



COLLEGE OF BEHAVIORAL AND HEALTH SCIENCES

Human Sciences

2023-2024

Nutrition and Food Science

Student Handbook

**Middle Tennessee State University
College of Behavioral and Health
Sciences Department of Human
Sciences
Box 86
Murfreesboro, TN 3713**



Nutrition and Food Science Degree

Everyone must eat, but not everyone knows the most cost-effective, tasty, and healthy ways to choose and prepare foods. MTSU's Nutrition and Food Science (NFS) major trains students on how to correct this problem. Our classes allow students to apply the science, art, and skills related to food and nutrition to improve the health of themselves and their families, communities, and clients. The major offers five distinct concentrations.

We offer a four-year Bachelor of Science Degree in Nutrition and Food Science consisting of 41 credit hours of General Education courses and 6 credit hours of NFS core courses common to all concentrations. Each of the NFS concentrations varies in the requirements of the other classes. Specifics on course requirements and links to each concentration's map are located on the next page. At MTSU, a minimum of 120 credit hours are required for graduation with a BS degree

New freshman and transfer students should attend CUSTOMS, which is a summer orientation program specifically designed to introduce students to MTSU. Students meet with Mrs. Sandy Anderson, the College of Behavioral and Health Sciences Academic Advisor during CUSTOMS. She will help NFS majors determine their course requirements and then select and register for classes.

All students should schedule an appointment with her each semester to stay on track with the degree requirements of the NFS program. Her contact information is below.

College of Behavioral & Health Sciences Advisors (CBHS Advisors) for ALL NFS Majors		
Ms. Sandy Anderson	615/898-4803	Sandy.anderson@mtsu.edu

All NFS majors are assigned a faculty mentor to answer questions about their chosen concentration and career planning. NFS faculty offices are located in the Ellington Human Sciences Building at 2623 Middle Tennessee Blvd. All faculty mentors have regular office hours during the fall and spring semesters. Faculty members are not on campus during the summer, so it is more difficult for you to meet with your NFS major mentor during that time.

Concentration	Faculty Mentor	Office EHS	Phone	Email
Dietetics	Dr. Liz Smith	202	615 898 5853	Elizabethann.Smith@mtsu.edu
FCS* Community Ed.	Dr. Janet Colson	105	615 898 2091	Janet.Colson@mtsu.edu
FCS* Secondary Ed	Dr. Sandra Poirier	201	615 898 5201	Sandra.Poirier@mtsu.edu
Food Industry	Ms. Cindy Ayers	108 A	615 898 2093	Cindy.Ayers@mtsu.edu
Nutrition & Wellness	Ms. Ginny Bogle	108 B	615 898 5173	Ginny.Bogle@mtsu.edu

**FCS stands for Family and Consumer Sciences, formerly known as Home Economics.*

Be aware that many NFS and FCS classes include labs and experiential learning and are primarily offered on campus. A few of the classes are available online. Discuss this with your advisor during the meetings with her.



Nutrition and Food Science (NFS) Concentrations

Courses required for each of the NFS concentrations prepare students for specific jobs after graduation. All concentrations include the same core NFS classes but differ greatly in the science and math requirements, internships, and upper-division NFS courses. Specific classes are detailed on each concentration's academic map.

Concentration and Degree Overview	Jobs
<p><i>Dietetics (Didactic Program in Dietetics*)</i></p> <ul style="list-style-type: none"> • First step to becoming a registered dietitian/nutritionist (RD) (The second step is to apply to a graduate dietetic internship.) • Requires strong science and math skills (Four chemistry and three biology classes required as part of the BS degree.) 	<p>Registered dietitian/nutritionist (RDN) working in hospitals, nursing homes, physician offices, private practice, grocery stores, and sports teams.</p>
<p><i>Family and Consumer Community Education</i></p> <ul style="list-style-type: none"> • In addition to NFS classes, includes a variety of courses in clothing, textiles, parenting, financial management, and home interiors. • Requires an internship with an FCS Extension Agent 	<p>FCS Agent with UT/TSU Extension Program or other state. (Tennessee and the nation face a shortage of FCS graduates)</p>
<p><i>Family and Consumer Secondary Education</i></p> <ul style="list-style-type: none"> • In addition to the above, requires a 30-hour minor in Secondary Education with two semesters of student teaching • Graduates receive an FCS TN teacher license with an endorsement in either Food Production/Management Services (Culinary Arts) or Early Childhood Care and Services. 	<p>Secondary FCS teacher for teen living in middle schools or nutrition, culinary arts, education, and child care programs at the high school level</p>
<p><i>Food Industry</i></p> <ul style="list-style-type: none"> • A variety of tours and speakers introduce students to a of food industry jobs. • Optional minor in science assists in job placement/graduate school acceptance • Internship is highly recommended 	<p>Food product development, food safety specialist, food sales, and quality assurance manager in government or non-government agencies</p>
<p><i>Nutrition and Wellness</i></p> <ul style="list-style-type: none"> • Must take have a C or higher in A&P I & II (BIOL 2010 & BIOL 2020) • Courses in nutrition education and weight management • Optional minor in health or related area is beneficial 	<p>Health department nutrition and health educators, weight loss coaches, and private industry consultants.</p>

- | | |
|--------------------------------|--|
| • Internships strongly advised | |
|--------------------------------|--|

* Accredited by the [Accreditation Council for Education in Nutrition and Dietetics \(ACEND®\)](#), 120 South Riverside Plaza, Suite 2190, Chicago, IL 60606-6995, 800-877-1600, ext. 5400.

Academic Maps for Each NFS Concentration

Students may access the NFS degree requirements for planning and meeting with their CBHS Academic Advisor when scheduling courses. See the links to the Academic Maps below for each concentration.

Dietetics: <https://catalog.mtsu.edu/mime/media/36/2908/>

FCS Community Education: <https://catalog.mtsu.edu/mime/media/36/4477/>

FCS Secondary Education: <https://catalog.mtsu.edu/mime/media/36/4626/>

Food Industry: <https://catalog.mtsu.edu/mime/media/36/3929/>

Nutrition and Wellness: <https://catalog.mtsu.edu/mime/media/36/3930/>

General NFS (No concentration): <https://catalog.mtsu.edu/mime/media/36/2917/>