

**What can you do with a Food and Nutritional Science major from SPU?**

The Food and Nutritional Sciences major at Seattle Pacific University may be right for you if you are interested in science and health, fascinated by food, and want to work with individuals and families. The major offers emphases in Food & Nutrition and Sports & Exercise.

**Potential occupations include:**

- Congregate Meals Program Manager
- Cookbook Author/Editor
- Food Photographer
- Nutrition Educator
- Personal Health Coach
- Worksite Wellness Manager

**Majors with similar requirements in first two years**

Exercise Science, Life Science, Nursing, Nutrition & Dietetics, Psychology (BS)

**Suggested transfer preparation at South Seattle College**

Associate in Arts (AA-DTA)

**Courses you may take in the major at South Seattle College**

South Seattle College Courses	Equivalent SPU Courses
BIOL& 241 Human Anatomy & Physiology I (5) – and – BIOL& 242 Human Anatomy & Physiology II (5)	BIO 2129 Human Anatomy & Physiology (5) – and – BIO 2130 Human Anatomy & Physiology (5)
BIOL& 260 Microbiology (5)	BIO 3351 General Microbiology (5) *
CHEM& 121 Intro to Chemistry (5) – OR – CHEM& 161 General Chem w/Lab I (6) – and – CHEM& 162 General Chem w/Lab II (6)	CHM 1310 Survey of General Chemistry (5) – OR – CHM 1211 General Chemistry I (6) – and – CHM 1212 General Chemistry II (6)
CHEM& 131 Intro to Organic/Biochemistry (5)	CHM 1330 Survey of Organic Chemistry (5)
MATH& 146 Introduction to Statistics (5)	MAT 2360 Intro to Stats for Sciences (5)

*Note: Only courses with a regular grade of 1.7 (C-) or higher may count toward a major or minor.*

*\*Indicates this course transfers to SPU as lower-division credit for the equivalent course.*

**Admission to the Major**

If you identify the Food and Nutrition major as your first choice on your application for admission to the University, you will automatically gain entry to the major when admitted to SPU.

**Learn more about the SPU Food and Nutritional Science major:**

<http://spu.edu/food-nutritional-sci>

<http://spu.edu/food-nutritional-sci-reqs>

**Get more information** about transfer admission to Seattle Pacific University at: <http://spu.edu/transfer>.

**Questions?** Contact [transfer@spu.edu](mailto:transfer@spu.edu).

### Courses to complete at SPU

CHM 1360 Survey of Biological Chemistry (5)
FCS 1050 Introduction to FCS (2)
FCS 2365 Food Science (5)
FCS 3240 Individual & Family Development (5)
FCS 3321 Nutrition through the Life Cycle (3)
FCS 3340 Human Nutrition (5)
FCS 3352 Nutrition Education & Counseling (5)
FCS 3365 Nutrition and Meal Planning (5)
FCS 4310 Sports and Exercise Nutrition (3)
FCS 4330 Advanced Nutrition & Metabolism (5)
FCS 4340 Medical Nutrition Therapy I (5)
FCS 4352 Community Nutrition (3)
FCS 4367 Experimental Foods (5)
FCS 4370 Nutrition Research (3)
FCS 4899 FCS Senior Capstone (3)
HHP 1301 Wellness and Physical Activity (3)
HHP 3570 Biomechanics (5)
HHP 3580 Exercise Physiology (5)
HHP 4585 Applied Exercise Science (5)

### Other requirements for the degree

In addition to the major, the degree requires completion of any remaining general education and University requirements, and at least 180 college-level credits total, including 60 upper-division (UD) credits.

All students must complete the University Foundations Requirement at SPU – even those who have completed the Direct Transfer Agreement (DTA) Associate Degree.

Students admitted with fewer than 90 credits (freshmen and sophomores) complete 15 credits:

- UFDN 1000 The Christian Faith (5)
- UFDN 2000 Christian Scriptures (5)
- UFDN 3100 Christian Theology (5)

Students admitted with 90 credits or more (juniors and seniors) complete 10 credits:

- UFDN 3001 Christian Scriptures (5)
- UFDN 3100 Christian Theology (5)

### Suggested course plan for your junior and senior years at SPU

Assumes junior standing at entrance, with successful completion of BIOL& 241, 242, and 260; CHEM& 121 or both CHEM& 161 and 162; CHEM& 131; and MATH& 146, prior to transfer.

Junior Year			
Autumn	Winter	Spring	Notes
<ul style="list-style-type: none"> <li>• FCS 1050 (2)</li> <li>• FCS 2365 (5)</li> <li>• FCS 3340 (5) -- or take this in winter.</li> <li>• + credits to total 15 – 18</li> </ul>	<ul style="list-style-type: none"> <li>• CHM 1360 (5) -- or take this in spring.</li> <li>• FCS 3240 (5)</li> <li>• FCS 3340 (5) -- if not taken in autumn.</li> <li>• HHP 3570 (5)</li> <li>• + credits to total 15 – 18</li> </ul>	<ul style="list-style-type: none"> <li>• CHM 1360 (5) -- if not taken in winter.</li> <li>• FCS 2375 (5)</li> <li>• FCS 3321 (3)</li> <li>• FCS 4310 (3)</li> <li>• HHP 3580 (5)</li> <li>• + credits to total 15 – 18</li> </ul>	<ul style="list-style-type: none"> <li>• Apply to graduate at the end of your junior year.</li> </ul>
<b>Any Quarter Offered:</b> <ul style="list-style-type: none"> <li>• HHP 1301 (3) -- take in autumn or winter as this is a prereq for HHP 3580.</li> <li>• UFDN, general education, and University requirements.</li> </ul>			
Senior Year			
Autumn	Winter	Spring	Notes
<ul style="list-style-type: none"> <li>• FCS 3352 (5)</li> <li>• FCS 4340 (5)</li> <li>• FCS 4899 (3)</li> <li>• HHP 4585 (5)</li> <li>• + credits to total 15 – 18</li> </ul>	<ul style="list-style-type: none"> <li>• FCS 3365 (5) -- or take this in spring.</li> <li>• FCS 4330 (5)</li> <li>• FCS 4352 (3)</li> <li>• FCS 4370 (3) -- or take this in spring.</li> <li>• + credits to total 15 – 18</li> </ul>	<ul style="list-style-type: none"> <li>• FCS 3365 (5) -- if not taken in winter.</li> <li>• FCS 4367 (5)</li> <li>• FCS 4370 (3) -- if not taken in winter.</li> <li>• + credits to total 15 – 18</li> </ul>	<ul style="list-style-type: none"> <li>• Complete at least 180 college-level credits before graduation and remember that at least 60 must be upper-division (numbered 3000 – 4999).</li> </ul>
<b>Any Quarter Offered:</b> <ul style="list-style-type: none"> <li>• Remaining UFDN, general education, and University requirements.</li> </ul>			