



**Lourdes College**  
Cagayan De Oro City  
**BACHELOR OF SCIENCE IN NUTRITION & DIETETICS (BSND)**  
Effective SY 2018-2019  
CMO No. 14, series 2017

Name: \_\_\_\_\_ Course/Year: \_\_\_\_\_

FIRST YEAR													
First Semester					Second Semester								
Grade	Subject	Descriptive Title	PreReq	Lec	Lab	Unit	Grade	Subject	Descriptive Title	PreReq	Lec	Lab	Unit
	RS 1a	Essentials of Catholic Faith & Life		3	0	3		IFP 1	Ignacian Spirituality and Christian Life		3	0	3
	GEC 12	Readings in the Philippine History		3	0	3		GEC 15	Purposive Communicatio		3	0	3
	Bio 1	Human Anatomy and Physiology		3	2	5		GEC 16	Art Appreciation		3	0	3
	Nutr Bio	Nutritional Biochemistry		3	2	5		GEC 18	Ethics		3	0	3
	GEC 11	Understanding the Self		3	0	3		GEC 19	Life and Works of Rizal	Nut Biochem	3	0	3
	NSTP 1	Civic Welfare Training Service 1		3	0	3		Nutrition 1	Basic Nutrition	Nut Biochem	3	2	5
	PE 1a	Phy. Act. Towards Health & Fitness 1 ( Movement Competency Training )		2	0	2		FDS 1	Basic Foods I		3	2	5
								NSTP 2	Civic Welfare Training Service 2		3	0	3
								PE 2a	Phy. Act. Towards Health & Fitness 2 (Fitness Training )		2	0	2
				20	4	24.0					26	4	30

SUMMER						
	Psych 1	Developmental Psychology		3	0	3
	Acctg	Basic Accounting		3	0	3
	Bio 2	Microbiology / Parasitology		2	1	3
				8	1	9

SECOND YEAR													
First Semester					Second Semester								
Grade	Subject	Descriptive Title	Pre-Req	Lec	Lab	Unit	Grade	Subject	Descriptive Title	Pre-Req	Lec	Lab	Unit
	RS 2a	Rel., Religious Experience & Spirituality		3	0	3		IFP 2	Ignacian Spirituality for Mission	IFP 1	3	0	3
	GEC 14	Mathematics in the Modern World		3	0	3		Fds 3	Meal Management	Foods 2	3	2	5
	GEFIL 11	Wika at Kultura sa Mapayapang Lipunan		3	0	3		Nut 3	Nutrition Care Process	Nut 2	3	0	3
	Foods 2	Basic Foods II	Foods 1	3	2	5		Nut 4	Nutrition in Life Stages 1	Nut 1	3	2	5
	Nut 2	Nutritional Assessment	Nut 1	2	1	3		Foods 4	Fund of Foods Technology	Fds 2, Foods 1, Lab 1a	3	2	5
	PE 3a	Phy. Act. Towards Health & Fitness 3 (Aquatics )		2	0	2		Foods 5	Food Service System 1	Bio 2	3	2	5
	Philo 1	Logic		3	0	3		PE 4a	Phy. Act. Towards Health & Fitness 3 (Sports)		2	0	2
	NDEL	The Entrepreneurial Mind		3	0	3							
	GEEL 11	Living in IT Era		3	0	3					20	8	28
				25	3	28							

SUMMER						
	Biostat	Biostatistics		3	0	3
	Eng 3	Technical Writing		3	0	3
	GEC 13	The Contemporary World		3	0	3
				9	0	9

THIRD YEAR													
First Semester					Second Semester								
Grade	Subject	Descriptive Title	PreReq	Lec	Lab	Unit	Grade	Subject	Descriptive Title	Pre-Req	Lec	Lab	Unit
	Foods 6	Food Service System 2	Foods 5	3	2	5		Nut 8	Public Health Nutrition 1	Nut 2	3	2	5
	Foods 7	Personnel Mgt and Professional Ethics for		3	0	3		Nut 9	Food and Nutrition Research 2	Nut 5	2	1	3
	Nut.Ed.1	Princ. of Tchng. & Educational Technology		3	0	3		Nut 10	Nutrition Therapy 2	Nut 6	3	2	5
	Nut 5	Food and Nutrition Reasearch 1	Biostat	2	1	3		Nut.Ed 2	Nutrition Education	Nut 1	3	0	3
	Nut 6	Nutrition in Life Stages 2	Nut 4	3	2	5		GEC 13	Gender & Society		3	0	3
	Nut 7	Nutrition Therapy 1	Nut 2	3	2	5		GEC 17	Science , Technology and Society		3	0	3
	Econ 1	Health Economics		3	0	3							
	FL	Foreign Language(Mandarine)		3	0	3					23	5	22
				23	7	30							

FOURTH YEAR													
First Semester					Second Semester								
Grad	Subject	Descriptive Title	PreReq	Lec	Lab	Unit	Grad	Subject	Descriptive Title	Pre-Req	Lec	Lab	Unit
	Practicum 1	Food Service (300 hours)	All	6	0	6		Practicum 3	Hospital Dietetics (600 hours)		12	0	12
	Practicum 2	Public Health Nutrition (300 hours)	Major	6	0	6		Nut 12	Nutrition Dietetics 2		3	0	3
	Nut 11	Nutrition and Dietetics 1	Subjects	3	0	3					15	0	15
				15	0	15							

Evaluated by: \_\_\_\_\_ Date: \_\_\_\_\_

**Summary**

General Education Courses	27
Mandated Courses ( PE, Rizal and NSTP )	17
Institutional Requirements ( IFP 1 & 2, RS 1a GE FIL11 & FL )	15
General Electives (RS 2a, GEEL 11, GEEL 13 )	9
Course Elective (NDEL)	3
Professional Courses	68
Foundation/ Support Courses	34
<b>Total no. of units</b>	<b>173</b>

\*Per CHED Memo # 4 s 2018

