

7. COLLEGE FOR HEALTH, COMMUNITY AND POLICY

Mission Statement

The College for Health, Community and Policy is a new innovative college dedicated to advancing human health. The College will transform the way UTSA prepares students for the modern setting of human health related careers, in which physician scientists, nurses, therapists, technicians, social workers, social service and public service workers, and policymakers work together to deliver comprehensive solutions that advance local Texas communities.

General Information

The College for Health, Community and Policy offers ten undergraduate degrees, nine minors, and four certificates. The Bachelor of Science degree in Nutrition and Dietetics, the Community Health Worker certificate, and the Nutrition for Health Professionals certificate are housed under the College for Health, Community and Policy. The Department of Criminology and Criminal Justice offers the Bachelor of Arts degree in Criminology and Criminal Justice and a Minor in Criminology and Criminal Justice. The Department of Kinesiology houses the Bachelor of Science (B.S.) degree in Kinesiology, with concentrations in athletic training, exercise physiology, kinesiology and health science, and physical education, and a certificate in Athletic Coaching. The Department of Psychology offers a Bachelor of Arts degree in Psychology and a Minor in Psychology. The Department of Public Administration offers a Bachelor of Arts degree in Public Administration and Policy, a Minor in Civic Engagement, a Minor in Public Administration and Policy, a Minor in Nonprofit Management, and a certificate in Public Policy and Data Analysis. The Department of Public Health houses a Bachelor of Science degree in Public Health, with concentrations in health services and health promotion, a Bachelor of Science in Health Administration, a Minor in Community Health, and a Minor in Wellness. The Department of Social Work offers a Bachelor of Social Work degree. The Department of Sociology and Demography offers a Bachelor of Arts degree in Sociology, a Bachelor of Science degree in Health, Aging and Society, a Minor in Sociology, and a Minor in Health, Aging and Society.

- Bachelor of Science Degree in Nutrition and Dietetics (p. 1)
- Bachelor of Science Degree in Nutrition and Health (p. 4)

Coordinated Program in Dietetics Bachelor of Science Degree in Nutrition and Dietetics

The Bachelor of Science (B.S.) in Nutrition and Dietetics is part of the Coordinated Program in Dietetics (CPD), which is a three-year integrated degree that includes the Master of Dietetic Studies (MDS) with 1000 hours of supervised practice. The B.S. in Nutrition and Dietetics requires two years of junior and senior level coursework, while the third year offers masters level courses. Students admitted into the undergraduate program are not guaranteed placement into the MDS unless they maintain a 3.0 grade point average, have completed all support courses, degree core, and Texas core with a grade of "C-" or better, and met all program requirements. Upon successful completion of the three-year professional program, students will receive a verification statement that certifies their eligibility to take the Commission on Dietetics Registration

national examination to become a Registered Dietitian Nutritionist (RDN/RD).

Students enrolled in the Dietetics Program who are not eligible to transition to the Master of Dietetics Studies may earn the Bachelor of Science degree in Nutrition and Dietetics if they meet the program and University graduation requirements but are not eligible for the verification statement to take the national RDN/RD exam.

Academic advising for students seeking the degree is available in the Life and Health Sciences Advising Center.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, at least 39 of which must be at the upper-division level. All candidates seeking this degree must fulfill the Core Curriculum requirements and the degree requirements, which are listed below.

Admission Policy

Admission to the Coordinated Program in Dietetics is competitive. The program has been approved for a limited number of students by the accrediting organization. Admission into the major as part of a cohort group occurs in the Fall semester.

The requirements for admission into the Nutrition and Dietetics degree are intended to offer a program with high standards for success. Some of the requirements are known to be good predictors of achievement in the graduate professional phase of the Coordinated Program in Dietetics. Students interested in Nutrition and Dietetics will not be admitted directly into the major because this major cannot be declared as a freshman. Students interested in Nutrition and Dietetics must meet UTSA's general admission requirements and will be admitted into the "Life and Health Science Studies" until all requirements can be met at UTSA.

To declare a major in Nutrition and Dietetics, the following minimum criteria must be met:

- Must complete all support courses and most of the Texas Core requirements with a minimum cumulative grade point average (GPA) of 3.0 (on a 4.0 scale) and be in good standing with the University.
- Must complete all prerequisite courses with a grade of "C-" or better. Detailed information about the courses, including the Texas Common Course Numbers may be obtained from the Undergraduate Catalog.
- Must complete NDT 2043 Introduction to Nutritional Sciences or equivalent course with a grade of "B-" or better.
- May not repeat a prerequisite course more than twice to meet the grade criterion.
- Must complete all support courses (prerequisite courses) by the end of the Summer semester prior to entering the program in the Fall semester.
- Must submit a program application, transcripts (unofficial), two completed reference forms (program specific, preferably by faculty members), a résumé, volunteer summary, and a statement indicating personal career goals, knowledge of the profession, commitment, interests, and motivation.
- Must have a personal interview with the program review committee members (by invitation) and receive a decision letter indicating acceptance.
- Must obtain a criminal background check.

Transfer students must meet all the above criteria and meet all the UTSA undergraduate admission requirements. Students who hold a

Bachelor in Dietetics or Nutrition related field must have a verification statement (or an equivalent baccalaureate degree in nutrition and dietetics from an accredited college or university in the United States or have proof of equivalent training at a foreign institution) and will be expected to complete select undergraduate courses/practicums to meet the program's requirements. Admission is contingent on accreditation requirements and the number of placements available for the advanced practicums. Students who hold a bachelor's degree in an unrelated field would be required to complete all prerequisite courses and all equivalent undergraduate courses/practicums in dietetics and nutrition. Official transcripts from all institutions attended must be submitted.

