



COLLEGE OF BEHAVIORAL AND HEALTH SCIENCES

*Human Sciences*

**2024-2025**

**Nutrition and Food Science**

**Student Handbook**

**Middle Tennessee State University**

**NOTICE TO STUDENTS:** *This handbook is specific to the Nutrition and Food Science Program. For information about applying to MTSU, financial aid, tuition, etc., go to [www.MTSU.edu](http://www.MTSU.edu).*

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## Nutrition and Food Science Degree Overview and Advisors

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 educates 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. Bonnie McCarty, 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. Bonnie McCarty	615-898-4803	<a href="mailto:Bonnie.McCarty@mtsu.edu">Bonnie.McCarty@mtsu.edu</a>

All NFS majors are assigned a faculty mentor to answer questions about their chosen concentration and career planning. NFS faculty offices are 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@mtsi.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 Home Economics.

**Note:** Some NFS and FCS classes include labs and experiential learning activities and are only offered on campus. Many courses are available online. Please discuss this with your advisor during the meetings with her.

## List of Nutrition and Food Science (NFS) Concentrations

Courses required for each NFS concentration 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 listed on each concentration's academic map found on the NFS program web page at

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

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

## **Nutrition and Food Science Mission and Student Learning Outcomes**

MTSU's Nutrition and Food Science Program aims to provide integrative educational programs that focus on reciprocal relations among individuals, families, and their near environments toward improving the quality of life across the lifespan. The concentrations in the program prepare graduates for careers in a dynamic and diverse world community. Furthermore, the program's mission is to provide public service and utilize or conduct research and creative endeavors related to the concentrations. The program's mission supports the missions of the Human Sciences Department, the College of Behavioral and Health Sciences, and the University of assisting students to become educated individuals who are reflective decision-makers.

**SLO1: Nutrition and Food Science graduates will be prepared for graduate school admission, supervised practice, and entry-level employment in food, nutrition, or family and consumer sciences-related fields.**

**Measure 1 :** 50% of NFS students will score 75% or higher on the Major Field Test (MFT). The MFT measures knowledge and application in most of the Nutrition and Food Sciences core classes.

**Measure 2** At least 80% of Didactic Program in Dietetics (DPD) graduates will be accepted to the first match for supervised practice and graduate program in dietetics or to a food or nutrition-related graduate program.

**Measure 3:** 70% of Family and Consumer Sciences, Food Industry, Nutrition and Wellness (NW), and General Nutrition (GN) graduates will be accepted to graduate school or have an entry-level job in food, nutrition, wellness, or FCS area job within 6 months of graduation.

**SLO2: The Nutrition and Food Science program will prepare graduates to participate in community service and become culturally aware citizens.**

**Measure 1:** 70% of students will have a favorable opinion of community food and nutrition programs.

**Measure 2:** 80% of students who complete an undergraduate community-based NFS internship will receive an A or B rating from their worksite supervisors.

**Measure 3:** 70% of students will demonstrate cultural awareness as assessed by correct scores on the food and culture questions on the Major Field Test.

**SLO3: The Nutrition and Food Science program will prepare graduates and participants to recognize evidence-based research and utilize scientific methods.**

**Measure 1:** 80% of NFS graduates will indicate they understand the research process, and 80% will say they feel well-prepared to conduct research.

**Measure 2:** 80% of NFS students in the Dietetics and Food Industry concentrations and the general NFS, BS degree will score 81% or higher on a research-based group project in NFS 4240 Experimental Food Study.

**Measure 3:** 80% of NFS students in Dietetics will score 81% or higher on a research-based group project in NFS 4285 Research Methods in Dietetics.

MTSU offers close to 300 different student organizations. Information about these organizations is available on the [A - Z Listing of Clubs](#). The NFS program offers two student organizations.

### **Student Chapter of the American Association of Family and Consumer Sciences (SAAFCS)**

Students in the entire Human Science Department are encouraged to become members of the [American Association of Family & Consumer Sciences](#) (AAFCS) and MTSU's student chapter of the organization. AAFCS is the only national forum where K-12 teachers, university educators, and corporate executives collaborate to improve the quality of individual and family life. The annual \$50 dues gives students membership in both AAFCS and the Tennessee Affiliate of AAFCS and also includes the online *Journal of Family & Consumer Sciences*, membership in the online AAFCS Member forum and Student Unit forum, and preferred member pricing on the premier event for FCS student and professionals, the AAFCS Annual Conference & Expo.

