

# NUTRITION AND DIETETICS, ASSOCIATE IN SCIENCE FOR TRANSFER

The Associate in Science in Nutrition and Dietetics for Transfer degree (AS-T in Nutrition and Dietetics) program provides education in nutrition science and the relationship of the human diet to health and lifestyle-related diseases. The purpose of this major is to provide students with the education and training in the area of nutritional sciences or dietetics and the preparation necessary for transfer into the CSU system to pursue a baccalaureate degree in Nutrition and Dietetics.

This major provides the opportunity for students to begin their career path in the field of Nutrition and Dietetics. A bachelor's degree from an accredited college/university is required by the Academy of Nutrition and Dietetics for application to dietetic internships to become certified as a Registered Dietitian Nutritionist (RDN). As a registered dietitian nutritionist, an individual will have the opportunity to work in hospitals, food service companies, health-care agencies, and many other areas requiring nutrition counseling. Students must complete the Associate Degree for Transfer requirements to earn the AS-T degree.

## Learning Outcomes

Upon successful completion of the program, students will be able to:

- Use a high-quality broad-based education in the physical, biological, and social sciences as a stepping stone of knowledge in nutrition science to improve health and serve society.
- Identify the role of nutrients and healthy food preparations for optimal health and well-being.
- Select appropriate foods for a healthy diet and disease risk reduction.
- Clearly communicate nutrition concepts in oral and written formats.
- Think critically and ethically about nutrition research and its societal impact.
- Analyze how physical, social, emotional, and/or intellectual factors contribute to wellness and healthful living.

## Associate in Science for Transfer Degree Major Requirements

Code	Title	Units
<b>Required Core</b>		
BIOL 25	Applied Microbiology Lecture	3
BIOL 26	Applied Microbiology Laboratory	1
CHEM 1A	General Chemistry I	5
CHEM 1B	General Chemistry II	5
NUTF 1	Nutrition	3
PSYC 1	General Psychology	3
<b>List A</b>		
Select one from the following:		4-5
ANAT 1	Human Anatomy with Cadaver Lab	
CHEM 12A	Organic Chemistry I	
MATH 16	Elementary Statistics	
or PSYC 19	Introduction to Statistics for the Social Sciences	

or SOCI 19	Introduction to Statistics for the Social Sciences	
PHSO 1 & PHSO 2	Human Physiology and Human Physiology Lab	
<b>LIST B</b>		
Select one from the following:		3
NUTF 10 & NUTF 10L	Food Science and Food Science and Safety Laboratory	
SOCI 1	Introduction to Sociology	
<b>TOTAL MAJOR UNITS</b>		<b>27-28</b>
<b>Additional Requirements</b>		<b>32-33</b>
Complete CSU General Education or IGETC pattern and electives, if needed, for a total of 60 transferable units.		
<b>Total Units</b>		<b>60</b>

Please refer to the graduation requirements section of the Catalog for information about degree and certificate requirements including Reading and Writing, Mathematics, Information Competency, and General Education requirements.

The model sequence of coursework below is one pathway for students to complete the program. The information below is not an official educational plan. An MPC Counselor can assist you with creating a personalized education plan based on your academic, career, and personal goals. Visit MPC's Counseling website for more information about Counseling and up-to-date program requirements.

Year 1		Units
<b>Fall</b>		
ENGL 1A or ENGL 1AE	College Composition or College Composition: Enhanced	3
MATH 16	Elementary Statistics	4
CHEM 30A	Introductory Chemistry for Health Sciences	4
NUTF 1	Nutrition	3
<b>Units</b>		<b>14</b>
<b>Spring</b>		
ENGL 2	Argumentative Writing and Critical Thinking	3
CHEM 1A	General Chemistry I	5
PSYC 1	General Psychology	3
CSU GE Area C1		3
CSU GE Area C2 (US-1 Course Recommended)		3
<b>Units</b>		<b>17</b>
<b>Year 2</b>		
<b>Fall</b>		
SPCH 1 or SPCH 2 or SPCH 3	Public Speaking or Small Group Communication or Interpersonal Communication	3
CHEM 1B	General Chemistry II	5
CSU GE Area F (US-2 & 3 Course Recommended)		3
Electives (ANAT 1 with Cadaver Lab Recommended)		4
<b>Units</b>		<b>15</b>
<b>Spring</b>		
BIOL 25 & BIOL 26	Applied Microbiology Lecture and Applied Microbiology Laboratory	4
SOCI 1	Introduction to Sociology	3
CSU GE Area C1 or C2		3

Electives (CHEM 12A, NUTF 10 and NUTF 10L, or PHSO 1 and PHSO 2 Recommended)	4
<b>Units</b>	<b>14</b>
<b>Total Units</b>	<b>60</b>

MPC transfer programs are designed to enable students to complete lower-division requirements in preparation for transfer to a baccalaureate-granting institution.

The Student Transfer Achievement Reform Act (Senate Bill 1440, codified in California Education Code sections 66746-66749) guarantees admission to California State University (CSU) system for any community college student who earns an Associate Degree for Transfer (ADT), although not to a particular campus or major. Upon transferring to a CSU campus that accepts the Associate in Arts for Transfer (AA-T) or Associate in Science for Transfer (AS-T), students will be required to complete no more than 60 upper-division units to earn a bachelor's degree in a same or similar major (unless designated as a "high-unit" major).

The following Associate Degree for Transfer requirements must be completed to earn the AA-T or AS-T degree:

- Minimum of 60 CSU-transferable semester units;
- Minimum grade point average (GPA) of 2.0 in all CSU-transferable coursework (while a minimum of 2.0 is required for admission, some majors may require a higher GPA);
- Completion of a minimum of 18 semester units as detailed in the Major Requirements;
- Completion of all courses in the major with a grade of C or better (or a "P" if the course is taken on a "Pass/No Pass" basis);
- Certified completion of the California State University General Education-Breadth pattern (CSU GE-Breadth) pattern; OR the Intersegmental General Education Transfer Curriculum (IGETC) pattern.

All students should consult with a Counselor to discuss transfer pathways and specific university admission requirements. Visit MPC's Counseling website for more information about Counseling services provided by MPC and to connect with a Counselor.

MPC "Ready to Work" Career Education programs offer students the opportunity to gain knowledge and skills needed for employment and job advancement.

All students should consult with a Counselor to discuss career pathways, for support with career exploration and planning, and to create a personalized education plan to help them meet their academic, career, and personal goals. Visit MPC's Counseling website for more information about Counseling services provided by MPC and to connect with a Counselor.

Additional resources are available through MPC's Career & Transfer Resource Center (CTRC). The CTRC offers career resources, workshops, guidance and referrals. Visit the CTRC for support finding online career information and other resources to explore majors, occupations, and employment information.