Criminal Record Check

A criminal background check is required for admission and during the semesters in which a student enrolls in field-based practicums. Students will be required to complete a Criminal Record Check for practicums associated with schools, healthcare facilities, community organizations, hospitals, and clinics. It is the responsibility of the student to determine if their criminal history background will present a problem before applying for admission to the program. Students with problematic criminal history will not be able to complete most of the field experiences that are required by the program.

Core Curriculum Requirements (42 semester credit hours)

Students seeking the B.S. degree in Nutrition and Dietetics must fulfill University Core Curriculum requirements in the same manner as other students. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

MAT 1073 should be used to satisfy the core requirement in Mathematics. BIO 1233 or BIO 1203 should be used to satisfy one of the Life and Physical Sciences requirements, and BIO 1243 or BIO 1223 should be used to satisfy the other Life and Physical Sciences requirement. ANT 1013 or SOC 1013 or PSY 1013 should be used to satisfy the Social and Behavioral Sciences requirement. STA 1053 may be used to satisfy the Component Area Option.

Core Curriculum Component Area Requirements (<http://catalog.utsa.edu/undergraduate/bachelorsdegreeregulations/degree/requirements/corecurriculumcomponentarearequirements/>)

First Year Experience Requirement	3
Communication	6
Mathematics	3
Life and Physical Sciences	6
Language, Philosophy and Culture	3
Creative Arts	3
American History	6
Government-Political Science	6
Social and Behavioral Sciences	3
Component Area Option	3
Total Credit Hours	42

Gateway Course

Students pursuing the Bachelor of Science degree in Nutrition and Dietetics must successfully complete the following Gateway Course with a grade of "C-" or better in no more than two attempts. A student who

is unable to successfully complete this course within two attempts, including dropping the course with a grade of "W" or taking an equivalent course at another institution, will be required to change their major.

Code	Title	Credit Hours
NDT 3413	Advanced Human Nutrition	

Degree Requirements

Code	Title	Credit Hours
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A. Degree core requirements

NDT 3191	Applied Food Science Practicum ¹	1
NDT 3203	Introduction to Nutrition and Dietetics Careers	3
NDT 3292	Food Production Practicum ¹	2
NDT 3313	Applied Food Science	3
NDT 3323	Nutrition and Health Assessment	3
NDT 3333	Nutrition Counseling and Education	3
NDT 3343	Nutrition in the Life Span	3
NDT 3353	Production and Foodservice System Management I	3
NDT 3413	Advanced Human Nutrition	3
NDT 4091	Community Nutrition Practicum ¹	1
NDT 4191	Nutrition Care Process Practicum ¹	1
NDT 4313	Production and Food Service System Management II	3
NDT 4323	Medical Nutrition Therapy I	3
NDT 4333	Community Nutrition	3
NDT 4343	Nutrition in Disease Prevention and Health Promotion	3
NDT 4353	Medical Nutrition Therapy II	3
NDT 4363	Current Issues in Nutrition	3

B. Support courses

BCH 2903	Biochemistry for the Life Sciences	3
BIO 2053 & BIO 2051	Human Anatomy and Physiology I and Human Anatomy and Physiology Laboratory I	4
BIO 2063 & BIO 2061	Human Anatomy and Physiology II and Human Anatomy and Physiology Laboratory II	4
CHE 1103 & CHE 1121	General Chemistry I and General Chemistry I Laboratory	4
CHE 1113 & CHE 1131	General Chemistry II and General Chemistry II Laboratory	4
CHE 2603 & CHE 2612	Organic Chemistry I and Organic Chemistry I Laboratory	5
MGT 3013	Introduction to Organization Theory, Behavior, and Management	3
MMI 1053 & MMI 1061	Introductory Microbiology and Introductory Microbiology Laboratory	4
NDT 2043	Introduction to Nutritional Sciences	3
PSY 1013	Introduction to Psychology	3
or SOC 1013	Introduction to Sociology	
or ANT 1013	Introduction to Anthropology	

STA 1053	Basic Statistics	3
Total Credit Hours		84

¹ The practicum courses involve traveling off campus to affiliation sites. Check the University Schedule of Classes or with the instructor to plan the rest of the course schedule accordingly.

Course Sequence Guide for B.S. Degree in Nutrition and Dietetics

This course sequence guide is designed to assist students in completing their UTSA undergraduate degree requirements that are part of the Coordinated Program in Dietetics. *This is merely a guide, and students must satisfy other admission requirements for the Coordinated Program in Dietetics, as well as meet with their advisor for individualized degree plans.* Progress within this guide depends upon such factors as course availability, individual student academic preparation, student time management, work obligations, and individual financial considerations. Students may choose to take core and support courses during Summer terms to reduce course loads during long semesters. Courses in the Nutrition and Dietetics Program are only offered once a year, according to the guide below.

B.S. in Nutrition and Dietetics – Recommended Four-Year Academic Plan

First Year

Fall		Credit Hours
AIS 1263	AIS: Life and Health Sciences	3
BIO 1233 or BIO 1203	Contemporary Biology I (core) or Biosciences I for Science Majors	3
CHE 1103	General Chemistry I	3
CHE 1121	General Chemistry I Laboratory	1
MAT 1073	Algebra for Scientists and Engineers (core)	3
WRC 1013	Freshman Composition I (core)	3
Credit Hours		16

Spring		Credit Hours
BIO 1243 or BIO 1223	Contemporary Biology II (core) or Biosciences II for Science Majors	3
CHE 1113	General Chemistry II	3
CHE 1131	General Chemistry II Laboratory	1
WRC 1023	Freshman Composition II (core)	3
American History (core)		3
Government-Political Science (core)		3
Credit Hours		16

Second Year

Fall		Credit Hours
BIO 2053	Human Anatomy and Physiology I	3
BIO 2051	Human Anatomy and Physiology Laboratory I	1
CHE 2603	Organic Chemistry I	3
CHE 2612	Organic Chemistry I Laboratory	2
MMI 1053	Introductory Microbiology	3
MMI 1061	Introductory Microbiology Laboratory	1

