

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
Required Core		
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
List A		
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	
LIST B		
Select one from the following:		3
NUTF 10 & NUTF 10L	Food Science and Food Science and Safety Laboratory	
SOCI 1	Introduction to Sociology	
TOTAL MAJOR UNITS		27-28
Additional Requirements		32-33
Complete CSU General Education or IGETC pattern and electives, if needed, for a total of 60 transferable units.		
Total Units		60

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.