Nutrition for Transfer (AS-T)

CAREER PATHS:
- Dietitian
- Nutritionist
- Animal Scientist
- Fitness and Wellness

Additional Career Paths and related data, including state-by-state wage info and growth in the field, can be found at www.onetonline.org.

This program map represents one possible pathway. See a counselor to create a customized education plan. Map is for the 2019-2020 catalog year.

GET STARTED NOW!

- Get started on your Pathway now with these recommended courses! Then – See a counselor to create a CUSTOMIZED education plan personalized to your career and transfer goals!
- Required courses may change depending on a student's career and transfer goals, including requirements for cross-cultural and foreign language courses, and/or specific requirements for an individual CSU or UC.
- Unique transfer requirements for a specific institution can be found at www.assist.org.

LET US HELP YOU!

How to Apply: solano.edu/ar/apply.php

- Questions? Talk to a Counselor Now!
  Main Campus, Fairfield: (707) 864-7101
  Vacaville Center: (707) 863-7836
  Vallejo Center: (707) 642-8188
  Travis AFB: (707) 863-7878
  Visit online at solano.edu/counseling

- Contact Our Career Center to Learn Your Career Options!
  Call 707-864-7124, or email at CareerCenter@solano.edu
  Visit online at solano.edu/career

- You Can Afford College! Learn more about Financial Aid!
  Call 707-864-7103, or email at FinancialAid@solano.edu
  Visit online at solano.edu/financial_aid

- College is Accessible! Contact our Disability Services Program (DSP) at 707-864-7136.

2020-2021 catalog year Pathways coming soon.

1 FIRST SEMESTER
- Total Recommended Units: 14
  - NUTR 010 3 units Nutrition
  - ENGL 001 4 units College Composition (IGETC 1A)
  - LR 010 1 units Introduction to Library Research and Information Competency
  - IGETC 4/Am Inst Grp 1 3 units Suggested: PLSC 001 or 005

2 SECOND SEMESTER
- Total Recommended Units: 14
  - PSYC 001 3 units Introduction to Psychology (IGETC 4)
  - MATH 011 4 units Statistics (IGETC 2)
  - IGETC 1B 4 units Suggested: ENGL 002 or 004
  - IGETC 3B/Am Inst Grp 2 3 units Suggested: HIST 017 or 018 or 028 or 029 or 037

3 THIRD SEMESTER
- Total Recommended Units: 17
  - CHEM 001 (L) 5 units General Chemistry (IGETC 5A)
  - Nutrition List B of ADT (IGETC 4)
  - IGETC 1C 3 units Suggested: COMM 001, COMM 002, or COMM 006
  - IGETC 3A 3 units Suggested: ART 012 or CINA 011 or MUSC 013 or THEA 013
  - Transferable Elective 3 units Course #001 - 049

4 FOURTH SEMESTER
- Total Recommended Units: 15
  - PSYC 002 4 units Microbiology (IGETC 5B)
  - CHEM 002 5 units General Chemistry
  - IGETC 3A or 3B 3 units
  - Transferable Elective Course #001 - 049

Required Courses/Courses in Discipline  GE Courses/Categories

For more information please contact: (707) 864-7108

Associate in Sciences for Transfer
GE Pattern: IGETC
Program Total Units: 60

For more information please contact: (707) 864-7108

GET STARTED NOW!
Nutrition

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

Program Description
The Associate in Science transfer degree 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.

Associate in Science in Nutrition for Transfer
The Associate in Science in Nutrition for Transfer (AS-T in Nutrition) is designed to prepare students for transfer into the CSU system to complete a Bachelor of Science degree in Nutrition.

To earn the Associate in Science in Nutrition for Transfer degree, 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

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIO 014 Principles of Microbiology</td>
<td>4</td>
</tr>
<tr>
<td>NUTR 010 Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 001 Introduction to Psychology</td>
<td>1</td>
</tr>
<tr>
<td>One or Two courses from List A</td>
<td>5-10</td>
</tr>
<tr>
<td>One or Two courses from List B**</td>
<td>4-10</td>
</tr>
<tr>
<td>One course from List C</td>
<td>3</td>
</tr>
<tr>
<td>Total Units</td>
<td>27-28</td>
</tr>
</tbody>
</table>

List A: (select one to two courses)
CHEM 001 General Chemistry I .................................. 5
or
CHEM 001 General Chemistry I .................................. 5
and
CHEM 002 General Chemistry II .................................. 5

List B: (select one or two courses**)
BIO 004 Human Anatomy ........................................... 5
or
BIO 005 Human Physiology ....................................... 5

CHEM 002 General Chemistry II .................................. 5
CHEM 003 Organic Chemistry .................................... 5
MATH 011 Elementary Statistics ................................ 4

List C: .......................................................
List C: .......................................................

List B: (select one or two courses**)
BIO 004 Human Anatomy ........................................... 5
or
BIO 005 Human Physiology ....................................... 5

CSU General Education or IGETC Pattern Units ... 37-39
Required Major Total Units ..................................... 27-28
CSU Transferable Electives (as needed to reach 60 transferable units)* .............................................. 5-12
Total Degree Units ................................................ 60

*10-18 units may be double counted toward both the major area of emphasis and CSU General Education or IGETC Pattern. Consult with a counselor for more information on completing this degree.

**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.
## Nutrition

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUTR 010</td>
<td>Nutrition</td>
<td>3.0</td>
<td>Study of the scientific concepts of human nutrition. Essential nutrients, functions, chemical compositions of foods and their utilization in the body will be covered. The course will emphasize topics such as weight loss, sports nutrition, food safety, the diet-disease relationship, global nutrition, and analysis of special nutritional requirements during the lifecycle among others. Students utilize computer technology and nutritional assessment methods to evaluate personal dietary habits. <em>(C-ID NUTR 110)</em></td>
</tr>
<tr>
<td>NUTR 012</td>
<td>Evaluating Current Topics in Nutrition</td>
<td>0.5 - 2.0</td>
<td>Methods of evaluating current nutritional topics, determining reliable and unreliable sources of information and judging validity of experimental design. This course provides opportunities to study current, controversial topics in nutrition. Course topics include, but are not limited to, vitamin and mineral supplements, weight loss fads, phytochemicals and foods as medicine.</td>
</tr>
<tr>
<td>NUTR 054</td>
<td>Child Health, Safety, and Nutrition</td>
<td>3.0</td>
<td>Introduction to the laws, regulations, standards, policies and procedures and early childhood curriculum related to child health safety and nutrition. The key components that ensure physical health, mental health and safety for both children and staff will be identified along with the importance of collaboration with families and health professionals. Focus on integrating the concepts into everyday planning and program development for all children. This is the same course as CDFS 054.</td>
</tr>
</tbody>
</table>