American History (core)	3
Credit Hours	16

Spring

BCH 2903	Biochemistry for the Life Sciences	3
BIO 2063	Human Anatomy and Physiology II	3
BIO 2061	Human Anatomy and Physiology Laboratory II	1
NDT 2043	Introduction to Nutritional Sciences	3
PSY 1013 or SOC 1013 or ANT 1013	Introduction to Psychology (core and major) or Introduction to Sociology or Introduction to Anthropology	3
STA 1053	Basic Statistics	3
Credit Hours		16

Third Year

Fall		Credit Hours
MGT 3013	Introduction to Organization Theory, Behavior, and Management	3
NDT 3191	Applied Food Science Practicum	1
NDT 3203	Introduction to Nutrition and Dietetics Careers	3
NDT 3313	Applied Food Science	3
NDT 3413	Advanced Human Nutrition	3
Credit Hours		13

Spring

NDT 3292	Food Production Practicum ¹	2
NDT 3323	Nutrition and Health Assessment	3
NDT 3333	Nutrition Counseling and Education	3
NDT 3343	Nutrition in the Life Span	3
NDT 3353	Production and Foodservice System Management I	3
Credit Hours		14

Fourth Year

Fall		Credit Hours
NDT 4091	Community Nutrition Practicum ¹	1
NDT 4313	Production and Food Service System Management II	3
NDT 4323	Medical Nutrition Therapy I	3
NDT 4333	Community Nutrition	3
Government-Political Science (core)		3
Language, Philosophy & Culture (core)		3
Credit Hours		16

Spring

NDT 4191	Nutrition Care Process Practicum ¹	1
NDT 4343	Nutrition in Disease Prevention and Health Promotion	3
NDT 4353	Medical Nutrition Therapy II	3
NDT 4363	Current Issues in Nutrition	3
Creative Arts (core)		3
Credit Hours		13
Total Credit Hours		120

¹ The practicum courses involve traveling off campus to affiliation sites. Check the University Schedule of Classes or with the instructor to plan the rest of the course schedule accordingly.

Note: NDT courses are only offered once a year, Fall or Spring semester, based on the plan above.

Bachelor of Science Degree in Nutrition and Health

The Bachelor of Science (B.S.) degree in Nutrition and Health is a 120-credit-hour degree designed to prepare students for entry-level positions in public health nutrition at state health departments, schools, community organizations, non-profits, and the food industry. The degree is suited for students taking prerequisites for medical schools or graduate programs in nutrition, public health, allied health, and biomedical sciences. Students who are interested in applying to health profession programs are encouraged to meet with their academic advisor and consult with the UTSA Health Professions Office.

Courses in this program help students understand and implement health promotion and disease prevention, promote healthy lifestyles through nutritional and behavioral changes, and effectively communicate nutrition messages to individuals and the public. This program is **NOT** accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and does not meet the requirements for students to become registered dietitian nutritionists (RDNs). However, students are encouraged to declare the B.S. in Nutrition and Health major while completing the prerequisite courses to apply for UTSA's Coordinated Program in Dietetics.

Students may apply for admission into one of the concentrations within the B.S. degree in Nutrition and Health if they wish to specialize in Maternal and Child Health & Nutrition (MCHN) or Sustainable Nutrition & Food Systems (SNFS). Students may also pursue the major without a concentration.

The minimum number of semester credit hours for this degree, including the Core Curriculum requirements, is 120, of which at least 39 must be at the upper-division level. All candidates seeking this degree must fulfill the Core Curriculum requirements and the degree requirements. **All required Nutrition (NTR) and Nutrition and Dietetic (NDT) courses must be completed with a grade of "C-" or better.**

B.S in Nutrition and Health with Maternal and Child Health & Nutrition (MCHN) or Sustainable Nutrition & Food Systems (SNFS) Concentration

The concentrations in MCHN or SNFS can prepare students for jobs in extension service, health and wellness non-profits, school nutrition programs, public health/government nutrition programs such as the Special Supplemental Nutrition Program for Women, Infants, and Children, food service management, and food agriculture and industry. After graduation, students are prepared to pursue courses and programs to become certified as lactation consultants or dietary managers. Only one concentration can be declared.

Concentration Admission Policy

The goal of admission requirements for one of the B.S. in Nutrition and Health concentrations is to provide undergraduate students with a program of study with the highest possible standards. To achieve this goal, the admission policy is designed to identify those students most

likely to succeed in Maternal and Child Health & Nutrition (MCHN) or Sustainable Nutrition & Food Systems (SNFS).

All applicants for admission to a concentration will be initially admitted to the Nutrition and Health program without a concentration. For a student to declare a concentration, they must meet the following academic criteria:

- Completion of 30 hours of prerequisite and/or support courses with a grade of "C-" or better.
- Have a minimum 2.75 (on a 4.0 scale) cumulative (all completed coursework) GPA.

Core Curriculum Requirements (42 semester credit hours)

Students seeking the B.S. degree in Nutrition and Health must fulfill University Core Curriculum requirements in the same manner as other students. The courses listed below satisfy both degree requirements and Core Curriculum requirements. If courses are taken to satisfy both degree requirements and Core Curriculum requirements, then students may need to take additional courses in order to meet the minimum number of semester credit hours required for this degree.

MAT 1073 should be used to satisfy the core requirement in Mathematics. BIO 1233 or BIO 1203 should be used to satisfy one of the Life and Physical Sciences requirements, and BIO 1243 or BIO 1223 should be used to satisfy the other Life and Physical Sciences requirement. ANT 1013, SOC 1013, or PSY 1013 should be used to satisfy the Social and Behavioral Sciences requirement. STA 1053 may be used to satisfy the Component Area Option.