At the state level, students can attend the Tennessee Association of Family and Consumer Sciences meetings and the American Association of Family and Consumer Sciences at the national level. SAFCS helps students broaden their horizons through leadership opportunities, community service, and interaction with some of the top professionals in their areas of study. Students can enjoy camaraderie, refreshments, and door prizes at each meeting.

Membership for MTSU's Student Chapter of the Association of Family and Consumer Sciences (SAFCS) is \$15. Student members who pay yearly dues gain membership on the local level in our collegiate AAFCS chapter. At monthly meetings, AAFCS members interact with students from all programs within the Human Sciences Department, participate in community service projects, and learn professional development skills through various programs. Additionally, students are encouraged to attend the State and National conferences.

### **MTSU Nutrition and Dietetics Association (NDA)**

The Nutrition and Dietetics Association (NDA) works to promote student visibility, support networking engagements, and provide professional opportunities to up-and-coming nutrition professionals. Getting involved with the NDA is an excellent way to build your volunteer and leadership experiences for internship applications and future careers. Members can interact with peers, faculty members, and other dietetic professionals outside the classroom, which offers networking possibilities. Some volunteer activities that the NDA has participated in or conducted are canned food drives for Second Harvest Food Bank and local shelters, vegetarian cook-offs, St. Jude Children's Hospital Fundraisers and Events, and local school and community educational sessions.

The NDA has a bulletin board located in the Ellington Human Sciences building. The bulletin board displays information regarding meeting times, membership applications, a calendar with upcoming volunteer activities, and other information related to the NDA. Students should check the board frequently for new information.

## Academic Calendar and Delivery Methods for Classes

### MTSU's Academic Calendar

Students can access information regarding important dates for fall and spring semesters, the summer sessions, the exam schedules, and the deadlines for filing Intent to Graduate forms at [www.mtsu.edu/calendar\\_academic.php](http://www.mtsu.edu/calendar_academic.php). **Academic Calendar**

- Fall Semester 2024 (Term Dates: August 26 – December 12)
- Winter Term 2024 (Term Dates: December 23 to January 16)
- Spring Semester 2025 (Term Dates: January 21 to May 8)
- Summer Term 2025 (Term Dates: May 19 to August 8)
- Fall Semester 2025 (Term Dates: August 25 to December 11)

Faculty provide students with a complete syllabus during the first week of classes. Digital copies of the course syllabi are also posted in the class's D2L folder. Due dates for all assignments and exams are posted in the syllabus. If and instructor changes the date, at least one week notice is provided to students.

### Delivery Methods for NFS Courses

The Nutrition and Food Science classes are offered in one of the delivery methods: conventional on-ground, blended, and fully online. Please look over the descriptions of each below.

#### *On-Ground Courses*

- These are conventional classes that meet in a classroom. All NFS classes are in the Ellington Human Sciences Building across Middle Tennessee Boulevard.
- All instruction takes place on-ground and in person. Students must come to the MTSU campus.
- In PipelineMT, these courses will have scheduled days/times and assigned classrooms.

#### *Blended Courses*

- A combination of in-person and online instruction. Most NFS classes meet one day each week.
- All Blended courses will be marked with a "B" or "DB" in the section number of the system.
- The meeting pattern of the course indicate exactly what days and times to meet in person and.
- All other instructions not listed in the meeting pattern will be online through D2L.
- A course with a "DB" section number will meet less than 50% of the time on-ground. All scheduled meetings will be listed in the meeting pattern of the course when students register.

#### *Online (Asynchronous) Courses*

- Instruction is entirely online in D2L.
- In Pipeline MT, these courses do not have any scheduled days/times or assigned classrooms.
- These courses are designated with a "D" in the section number and have an "ONLN " meeting type on your schedule.
- All NFS online classes have "due dates" for assignments, quizzes, and exams.

Some NFS instructors may offer an optional class orientation during the first week of classes. The Nutrition and Food Science program does not offer synchronous online courses that require virtual meetings at specific times.

### ***All Students***

All applicants must first seek admission to the University by completing an application, having official transcripts of high school and other universities and colleges sent to MTSU, and completing all other University admission requirements.

For **guaranteed admission**, applicants must have completed the recommended college preparatory courses and must present one of the following:

- High school 3.0 GPA, OR
- Minimum composite ACT score of 22 (or SAT equivalent), OR
  - Prior to March 2016- SAT score of 1020 (Critical Reading & Math)
  - March 2016 & future tests- SAT score of 1100 (Critical Reading & Math)
- Minimum high school 2.7 GPA plus ACT score of 19 (or SAT equivalent)
  - Prior to March 2016- SAT score of 900 (Critical Reading & Math)
  - March 2016 & future tests- SAT score of 980 (Critical Reading & Math)

**Admission by review** - Students who don't meet the requirements for guaranteed admission can still be considered for conditional admission through a review process. Students must submit a personal statement form. A review committee will assess the personal statement and take into consideration the student's potential for success by evaluating factors such as high school course work, honors or advanced placement, dual credit, and extenuating circumstances.

