

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.

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
- Transferable Elective** 3 units
Course #001 - 049

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)** 3 units
- 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

- BIO 001** 4 units
Microbiology (IGETC 5B)
- CHEM 002** 5 units
General Chemistry
- IGETC 3A or 3B** 3 units
- Transferable Elective** 3 units
Course #001 - 049

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.

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.

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	Units	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	List C:	Units
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
Total Units	27-28	SOC 001 Introduction to Sociology	3
List A: (select one to two courses).....	Units	Required Major Total Units	27-28
CHEM 001 General Chemistry I	5	CSU General Education or IGETC Pattern Units ...	37-39
or		CSU Transferable Electives (as needed to reach 60	
CHEM 001 General Chemistry I	5	transferable units)*	5-12
and		Total Degree Units	60
CHEM 002 General Chemistry II.....	5		
List B: (select one or two courses**)	Units		
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

NUTR 010 Nutrition

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)

3.0 Units

NUTR 054 Child Health, Safety, and Nutrition 3.0 Units

Course Advisory: CDFS 038; CDFS 062

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.

NUTR 012

0.5 to 2.0 Units

Evaluating Current Topics in Nutrition

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.