

# NUTRITION AND DIETETICS



## Associate Degree for Transfer

*A Degree with a Guarantee. SM*

### Student Transfer Achievement Reform (STAR) Act (SB1440)

#### Associate in Science

#### Transfer Preparation\* (Major Code: 01366)

Nutrition and Dietetics is the study of chemicals and nutrients in food and their effects on the human body and the world. The study of nutritional science contributes to preparing students for careers as nutritionists, registered dietitians, food scientists, or other dietetics professionals. Students in the program learn how the scientific method and process contributes to nutritional requirements and how nutrients function from a cellular to more practical level, and then apply this knowledge to their own health. The program also provides students with the role of nutrition on disease prevention throughout the lifecycle and as an impact on society as a whole.

## Program Student Learning Outcomes

- Explain the basis of the scientific method as it is used in developing hypotheses and theories, then apply the scientific method-based research, such as in peer-reviewed intervention, epidemiological, lab, and case studies, to the critical evaluation of nutrition-related literature and media, thus differentiating between proven scientific based research and myth.
- Evaluate food customs of a specific culture and incorporate sources based on reliability and credibility; Assess the stigmatization, prejudice and/or discrimination experienced by individuals or groups who choose to adhere to non Western and/or non dominant food practices and recommend strategies to facilitate their acceptance.
- Judge the effect of nutrition, hydration, and lifestyle factors that contribute to chronic diseases, assess one's own diet for nutritional adequacy, and establish goals personally and practically to apply lifestyle changes, based on health status, body weight differences and goals, optimal sports performance, differing lifecycle stages, and differing environmental conditions.

#### The following is required for all AA-T or AS-T degrees:

- Completion of minimum 60 semester or 90 quarter units of transferable degree applicable courses.
- Minimum overall grade point average (GPA) of at least 2.0 in all CSU transferable coursework.
- Minimum 18 semester or 27 quarter units in major or area of emphasis with a minimum grade of "C" (or "Pass") for each course in the major.
- Completion of the California State University General Education (CSU GE) Breadth pattern or the Intersegmental General Education Transfer Curriculum (IGETC) pattern. For more information, refer to the catalog section, "Certificate of Achievement (<http://catalog.swccd.edu/certificates-certifications-degrees-csuuc-requirements/certificates/>)" under Graduation, Certificates, and Degree Requirements.

Code	Title	Units
<b>Required Core</b>		<b>15</b>
HLTH 204 or HLTH 201	FUNDAMENTALS OF NUTRITION THE SCIENCE OF NUTRITION	
PSYC 101	GENERAL PSYCHOLOGY	
BIOL 265	GENERAL MICROBIOLOGY	
CHEM 200	GENERAL CHEMISTRY I	
<b>List A</b>		
<b>Select two of the following courses:</b>		<b>7-9</b>
BIOL 260	HUMAN ANATOMY	
BIOL 261	PRINCIPLES OF HUMAN PHYSIOLOGY	
MATH 119 or SOC 270 or PSYC 270	ELEMENTARY STATISTICS STATISTICS FOR THE BEHAVIORAL SCIENCES STATISTICS FOR THE BEHAVIORAL SCIENCES	
CHEM 240	ORGANIC CHEMISTRY I	
<b>List B</b>		
<b>Select one of the following courses:</b>		<b>3-4</b>
HLTH 121	CULTURAL ASPECTS OF FOOD AND NUTRITION	
HLTH 205	SCIENTIFIC PRINCIPLES OF FOODS WITH LAB	
CHEM 100	INTRODUCTION TO GENERAL CHEMISTRY *	
CHEM 110	ELEMENTARY ORGANIC AND BIOLOGICAL CHEMISTRY	
CHEM 160	INTRODUCTORY BIOCHEMISTRY	
CHEM 170	PREPARATION FOR GENERAL CHEMISTRY *	
BIOL 100	PRINCIPLES OF BIOLOGY *	
<b>Total Units</b>		<b>25-28</b>

\* 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.

\* Prerequisites to courses in the Required Core

Students are recommended to see an academic counselor to ensure proper courses are taken for university of choice.