3 Lecture Hours.***

Nutritional intervention in pathological conditions, based on biochemical, physiological and psychological effects of disease state; current research in clinical nutrition.

### **NUTR 454      Nutrigenomics and Precision Nutrition**

***Credits 3. 3 Lecture Hours.***

Perspectives on the interaction between genetic variation and diet/nutrients; dietary and nutrient impacts on gene expression mediate by variation in individual genomes; modulation of the host epigenome by the microbiome; novel treatment of important diseases addressed through improved nutrition and the development of improved health through precision nutrition.

### **NUTR 489-501      Nutrition and Female Reproductive Health**

***Credits 3. 3 Lecture Hours.***

A detailed review and analysis of how nutrition and metabolic health affects female reproductive physiology from puberty to menopause.



# NEW CERTIFICATES AVAILABLE

## CULINARY HEALTH CERTIFICATE



The areas of culinary nutrition, culinary medicine and food as medicine are gaining interest across healthcare disciplines with calls from agencies like NIH for more nutrition education for health professionals, like physicians. The proposed Culinary Health certificate would provide hands-on opportunities for all nutrition majors to develop food and cooking skills that can be applied to nutrition education for health promotion and disease prevention.

### Program Requirements:

<a href="#">CULN 305</a>	Culinary Health	4
<a href="#">CULN 483</a>	Culinary Health Practicum	2
<a href="#">NUTR 301</a>	Nutrition Through Life	3
<a href="#">NUTR 404</a>	Nutrition Assessment and Planning	3
or <a href="#">NUTR 412</a>	or Nutritional Treatment of Disease	
<a href="#">NUTR 408</a>	Professional Development in Nutrition and Dietetics	1
or <a href="#">NUTR 400</a>	or Ethics in Nutrition and Healthcare	
<b>Total Semester Credit Hours</b>		<b>13</b>

NUTR majors only. DPD track students will complete NUTR 404 and NUTR 408 while Human Health track students will complete NUTR 412 and NUTR 400.