Core Curriculum Component Area Requirements (http://catalog.utsa.edu/undergraduate/bachelorsdegreeregulations/degree requirements/core curriculum component area requirements/)	
First Year Experience Requirement	3
Communication	6
Mathematics	3
Life and Physical Sciences	6
Language, Philosophy and Culture	3
Creative Arts	3
American History	6
Government-Political Science	6
Social and Behavioral Sciences	3
Component Area Option	3
Total Credit Hours	42

Degree Requirements

Code	Title	Credit Hours
A. Required Courses		
MMI 1053	Introductory Microbiology	3
MMI 1061	Introductory Microbiology Laboratory	1
BIO 2051	Human Anatomy and Physiology Laboratory I	1
BIO 2061	Human Anatomy and Physiology Laboratory II	1
BIO 2053	Human Anatomy and Physiology I	3
BIO 2063	Human Anatomy and Physiology II	3
CHE 1103	General Chemistry I	3

CHE 1121	General Chemistry I Laboratory	1
MGT 3013	Introduction to Organization Theory, Behavior, and Management	3
STA 1053	Basic Statistics	3

B. Nutrition and Health Requirements

NDT 2043	Introduction to Nutritional Sciences	3
NTR 2013	Introduction to Public Health Nutrition	3
NTR 3023	Fundamentals of Food Science and Safety	3
NTR 3012	Food Science Lab and Experimental Activities	2
NTR 4033	Personal Nutrition and Cooking Basics	3
NTR 4043	Nutrition, Chronic Disease and Health Behavior	3
NDT 3343	Nutrition in the Life Span	3
NTR 3043	Nutrition Education and Communication for Health Professionals	3
NTR 4013	Public Health Nutrition Program Management and Leadership	3
NTR 4023	Public Health Nutrition Policy Systems and Solutions	3
NTR 4053	Nutrition and Healthy Aging	3
NDT 4363	Current Issues in Nutrition	3

C. Choose One of the Following Options 9**Option 1: No Concentration**

Choose any three elective courses from section D below.

Option 2: Maternal and Child Health & Nutrition

NTR 3053	Foundations of Maternal and Child Health and Nutrition	
NTR 4063	Nutrition for Pregnancy and Lactation	
NTR 4073	Pediatric and Adolescent Nutrition	

Option 3: Sustainable Nutrition & Food Systems

NTR 3073	Nutrition Matters: Food Systems from Farm to Fork	
NDT 3353	Production and Foodservice System Management I	
NDT 4313	Production and Food Service System Management II	

D. Electives 12

NDT 3353	Production and Foodservice System Management I	
NDT 3413	Advanced Human Nutrition	
NDT 4313	Production and Food Service System Management II	
NTR 3053	Foundations of Maternal and Child Health and Nutrition	
NTR 3073	Nutrition Matters: Food Systems from Farm to Fork	
NTR 4063	Nutrition for Pregnancy and Lactation	
NTR 4073	Pediatric and Adolescent Nutrition	
NTR 4083	Introduction to Translational Research Methods In Nutrition Research	
NTR 4093	Personal Nutrition for Sport Performance and Health	
NTR 4933	Internship in Public Health Nutrition	
COM 3293	Introduction to Health Communication	

ES 4153	Introduction to Sustainability	
HTH 3543	Growth and Development	
HTH 3713	Effective Messaging in Public Health	
HTH 4053	Health Care System	
HTH 4513	Consumer Health	
KIN 4253	Exercise Nutrition	
PAD 2013	Introduction to Public Policy	
PAD 3033	Introduction to Nonprofit Agencies	
PSY 4253	Psychology of Health	
SPN 3053	Spanish for Healthcare Professionals	

Total Credit Hours 78**Course Sequence Guide for B.S. Degree in Nutrition and Health**

This course sequence guide is designed to assist students in completing their UTSA undergraduate Nutrition and Health degree requirements. *These are merely guides, and students must satisfy other requirements of this catalog and meet with their academic advisor for individualized degree plans.* Progress within this guide depends upon such factors as course availability, individual student academic preparation, student time management, work obligations, and individual financial considerations. Students may choose to take core and support courses during Summer terms to reduce course loads during long semesters.

B.S. in Nutrition and Health – Recommended Four-Year Academic Plan**First Year**

Fall		Credit Hours
AIS 1263	AIS: Life and Health Sciences (core)	3
MAT 1073	Algebra for Scientists and Engineers (core)	3
BIO 1233 or BIO 1203	Contemporary Biology I (core) or Biosciences I for Science Majors	3
CHE 1103	General Chemistry I	3
CHE 1121	General Chemistry I Laboratory	1
WRC 1013	Freshman Composition I (core)	3
Credit Hours		16

Spring

BIO 1243 or BIO 1223	Contemporary Biology II (core) or Biosciences II for Science Majors	3
WRC 1023	Freshman Composition II (core)	3
American History (core 1)		3
Government-Political Science (core 1)		3
Creative Arts (core)		3
Credit Hours		15

Second Year**Fall**

MMI 1053	Introductory Microbiology	3
MMI 1061	Introductory Microbiology Laboratory	1
BIO 2053	Human Anatomy and Physiology I	3
BIO 2051	Human Anatomy and Physiology Laboratory I	1

STA 1053	Basic Statistics (core and major)	3
American History (core 2)		3
Credit Hours		14

Spring

NDT 2043	Introduction to Nutritional Sciences	3
BIO 2063	Human Anatomy and Physiology II	3
BIO 2061	Human Anatomy and Physiology Laboratory II	1
PSY 1013 or SOC 1013 or ANT 1013	Introduction to Psychology (core) or Introduction to Sociology or Introduction to Anthropology	3
MGT 3013	Introduction to Organization Theory, Behavior, and Management	3
Government-Political Science (core 2)		3
Credit Hours		16

Third Year**Fall**

NTR 2013	Introduction to Public Health Nutrition	3
NTR 3023	Fundamentals of Food Science and Safety	3
NTR 3012	Food Science Lab and Experimental Activities	2
NTR 3043	Nutrition Education and Communication for Health Professionals	3
Concentration or elective		3
Credit Hours		14

