

Nutrition Department

DEGREES

Nutrition (AS-T)

COURSES

NUTR (Nutrition)

CONTACT INFORMATION:

School of Health Sciences

Building: 800 Room 805B

Phone Number: (707) 864-7108

Fax Number: (707) 646-2062

Dean: Sheila Hudson

Administrative Assistant: Janet Schwartz

Faculty Contact:

Ingeborg Bourdon

Robin Sytsma



P.A.C.E. - HEALTH AND HUMAN SERVICES- A PATHWAY FOR ACADEMIC AND CAREER EXCELLENCE AT SOLANO COMMUNITY COLLEGE

ARE YOU THE KIND OF PERSON WHO...

- ...desires to inform, enlighten, help, teach, counsel, or cure people?
- ...enjoys using your skills to serve people?
- ...Likes to work hands-on with objects, machines, and tools and/or use your physical or athletic abilities?
- ...is interested in working in a medical environment?

Guided Pathways: NUTRITION (AS-T)

Associate in Science for Transfer | GE Pattern: IGETC | Program Total Units: 60 - 64

This program map represents **one possible pathway**. See a counselor to create a customized education plan. Map is for the 2021-2022 catalog year.

Career Paths

Dietitian • Nutritionist • Animal Scientist • Fitness and Wellness

What your potential plan could look like...

1 First Semester

Total Recommended Units: 14

- ENGL 001 4 units
College Composition (IGETC 1A)
- LR 010 1 unit
Introduction to Library Research
- MATH 011 4 units
Statistics (IGETC 2B)
- NUTR 010 3 units
Nutrition

2 Second Semester

Total Recommended Units: 15

- ENGL 002 or 004 4 units
(IGETC 1B)
- ART 012, CINA 011, MUSC 013, 3 units
or THEA 013 (IGETC 3A/Cross-Cultural)
- CHEM 001 5 units
General Chemistry (IGETC 5A/C)
- PSYC 001 3 units
Introduction to Psychology (IGETC 4)

3 Third Semester

Total Recommended Units: 12-16

- ART 003A or ART 003B 5 units
Art of Asia or Art of Africa, Oceania, and Americas
- IGETC 3A or 3B 3 units
- UC Transferable Elective 1 - 3 units
Suggested: Kinesiology
- ASL 001, FREN 001, or 3 - 5 units
SPAN 001, or UC Transferable Elective *

*Depends on whether or not student took two years of the same foreign language in high school and passed with a minimum grade of c.

4 Fourth Semester

Total Recommended Units: 13

- BIO 014 4 units
Microbiology
- PLSC 001 or 005 3 units
(IGETC 4/American Institutions)
- ANTH 002, PSYC 002, or SOC 001 3 units
(IGETC 4)
- UC Transferable Elective 3 units

Courses Below May Be Taken Any Time
(Fall, Spring or Summer)

Total Recommended Units: 6

- COMM 001, 002, or 006 3 units
(IGETC 1C)
- HIST 017, 018, 028, 029, or 037 3 unit
(IGETC 3B/American Institutions)

Square, darker color:
Required Courses/
Courses in Discipline

Rounded, lighter color:
GE Courses/Categories

Nutrition

Associate in Science in Nutrition for Transfer (A.S.-T)

Program Description

This program is designed to meet the general education requirements at California State Universities and prepare students for a Bachelor of Science degree in Nutrition and Food Science. The program will prepare individuals to integrate and apply the principles of the food and nutrition sciences, human behavior, and the biomedical sciences to design and manage effective nutrition programs. Students will learn how to utilize food for human growth and development in a variety of settings including health care organizations, food service operations, business and industry (product development, marketing, consulting), education and research, health promotion and private practice counseling.

The Associate in Science in Nutrition for Transfer is designed to prepare students for transfer into the CSU system to complete a Bachelor of Science in Nutrition. Students who earn the Associate in Science in Nutrition for Transfer will receive guaranteed priority admission to the CSU system, but not to a particular campus or major. Once admitted the student will only be required to complete 60 additional upper-division units to qualify for a BA degree.

To earn the Associate in Science in Nutrition for Transfer, students must:

1. Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
 - a. The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements.
 - b. A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
2. Obtain a minimum grade point average of 2.0.

ADTs also require that students earn a minimum grade of C in all courses required for the major or area of emphasis.

Program Outcomes

Upon completion of the A.S.-T in Nutrition students will be able to:

1. Explain the principles of nutrition and its effect on health and wellness.
2. Analyze a diet for adequacy, balance, and moderation.
3. Demonstrate an understanding of the relationships between chemistry, biology and nutrition

REQUIRED COURSES	Units	List B: (select one or two courses**)	Units
BIO 014 Principles of Microbiology	4	BIO 004 Human Anatomy	5
NUTR 010 Nutrition	3	or	
PSYC 001 Introduction to Psychology	3	BIO 005 Human Physiology	5
One or Two courses from List A.....	5-10	CHEM 002 General Chemistry II	5
One or Two courses from List B**	4-10	CHEM 003 Organic Chemistry	5
One course from List C	3	MATH 011 Elementary Statistics.....	4
Required Major Total Units	27-28	List C:	Units
List A: (select one to two courses).....	Units	ANTH 002 Cultural Anthropology	3
CHEM 001 General Chemistry I	5	PSYC 002 Biological Psychology	3
or		SOC 001 Introduction to Sociology.....	3
CHEM 001 General Chemistry I	5		
and			
CHEM 002 General Chemistry II	5		

**select one course if CHEM 001 + CHEM 002 is completed in List A or select two courses if only CHEM 001 is completed in List A.