

NUTRITION AND DIETETICS ASSOCIATE IN SCIENCE FOR TRANSFER DEGREE

Nutrition and Dietetics is an interdisciplinary science that studies factors that affect our food choices, the chemical and physiological processes involved in processing and delivering the chemical components of those foods to the body. Students will focus their studies in nutritional science including chemistry and physiology as well as institutional nutrition, community nutrition, food production, management of foodservice operations. The courses within this program are designed to provide students with applicable skills useful in a vast range of occupations.

The Associate in Arts for Transfer (AA-T) or the Associate in Science for Transfer (AS-T) is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing these degrees (AA-T or AS-T) are guaranteed admission to the CSU system, but not to a particular campus or major. To earn this Nutrition and Dietetics AS-T degree, students must meet the following requirements:

- completion of the following major requirements with a minimum grade of "C" (or "P");
- completion of a minimum of 60 CSU transferable semester units with a grade point average of a least 2.0; and
- certified completion of the CSU General Education-Breadth (CSUGE) or Intersegmental General Education Transfer Curriculum (IGETC) for CSU, which requires a minimum of 37-39 units.

It is highly recommended that students complete courses that satisfy the U.S. History, Constitution, and American Ideals requirement as part of CSUGE or IGETC before transferring to a CSU.

Students planning to transfer to a four-year institution and major in Nutrition and Dietetics should consult with a counselor regarding the transfer, process and lower division requirements.

Code	Title	Units
Required Courses:		
FN 162	Introduction to Food and Nutrition	3
PSYCH 100	General Psychology	3
	or PSYCH 100H General Psychology - Honors	
CHEM 150	General Chemistry I	5
BIOL 270	Microbiology	5
List A - Two courses from the following:		
CHEM 151	General Chemistry II	5
CHEM 212	Organic Chemistry I	5
One Biology Course Sequence:		
BIOL 250 & BIOL 251	Human Anatomy and Physiology I and Human Anatomy and Physiology II ¹	
BIOL 260 & BIOL 261	Human Anatomy and Human Physiology	
MATH 108	Introduction to Probability and Statistics	4
	or MATH 108H Introduction to Probability and Statistics - Honors	
	or PSYCH 105 Statistics for the Behavioral Sciences	
	or ECON 208 Business and Economic Statistics	
List B - One course from the following:		
HOSP 160	Culinary Production and Kitchen Operations	3

CHEM 104	Introduction to Organic Chemistry and Biochemistry	4
CHEM 105	Introduction to General, Organic and Biochemistry	5
CHEM 213	Organic Chemistry II	5
MATH 102	College Algebra	4
MATH 103	Plane Trigonometry	4
MATH 151	Precalculus	4

Code	Title	Units
Major Total		27-30
Total Units That May Be Double Counted		10-16
General Education (CSU-GE or IGETC) Units		37-39
Elective (CSU Transferable) Units		3-10
Total Units		60

¹ Credit will only be awarded for one of the following courses/sequence:
BIOL 250 and BIOL 251 OR BIOL 260 OR BIOL 261.

See Section on Degree, Certificate, and Transfer Information for additional information on the Associate Degrees for Transfer.

To earn an SBVC Associate Degree for Transfer (AA-T or AS-T) students must complete one of the following general education patterns:

CSU GE requirements (<https://www.valleycollege.edu/student-services/counseling/csuge/>)

IGETC requirements (<https://www.valleycollege.edu/student-services/counseling/igetc/>)

Program Learning Outcomes

At the completion of this program, students will be able to:

- Outline the overall nutritional needs of children and adults and develop comprehensive food plans to ensure nutritional needs are being met.
- Recognize the sources and functions of macronutrients and micronutrients.
- Compare canned/packaged food products using the information on the Nutrition Facts Panel, ingredient list, and Daily Values.
- Analyze a three-day dietary intake by food groups and/or by nutrients using Recommended Daily Allowances (RDA) and write recommendations based on the data gleaned from the analysis.