Spring

NTR 4043	Nutrition, Chronic Disease and Health Behavior	3
NTR 4033	Personal Nutrition and Cooking Basics	3
NDT 3343	Nutrition in the Life Span	3
Language, Philosophy, & Culture (core)		3
NTR 4053	Nutrition and Healthy Aging	3
Credit Hours		15

Fourth Year**Fall**

NTR 4013	Public Health Nutrition Program Management and Leadership	3
Concentration or Elective		3
Concentration or Elective		3
Concentration or Elective		3
Concentration or Elective		3
Credit Hours		15

Spring

NTR 4023	Public Health Nutrition Policy Systems and Solutions	3
NDT 4363	Current Issues in Nutrition	3
Concentration or Elective		3
Concentration or Elective		3

Elective (if needed to meet 120 hour minimum)	3
Credit Hours	15
Total Credit Hours	120

- Nutrition for Health Professionals Certificate (p. 6)
- Community Health Worker Certificate (p. 6)

Nutrition for Health Professionals Certificate

The Nutrition for Health Professionals Certificate covers nutrition among all stages of life, as it relates to prevention, management, and treatment strategies to promote optimal health. Nutrition education and communication strategies will be a central focus. Courses are taught by Registered, Licensed Dietitians.

The certificate program is open to all majors. Courses can be taken toward certificate completion or as stand-alone electives.

Code	Title	Credit Hours
A. Required Courses ¹		
NDT 3343	Nutrition in the Life Span	3
NTR 3043	Nutrition Education and Communication for Health Professionals	3
B. Electives. 9 credit hours selected from the courses below: ²		
NTR 2013	Introduction to Public Health Nutrition	
NTR 3073	Nutrition Matters: Food Systems from Farm to Fork	
NTR 3053	Foundations of Maternal and Child Health and Nutrition	
NDT 3413	Advanced Human Nutrition	
NDT 4363	Current Issues in Nutrition	
NTR 4093	Personal Nutrition for Sport Performance and Health	
NDT 4943	Special Studies in Nutrition and Dietetics	
Total Credit Hours		15

¹ NDT 2043 Introduction to Nutritional Sciences, or an equivalent, is the prerequisite for other NDT courses.

² 3 credit hours of electives may be from any Health (HTH), Kinesiology (KIN), or other approved course.

Community Health Worker Certificate

This certificate is designed to provide community health worker training to community members as a stackable certificate that could be applied with the addition of one or more focus areas to qualify for a Multidisciplinary Studies (MDST) bachelor's degree. Community health worker training is designed to help members of the community to provide health-related information to their fellow community members. This information can be disease-specific, treatment-related, or even facilitating access to care and insurance.

This certificate will be phased out starting April 2025.

Code	Title	Credit Hours
A. Required Courses		
HTH 2413	Introduction to Community and Public Health	3
HTH 4953	Special Studies in Health	3
PAD 4963	Special Topics in Public Administration	3
SOC 4683	Health Disparities	3
B. Electives		
Students will select 3 hours from the following courses:		
BBL 2003	Language, Culture, and Society	
COU 3203	Child Abuse and Domestic Violence	
COM 3293	Introduction to Health Communication	
COM 3493	Global Health Communication	
DEM 4013	Geographic Information Systems for Population Analysis and Policy	
DEM 4963	Social Demography and Public Policy	
HTH 2623	Database Management in Community and Public Health	
HTH 3003	Survey of Drugs and Health	
HTH 3513	Community Health	
HTH 3543	Growth and Development	
HTH 3553	Emotional Wellness	
HTH 4053	Health Care System	
HTH 4513	Consumer Health	
KIN 3453	Exercise Prescription	
NDT 3343	Nutrition in the Life Span	
NDT 4333	Community Nutrition	
PAD 2073	Foundations of Civic Engagement	
PAD 3033	Introduction to Nonprofit Agencies	
PSY 4253	Psychology of Health	
SOC 3193	The Sociology of Work and Occupations	
SPN 3053	Spanish for Healthcare Professionals	
TIS 3033	Interpreting in Medical Settings	
TIS 3043	Advanced Practice in Healthcare Interpreting	
Total Credit Hours		15

Health, Community and Policy (HCP) Courses

HCP 1100. Signature Experience - Leadership. (0-0) 0 Credit Hours.

A semester-long opportunity for skill building and application such as self, social, and situational awareness. Students will identify and further develop a personal foundation of knowledge, skills and attitudes related to leadership under the supervision of a faculty member or mentor. Includes a monitored self-reflection component. May be repeated.

HCP 1200. Signature Experience - Internship. (0-0) 0 Credit Hours.

An experiential learning internship opportunity in which students conduct supervised professional activities in an organization closely related to their field of study. Includes a monitored self-reflection component. May be repeated.

HCP 1300. Signature Experience - Research. (0-0) 0 Credit Hours.

Supervised research mentored by a faculty member or other supervisor engaged in active research in the student's field of study. Includes skill building and application such as asking questions, proposing hypotheses, designing studies, selecting methods, using the tools of science, gathering and analyzing data, discovery, investigating and communicating findings. Includes a monitored self-reflection component. May be repeated.

HCP 1400. Signature Experience - Study Away. (0-0) 0 Credit Hours.

An international or other "away" form UTSA experiential opportunity that allows students to obtain valuable knowledge and skill building to include culturally diverse experiences. Includes a monitored self-reflection component. May be repeated.

HCP 1500. Signature Experience - Community Engagement. (0-0) 0 Credit Hours.

An experiential and meaningful community-based learning opportunity to enrich the learning experience, develop skills of civic engagement/social responsibility. Supervision by faculty member or community partner. Includes a monitored self-reflection component. May be repeated.

HCP 4100. Signature Experience - Leadership. (0-0) 0 Credit Hours.

