

FOODS AND NUTRITION

Associate in Science

Transfer Preparation * (Major Code: 01368)

Prepares students for transfer and entry-level positions in the field of nutrition. Explores the scientific principles of nutrition as it applies to health and diseases to help prepare students for jobs in the dietetics or nutrition fields.

The Associate of Science (AS) degree provides the first two years of a four-year curriculum for students who wish to transfer to SDSU. Students desiring a career in nutrition as a Registered Dietitian Nutritionist (RDN) should pursue the Dietetics transfer plan.

The Associate of Science in Food & Nutrition Degree is designed for students who wish a strong academic foundation in the field and be prepared for upper-division baccalaureate student. The Associate of Science in Food & Nutrition would be an ideal choice for those students planning on transferring to the California State University as the student can satisfy their general education requirements, plus focus on transferable course work that relates to majors at CSU.

Complete a minimum of 60 degree applicable transferable semester units (including major and general education courses). Complete necessary Southwestern College Graduation and Competency requirements (See Southwestern College Catalog):

- Courses should be selected with the assistance of a counselor. Refer to www.ASSIST.org for transfer details.
- Completion of the Foods & Nutrition Degree does not guarantee acceptance into a four-year institution nor into a major.

Program Student Learning Outcomes

- Identify components of a healthy diet and lifestyle that lead to long-term optimal health and disease prevention.
- Identify and analyze credible research on nutrition-related topics.

Code	Title	Units
Program Requirements		
HLTH 200	FOODS AND NUTRITION: OVERVIEW AND OPPORTUNITIES	1.00
HLTH 201	THE SCIENCE OF NUTRITION	3.00
HLTH 205	SCIENTIFIC PRINCIPLES OF FOODS WITH LAB	4.00
HLTH 121	CULTURAL ASPECTS OF FOOD AND NUTRITION	3.00
BIOL 100	PRINCIPLES OF BIOLOGY	3.00
BIOL 101	PRINCIPLES OF BIOLOGY LABORATORY	1.00
BIOL 265	GENERAL MICROBIOLOGY	4.00
CHEM 100	INTRODUCTION TO GENERAL CHEMISTRY	4.00
CHEM 110	ELEMENTARY ORGANIC AND BIOLOGICAL CHEMISTRY	4.00
CHEM 160	INTRODUCTORY BIOCHEMISTRY	3.00
MATH 119	ELEMENTARY STATISTICS	4.00
PSYC 101	GENERAL PSYCHOLOGY	3.00
SOC 101	INTRODUCTION TO SOCIOLOGY	3.00

BIOL 260	HUMAN ANATOMY	4.00
Total Units		44

Code	Title	Units
Recommended Elective		
HLTH 202	NUTRITION FOR ATHLETES	3.00

* Students planning to transfer to a four-year college or university should complete courses specific to the transfer institution of choice. University requirements vary from institution to institution and are subject to change. Therefore, it is important to verify transfer major preparation and general education requirements through consultation with a counselor in either the Counseling Center or Career and Transfer Connections. See catalog Transfer Courses Information (<http://catalog.swccd.edu/student-success-support-program/student-services-and-college-services/other-services/transfer-courses/>) section for further information.

To earn an associate degree, additional general education and graduation requirements (<https://catalog.swccd.edu/certificates-certifications-degrees-csuuc-requirements/>) must be completed.