### ***Transfer from within the University***

Students may transfer throughout the year from other programs within the University to the NFS Program by working with their academic advisor to complete a Change of Major form online. (Students and NFS faculty are not allowed to complete this form.) All students admitted to the University are eligible to declare the NFS and select one of the five concentrations. The number of students admitted to the NFS concentrations is not limited.

### **Switching NFS Concentration**

Many NFS majors begin on one concentration then decide to switch to another NFS concentration. Freshmen are encouraged to take either NFS 1010 or HSC 1010 to explore the other NFS concentrations. To learn more about each concentration, meet with an [NFS Faculty Mentor](#) for that concentration. She can assist you with changing concentrations.

### **Prerequisite Course Grade Requirements**

All NFS majors must earn a B or higher in NFS 2220 and NFS 3200/3201 to take most other higher-level NFS classes. Some prerequisite courses for the Dietetics and the Nutrition and Wellness concentrations have a letter grade requirement that must be met to advance through the program. Please see the Dietetics and Nutrition & Wellness Academic Maps for the required letter grades for these two concentrations. Students who do not meet this grade requirement may choose another NFS concentration.



## Requirements for Family and Consumer Sciences (FCS) Secondary Education

The NFS Family and Consumer Sciences Secondary Education concentration prepares students to graduate with a Tennessee Family and Consumer Sciences teacher license at the secondary level. Students in this concentration must complete the Ready2Teach Secondary Education Minor, which begins with a formal application for admission to the Teacher Education Program. Please check with your [academic advisor](#) for assistance in the process.

**Start Early. THE APPLICATION PROCESS TAKES SOME TIME.** Some parts of the admission to teacher education application process may take several weeks to complete. Please allow at least 4 weeks to complete and submit your application.

**Submit everything by the deadline.** Incomplete applications will not be reviewed. Meeting the guaranteed enrollment deadline is highly recommended.

- **To be admitted for the Spring Semester,** Guaranteed enrollment **deadline of October 15<sup>th</sup>.**
- **To be admitted for the Summer Semester:** Guaranteed enrollment **deadline of March 15<sup>th</sup>.**
- **To be admitted for Fall Semester:** Guaranteed enrollment **deadline of March 15<sup>th</sup>.**

***Students may be admitted after the guaranteed enrollment deadline but will not be guaranteed a space in their chosen classes.***

### Teacher Education Admission Requirements

#### A. Criteria for Admission:

- Complete an [online application](#) for Admission to Teacher Education before the end of the sophomore year.
- Take and pass the **Praxis Core Academic Skills for Educators (Core) exams**. Passing scores are Reading –156, Math – 150, and Writing – 162. **Exemptions from taking the CORE exam may apply to those applicants who:**
  - **Have an ACT-enhanced** score of **21** or higher
  - **Have 1080** on the **SAT** Evidence-Based Reading/Writing and Math.
- Complete at least **45** semester hours of coursework
- Complete **YOED 2500** - Planning and Assessment with a “B-” or better grade. Application to Teacher Education is typically submitted while a student is enrolled in YOED 2500.
- **Inclusive grade point average of 2.75** or higher (grades earned in introductory and developmental courses are not used to compute the required average).
- Completion of [Fingerprinting and Background](#) check with TBI.

**Admission to the Teacher Education Program** is a prerequisite to enrollment in upper-division **secondary YOED classes**. Students not formally admitted to the Teacher Education Program cannot enroll in upper-division teacher education classes.

**Formal Admission to Teacher Education** When all criteria for admission have been met, formal action is taken on admission. Applicants are typically notified via email within a week of applying and in writing through the U.S. mail after formal approval.

## Academic Maps for Each Nutrition and Food Science 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/view/42/10140/>
- [Family and Consumer Sciences Community Education](#)
  - <https://catalog.mtsu.edu/mime/media/view/42/10346/>
- [Family and Consumer Sciences Secondary Education](#)
  - <https://catalog.mtsu.edu/mime/media/view/42/10346/>
- [Food Industry](#)
  - <https://catalog.mtsu.edu/mime/media/view/42/10315/>
- [Nutrition and Wellness](#)
  - <https://catalog.mtsu.edu/mime/media/view/42/10316/>
- [Nutrition and Food Science, BS \(No Concentration\)](#)
  - <https://catalog.mtsu.edu/mime/media/view/4>