A semester-long opportunity for skill building and application such as self, social, and situational awareness. Students will identify and further develop a personal foundation of knowledge, skills and attitudes related to leadership under the supervision of a faculty member or mentor. Includes a monitored self-reflection component. May be repeated.

HCP 4200. Signature Experience - Internship. (0-0) 0 Credit Hours.

An experiential learning internship opportunity in which students conduct supervised professional activities in an organization closely related to their field of study. Includes a monitored self-reflection component. May be repeated.

HCP 4300. Signature Experience - Research. (0-0) 0 Credit Hours.

Supervised research mentored by a faculty member or other supervisor engaged in active research in the student's field of study. Includes skill building and application such as asking questions, proposing hypotheses, designing studies, selecting methods, using the tools of science, gathering and analyzing data, discovery, investigating and communicating findings. Includes a monitored self-reflection component. May be repeated.

HCP 4400. Signature Experience - Study Away. (0-0) 0 Credit Hours.

An international or other "away" form UTSA experiential opportunity that allows students to obtain valuable knowledge and skill building to include culturally diverse experiences. Includes a monitored self-reflection component. May be repeated.

HCP 4500. Signature Experience - Community Engagement. (0-0) 0 Credit Hours.

An experiential and meaningful community-based learning opportunity to enrich the learning experience, develop skills of civic engagement/social responsibility. Supervision by faculty member or community partner. Includes a monitored self-reflection component. May be repeated.

Nutrition (NTR) Courses

NTR 2013. Introduction to Public Health Nutrition. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Introduces students to the principles of nutrition and public health. Considers the multiple levels of influence on diet intake, food choice, and related health outcomes. Examines nutrition prevention policy, programs, initiatives, and interventions. The course will also cover the role of the public health nutrition professional in the community. (Formerly NDT 2313.) Course Fee: LRHC \$10; STHC \$18.

NTR 3012. Food Science Lab and Experimental Activities. (0-6) 2 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Learn the basic principles of food science and gain an enhanced understanding of the role of food science in the development of food products. Gain a better understanding of the importance of food safety, basic regulatory issues, and food science trends. Course Fee: LRHC \$10; STHC \$12; DNMF \$450.

NTR 3023. Fundamentals of Food Science and Safety. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Theory and practical application of scientific principles of food purchasing and preparation, including food safety considerations, and regulatory agencies responsible for food safety. Course Fee: LRHC \$10; STHC \$18.

NTR 3043. Nutrition Education and Communication for Health Professionals. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Introduces students to the fundamentals of nutrition education, including traditional and developing models and theories of learning for promoting good nutrition and health. Students will develop a basic understanding of consumer trends in food, nutrition, and health and effective communication skills to promote a healthy lifestyle. (Formerly NDT 3363.) Course Fee: LRHC \$10; STHC \$18.

NTR 3053. Foundations of Maternal and Child Health and Nutrition. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. This course is an introduction to the historical perspective of maternal and child health, emphasizing nutritional recommendations during preconception, pregnancy, lactation, early infancy, and childhood. Students will gain an understanding of the federal programs that support women, infants, and children and explore career opportunities. (Formerly NDT 3373.) Course Fee: LRHC \$10; STHC \$18.

NTR 3073. Nutrition Matters: Food Systems from Farm to Fork. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Students will gain a scientific foundation for understanding what we eat matters, farm to fork, and the tools and skills to make the healthy food choices to promote good health and prevent chronic disease. (Formerly NDT 2323.) Course Fee: LRHC \$10; STHC \$18.

NTR 4013. Public Health Nutrition Program Management and Leadership. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. This course focuses on enhancing an individual's abilities to become a skilled professional and a leader in the field of human nutrition. Qualities of leaders, efficient teams, effective communication, and transformational leadership will be applied in a wider perspective pertaining to public health nutrition programs. Course Fee: LRHC \$10; STHC \$18.

NTR 4023. Public Health Nutrition Policy Systems and Solutions. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Familiarize and engage in the dynamics of policy making processes that address nutrition problems and issues. This course will discuss governmental and legislative decisions that address a nutrition or food problem or set of problems. Course Fee: LRHC \$10; STHC \$18.

NTR 4033. Personal Nutrition and Cooking Basics. (2-3) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. This course is designed to evaluate social determinants of food choices and the meaning of food in the context of various cultures, as they contribute to the establishment of a cultural identity through the acquisition of basic food preparation skills. Course Fee: LRHC \$10; STHC \$18; DNMF \$675.

NTR 4043. Nutrition, Chronic Disease and Health Behavior. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. This course is a survey of current nutrition science principles in disease prevention and health promotion. As a result of taking this course, you will gain nutritional science knowledge and analytical skills that can be used to evaluate primary research related to nutrition and specific disease states. Course Fee: LRHC \$10; STHC \$18.

NTR 4053. Nutrition and Healthy Aging. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. This course reviews aging theories and the pathophysiology of aging while focusing on the nutritional needs of older adults. Nutritional status assessment and management of age-related diseases will be explored. Course Fee: LRHC \$10; STHC \$18.

NTR 4063. Nutrition for Pregnancy and Lactation. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Overview of nutrition issues affecting pregnant and postpartum women, females of reproductive age, infants, and toddlers through two years of age. The course will integrate public health practice and policy recommendations with evidence-based clinical practice guidelines to provide a comprehensive view of maternal and infant nutrition issues from a public health perspective. Course Fee: LRHC \$10; STHC \$18.

NTR 4073. Pediatric and Adolescent Nutrition. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Overview of nutritional needs of preschool-aged children in early childhood through adolescence. Relevant conditions, such as food allergies, obesity, and eating disorders, will be discussed as well as the influence of parents, schools, media, and the community will be examined. Course Fee: LRHC \$10; STHC \$18.

NTR 4083. Introduction to Translational Research Methods In Nutrition Research. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. This course discusses the implication of translational research in the nutrition field. Students will be able to select appropriate methods of data collection and analysis for given nutrition-related problems. Critical evaluation of research and ethics in research will be required. Course Fee: LRHC \$10; STHC \$18.

