

## Nutrition and Dietetics

**Award Type:** Associate in Science for Transfer

The Associate in Science in Nutrition and Dietetics for Transfer program provides education in nutrition science and the relationship of the human diet to health and lifestyle-related diseases. The Associate in Science in Nutrition and Dietetics prepares students for transfer into the CSU system to complete a baccalaureate degree in nutrition and dietetics. This major provides the opportunity for students to begin their career path in the field of nutrition and dietetics, with a wide variety of career possibilities in nutrition, public health, and clinical settings. Students may pursue further education and training to become registered dietitians (RD) or registered dietitian nutritionists (RDN). To earn certification as an RD or RDN, specific education and training requirements must be met, as established by the Accreditation Council for Education in Nutrition and Dietetics. Requirements include successful completion of a bachelor's degree, an accredited nutrition curriculum, an extensive supervised program of practice at a healthcare facility or food service organization or community agency, and passing a rigorous registration exam. RD's and RDN's have opportunities to work in hospitals, healthcare agencies, food service companies, and many other areas involving nutrition education, counseling, and management. Associate Degree for Transfer Requirements Completion of 60 semester units that are eligible for transfer to the California State University, including the following: A. The completion of the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth (CSU GE). [The following Allan Hancock College graduation requirements will not be required: Health and Wellness, Multicultural Gender Studies and Allan Hancock College General Education.] B. A minimum of 18 semester units in a major or area of emphasis, as determined by the community college district. C. Obtainment of a minimum grade point average of 2.0 with all courses in the major being completed with a grade of "C" or better.

**The graduate of the Associate in Science for Transfer in Nutrition and Dietetics will:**

- identify essential nutrients and describe their chemical structures, food sources, digestion, absorption, transport, metabolism, functions in the body, and requirements for optimal health.
- apply dietary guidelines to develop meal plans and lifestyle patterns that meet individual needs, promote health, and reduce disease risk.
- critically evaluate scientific research and nutrition information, and develop evidence-based responses to questions about diet and health.
- communicate nutrition concepts clearly, accurately, and effectively.

### Program Requirements

**A major of 27.5 - 29.5 units is required for the degree.**

**Required core courses 20.5 units:**

Course Number	Course Title	Units
BIOL 128	Microbiology	4.5
CHEM 150	General Chemistry 1	5.0
CHEM 151	General Chemistry 2	5.0
FSN 110	Nutrition Science	3.0
PSY 101	General Psychology	3.0

**List A - Select one course (4-5 units) from the following:**

Course Number	Course Title	Units
BIOL 124	Human Anatomy	4.0
BIOL 125	Human Physiology	4.0
CHEM 180	Organic Chemistry I	5.0
MATH 123	Elementary Statistics	4.0

**List B - Select one course (3-4 units) from the following:**

Course Number	Course Title	Units
CA 120	Principles of Foods 1	4.0

FSN 133	Introduction To Food Science	3.0
FSN 134	Food, Nutrition Customs and Culture	4.0

### **General Education**

**Complete one of the following:**

a) CSU General Education Breadth - 39 units

or

b) Intersegmental General Education Transfer Curriculum (IGETC) - 37 units

**Double counting:**

Number of units that may be double counted for the major and CSU GE or IGETC - 7 - 15 units

**Select additional CSU transferrable units as needed** to achieve 60 units required for the degree.

Visit **myHancock** and select the **DegreeWorks** icon to view CSU or IGETC general education and transferrable courses.