

# 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](http://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.

## 1 FIRST SEMESTER

Total Recommended Units: 14

<input type="checkbox"/>	<b>NUTR 010</b> Nutrition	<b>3 units</b>
<input type="checkbox"/>	<b>ENGL 001</b> College Composition (IGETC 1A)	<b>4 units</b>
<input type="checkbox"/>	<b>LR 010</b> Introduction to Library Research and Information Competency	<b>1 units</b>
<input type="checkbox"/>	<b>IGETC 4/Am Inst Grp 1</b> Suggested: PLSC 001 or 005	<b>3 units</b>
<input type="checkbox"/>	<b>Transferable Elective</b> Course #001 - 049	<b>3 units</b>

## 3 THIRD SEMESTER

Total Recommended Units: 17

<input type="checkbox"/>	<b>CHEM 001 (L)</b> General Chemistry (IGETC 5A)	<b>5 units</b>
<input type="checkbox"/>	<b>Nutrition List B of ADT (IGETC 4)</b>	<b>3 units</b>
<input type="checkbox"/>	<b>IGETC 1C</b> Suggested: COMM 001, COMM 002, or COMM 006	<b>3 units</b>
<input type="checkbox"/>	<b>IGETC 3A</b> Suggested: ART 012 or CINA 011 or MUSC 013 or THEA 013	<b>3 units</b>
<input type="checkbox"/>	<b>Transferable Elective</b> Course #001 - 049	<b>3 units</b>

## 2 SECOND SEMESTER

Total Recommended Units: 14

<input type="checkbox"/>	<b>PSYC 001</b> Introduction to Psychology (IGETC 4)	<b>3 units</b>
<input type="checkbox"/>	<b>MATH 011</b> Statistics (IGETC 2)	<b>4 units</b>
<input type="checkbox"/>	<b>IGETC 1B</b> Suggested: ENGL 002 or 004	<b>4 units</b>
<input type="checkbox"/>	<b>IGETC 3B/Am Inst Grp 2</b> Suggested: HIST 017 or 018 or 028 or 029 or 037	<b>3 units</b>

## 4 FOURTH SEMESTER

Total Recommended Units: 15

<input type="checkbox"/>	<b>BIO 014</b> Microbiology (IGETC 5B)	<b>4 units</b>
<input type="checkbox"/>	<b>CHEM 002</b> General Chemistry	<b>5 units</b>
<input type="checkbox"/>	<b>IGETC 3A or 3B</b>	<b>3 units</b>
<input type="checkbox"/>	<b>Transferable Elective</b> Course #001 - 049	<b>3 units</b>

Required Courses/Courses in Discipline  GE Courses/Categories



**SOLANO**  
COMMUNITY COLLEGE

## Nutrition

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

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

## 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](http://www.assist.org).

## LET US HELP YOU!

**How to Apply:** [solano.edu/ar/apply.php](http://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](http://solano.edu/counseling)
- **Contact Our Career Center to Learn Your Career Options!**  
Call 707-864-7124, or email at [CareerCenter@solano.edu](mailto:CareerCenter@solano.edu)  
Visit online at [solano.edu/career](http://solano.edu/career)
- **You Can Afford College! Learn more about Financial Aid!**  
Call 707-864-7103, or email at [FinancialAid@solano.edu](mailto:FinancialAid@solano.edu)  
Visit online at [solano.edu/financial\\_aid](http://solano.edu/financial_aid)
- **College is Accessible!** Contact our Disability Services Program (DSP) at 707-864-7136.

# 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.

<b>REQUIRED COURSES</b> .....	<b>Units</b>	CHEM 002 General Chemistry II.....	5
BIO 014 Principles of Microbiology .....	4	CHEM 003 Organic Chemistry .....	5
NUTR 010 Nutrition .....	3	MATH 011 Elementary Statistics .....	4
PSYC 001 Introduction to Psychology .....	3		
One or Two courses from List A.....	5-10	<b>List C:</b> .....	<b>Units</b>
One or Two courses from List B** .....	4-10	ANTH 002 Cultural Anthropology .....	3
One course from List C.....	3	PSYC 002 Biological Psychology.....	3
<b>Total Units</b> .....	<b>27-28</b>	SOC 001 Introduction to Sociology .....	3
<b>List A:</b> (select one to two courses).....	<b>Units</b>	<b>Required Major Total Units</b> .....	<b>27-28</b>
CHEM 001 General Chemistry I .....	5	<b>CSU General Education or IGETC Pattern Units</b> ...	<b>37-39</b>
or		<b>CSU Transferable Electives (as needed to reach 60</b>	
CHEM 001 General Chemistry I .....	5	<b>transferable units)*</b> .....	<b>5-12</b>
and		<b>Total Degree Units</b> .....	<b>60</b>
CHEM 002 General Chemistry II.....	5		
<b>List B:</b> (select one or two courses**).....	<b>Units</b>		
BIO 004 Human Anatomy .....	5		
or			
BIO 005 Human Physiology .....	5		

*\*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

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## **NUTR 010 Nutrition**

**3.0 Units**

*Course Advisory: Eligibility for ENGL 001 and SCC minimum Math standards.*

*General Education: Option A: Area A; Option C: Area E*

*Transferable to UC/CSU*

*Hours: 48-54 lecture.*

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. (C-ID NUTR 110)

## **NUTR 012**

**0.5 to 2.0 Units**

### **Evaluating Current Topics in Nutrition**

*Course Advisory: Eligibility for ENGL 001 and SCC minimum Math standards.*

*Transferable to CSU*

*Hours: 8-36 lecture.*

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.

## **NUTR 054 Child Health, Safety, and Nutrition 3.0 Units**

*Course Advisory: CDFS 038; CDFS 062; Eligibility for ENGL 001.*

*General Education: Option C: Area E*

*Transferable to CSU*

*Hours: 48-54 lecture.*

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.