NTR 4093. Personal Nutrition for Sport Performance and Health. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. Increase student understanding of advanced concepts of human nutrition, including digestion, absorption, metabolism, and the function of nutrients as they relate to human health and physical performance while developing an understanding of nutritional genomics in relation to personalized nutrition as means of nutritional control of gene expression and functional genomic studies with relationships to nutrient intake and polymorphisms. Course Fee: LRHC \$10; STHC \$18.

NTR 4933. Internship in Public Health Nutrition. (3-0) 3 Credit Hours.

Prerequisite: A cumulative grade point average of 3.00 or greater and must be within 9 semester credit hours of graduation is required; and NDT 2043. The internship provides an opportunity to gain experience in a public health nutrition-related agency. Opportunities will be coordinated with a faculty advisor. Course Fee: LRHC \$10; STHC \$18; DNPF \$60.

Nutrition and Dietetics (NDT) Courses

NDT 2043. Introduction to Nutritional Sciences. (3-0) 3 Credit Hours.

Prerequisite: BIO 1233 or BIO 1203. Basic concepts related to the classification and functions of nutrients; the process of digestion, absorption, transport, utilization, and storage of nutrients in humans and the interaction between diet and health. May be applied toward the Core Curriculum requirement in Life and Physical Sciences. Generally offered: Fall, Spring, Summer. Course Fee: DL01 \$75; LRHC \$10; STHC \$18.

NDT 3191. Applied Food Science Practicum. (0-3) 1 Credit Hour.

Prerequisite: Dietetics majors only, MMI 1053, CHE 1103, CHE 1113, and NDT 2043 or equivalent; completion of or concurrent enrollment in NDT 3313 or permission of faculty advisor. The application of concepts related to the chemical, physical, sensory, and nutritional properties of food in menu planning, food preparation, and recipe modification. Generally offered: Fall. Course Fee: DNMF \$225; LRHC \$10; STHC \$6; DL01 \$25.

NDT 3203. Introduction to Nutrition and Dietetics Careers. (3-0) 3 Credit Hours.

Prerequisite: Dietetics majors only. General overview of nutrition and dietetics as a profession, including career opportunities, scope of practice, credentialing, code of ethics, and collaboration with other disciplines. Self-directed modules on medical terminology, word roots, prefixes and suffixes will be integrated into the course content. Generally offered: Fall. Course Fee: DL01 \$75; LRHC \$10; STHC \$18.

NDT 3292. Food Production Practicum. (0-6) 2 Credit Hours.

Prerequisite: Dietetics majors only; completion of or concurrent enrollment in NDT 3353 or permission of faculty advisor. Practicum related to the procurement, preparation, and delivery of food in large foodservice operations. Generally offered: Spring. Course Fee: DNP \$40; LRHC \$10; STHC \$12.

NDT 3313. Applied Food Science. (3-0) 3 Credit Hours.

Prerequisite: Dietetic majors only, MMI 1053, CHE 1103, CHE 1113, and NDT 2043 or equivalent; concurrent enrollment in NDT 3191 is recommended. Concepts related to the chemical, physical, sensory, and nutritional properties of food in menu planning, food preparation, and recipe modification. Generally offered: Fall. Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

NDT 3323. Nutrition and Health Assessment. (3-0) 3 Credit Hours.

Prerequisite: Dietetics majors only, NDT 2043 or equivalent. Methods, tools, and interpretation of data in assessing the nutritional status of individuals including dietary, anthropometric, biochemical, and clinical assessment, as well as other measurements of health in individuals and the community. Generally offered: Spring. Course Fee: LRHC \$10; STHC \$18.

NDT 3333. Nutrition Counseling and Education. (3-0) 3 Credit Hours.

Prerequisite: Dietetics majors only, NDT 2043 or equivalent. Discussion of theories of learning and behavior modification, models and techniques, communication skills, evaluation methods, and cultural competence in nutrition counseling and education; and application of concepts to facilitate behavioral change. Generally offered: Spring. Course Fee: LRHC \$10; STHC \$18.

NDT 3343. Nutrition in the Life Span. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent (required) and Human Physiology (recommended). Nutritional needs during various stages of the lifecycle as influenced by physiologic, cultural, and environmental factors. Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

NDT 3353. Production and Foodservice System Management I. (3-0) 3 Credit Hours.

Prerequisite: NDT 3313 or NTR 3023, or equivalent; concurrent enrollment in NDT 3292 is recommended for dietetics majors. Principles related to the menu planning, food sanitation and safety, procurement, production, marketing, and materials management in foodservice operations. Generally offered: Spring. Course Fee: LRHC \$10; STHC \$18.

NDT 3413. Advanced Human Nutrition. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent and BCH 2903 or equivalent. Advanced discussion of nutrient structure, function and interaction, metabolic pathways, and regulation and integration of metabolism. Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

NDT 4091. Community Nutrition Practicum. (0-3) 1 Credit Hour.

Prerequisite: Permission of course instructor. Application of learned strategies in meaningful community service through collaborative tasks performed at various community nutrition programs. Service learning activities are aimed at enriching the life experiences of students through civic responsibility and community outreach. NDT 4333 is recommended to be taken concurrently. Course Fee: DNP \$20; LRHC \$10; STHC \$6; DL01 \$25.

NDT 4191. Nutrition Care Process Practicum. (0-3) 1 Credit Hour.

Prerequisite: Dietetics majors only; completion of or concurrent enrollment in NDT 4353. A problem-based approach to dietetics practice using case simulations and studies; application of basic nutritional assessment skills, nutritional diagnosis, intervention, and monitoring in different settings; practice skills in counseling and nutrition education. Course Fee: DNP \$20; LRHC \$10; STHC \$6.

