NUTRITION AND DIETETICS (AS-T)

ASSOCIATE IN SCIENCE FOR TRANSFER (AS-T)

The Nutrition and Dietetics Degree will prepare students interested in careers as a nutritionist, food scientist, Registered Dietitian (RD) or other food and nutrition related fields for transfer. Students will apply the scientific principles of nutrition in practical and personal applications, learning how food affects the human body, overall health, and the society we live in. This degree is designed for Seamless transfer to the CSU.

Program Learning Outcomes

- Explain the process of ingestion, mechanical digestion, chemical digestion, absorption, reabsorption, and defecation and what impacts the bodies utilization of food.
- Demonstrate various food preparation techniques and the ability to develop balanced and healthy meals.
- Evaluate the role of diet in disease prevention and health
- Use Nutritional Science to develop nutrient and energy requirements for the optimal health of diverse populations.

Program Requirements

Code Number	Course Title	Units
Required Core (16 units)		
KIN 201	Nutrition for Health, Fitness and Wellness	3.0
or HED 200	Nutrition for Health, Fitness and Wellness	
PSYC 101	General Introductory Psychology	3.0
CHEM 111	General Chemistry	5.0
MICR 200	Principles and Applications of Microbiology	5.0
List A: Select 2 Courses		**8.0-9.5**
CHEM 112	General Chemistry	
A&P 150	Introduction to Human Anatomy	
or A&P 151	Introduction to Human Physiology	
MATH 112	Elementary Statistics	
or MATH 112S	Enhanced Elementary Statistics	
or ECON 210	Applied Introductory Statistics for Economics	
or PSYC 210	Elementary Statistics	
List B: Select 2 Course (4 Units)		
CA 230	Professional Healthy Cooking	3.0
CA 230L	Applications of Professional Healthy Cooking	1.0
Total Units		**28-29.5**

ASSOCIATE FOR TRANSFER REQUIREMENTS

1. Completion of 60 semester units or 90 quarter units of degree-applicable courses,
2. Minimum overall grade point average of 2.0,
3. Minimum grade of "C" (or "P") for each course in the major, and
4. Completion of IGETC and/or CSU GE-Breadth