NDT 4313. Production and Food Service System Management II. (3-0) 3 Credit Hours.

Prerequisite: NDT 3353, or NTR 3023, or equivalent; NDT 3292 or equivalent (dietetics majors only). Theories and principles related to the foodservice, systems management including leadership, decision-making, human resources, and financial management of operations. Course Fee: DL01 \$75; LRHC \$10; STHC \$18.

NDT 4323. Medical Nutrition Therapy I. (3-0) 3 Credit Hours.

Prerequisite: Dietetics majors only, and NDT 3323 and NDT 3333 or equivalent. Pathophysiology and the application of the nutritional care process in the treatment of simple human diseases and conditions, part 1. Course Fee: LRHC \$10; STHC \$18.

NDT 4333. Community Nutrition. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent; consent of instructor. Nutrition-related issues in public health, various community resources, agencies, and programs involved in health promotion and disease prevention. Course Fee: LRHC \$10; STHC \$18; DL01 \$75.

NDT 4343. Nutrition in Disease Prevention and Health Promotion. (3-0) 3 Credit Hours.

Prerequisite: NDT 2043 and NDT 4333; consent of instructor. An evidence-based analysis as it relates to diet/nutrition in the prevention of chronic diseases; and fundamental concepts in the promotion of health among individuals and groups. Course Fee: LRHC \$10; STHC \$18.

NDT 4353. Medical Nutrition Therapy II. (3-0) 3 Credit Hours.

Prerequisite: Dietetics majors only, and NDT 4323. Continuation of Advanced Medical Nutrition I; and review of the pathophysiology and the application of the nutritional care process in the treatment of more complex human disease and conditions. Course Fee: LRHC \$10; STHC \$18.

NDT 4363. Current Issues in Nutrition. (3-0) 3 Credit Hours.

Prerequisites: NDT 2043 or equivalent; must have senior or graduate standing. In-depth discussion and analysis of emerging trends, concepts, and controversies in nutritional sciences, including application of evidence-based principles in the discussion. Course Fees: LRHC \$10; STHC \$18; DL01 \$75.

NDT 4911. Independent Study in Nutrition and Dietetics. (0-0) 1 Credit Hour.

Prerequisite: NDT 2043 or equivalent. An exploration of topics of interest to the student in Nutrition and Dietetics. Students work under the close supervision of a faculty member to conduct research, intense study, or a project related to the selected topic. May be repeated for credit, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor's degree. (Formerly NDT 4951. Credit cannot be earned for both NDT 4951 and NDT 4911.) Course Fee: LRHC \$10; STHC \$6.

NDT 4912. Independent Study in Nutrition and Dietetics. (0-0) 2 Credit Hours.

Prerequisite: NDT 2043 or equivalent. An exploration of topics of interest to the student in Nutrition and Dietetics. Students work under the close supervision of a faculty member to conduct research, intense study, or a project related to the selected topic. May be repeated for credit, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor's degree. (Formerly NDT 4952. Credit cannot be earned for both NDT 4952 and NDT 4912.) Course Fee: LRHC \$10; STHC \$12.

NDT 4913. Independent Study in Nutrition and Dietetics. (0-0) 3 Credit Hours.

Prerequisite: NDT 2043 or equivalent. An exploration of topics of interest to the student in Nutrition and Dietetics. Students work under the close supervision of a faculty member to conduct research, intense study, or a project related to the selected topic. May be repeated for credit, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor's degree. (Formerly NDT 4953. Credit cannot be earned for both NDT 4953 and NDT 4913.) Course Fee: LRHC \$10; STHC \$18.

NDT 4921. Undergraduate Dietetics Practicum. (0-0) 1 Credit Hour.

Prerequisite: Dietetics majors only; successful completion of undergraduate dietetics knowledge core requirements; must be in good academic standing. Supervised practice in dietetics in different settings, including clinical simulations, acute and long-term care facilities, rehabilitation and outpatient clinics, community programs, food science, and food service operations. Includes weekly seminar. Course Fee: DNPF \$20; LRHC \$10; STHC \$6.

NDT 4922. Undergraduate Dietetics Practicum. (0-0) 2 Credit Hours.

Prerequisite: Dietetics majors only; successful completion of undergraduate dietetics knowledge core requirements; must be in good academic standing. Supervised practice in dietetics in different settings, including clinical simulations, acute and long-term care facilities, rehabilitation and outpatient clinics, community programs, food science, and food service operations. Includes weekly seminar. Course Fee: DNPF \$40; LRHC \$10; STHC \$12.

NDT 4923. Undergraduate Dietetics Practicum. (0-0) 3 Credit Hours.

Prerequisite: Dietetics majors only; successful completion of undergraduate dietetics knowledge core requirements; must be in good academic standing. Supervised practice in dietetics in different settings, including clinical simulations, acute and long-term care facilities, rehabilitation and outpatient clinics, community programs, food science, and food service operations. Includes weekly seminar. Course Fee: DNPF \$60; LRHC \$10; STHC \$18.

NDT 4925. Undergraduate Dietetics Practicum. (0-0) 5 Credit Hours.

Prerequisite: Dietetics majors only; successful completion of undergraduate dietetics knowledge core requirements; must be in good academic standing. Supervised practice in dietetics in different settings, including clinical simulations, acute and long-term care facilities, rehabilitation and outpatient clinics, community programs, food science, and food service operations. Includes weekly seminar. Course Fee: DNPF \$100; LRHC \$10; STHC \$30.

NDT 4943. Special Studies in Nutrition and Dietetics. (3-0) 3 Credit Hours.

Prerequisite: Consent of Instructor. Organized course offering the opportunity for specialized study in an area of nutrition and dietetics not available as part of the regular course offerings. Special Studies may be repeated for credit when topics vary, but not more than 6 semester credit hours, regardless of discipline, will apply to a bachelor's degree. Course Fees: LRHC \$10; STHC \$18; DL01 \$75.