Health and Nutrition

San Jacinto Campus
(951) 487-MSJC (6752)
1-800-624-5561
Dean of Instruction, Academic Programs (951) 487-3421

Menifee Valley Campus
(951) 672-MSJC (6752)
1-800-452-3335
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Degree(s)
Transfer: None

Non-Transfer:
None
See:
A.S. in Science
A.A. in Social/Behavioral Science

Certificate(s)
None

Employment Concentration Certificate(s)
None

Program Description

Health and Nutrition courses are designed to equip students with a better understanding of their own nutrition and health and promote personal wellness and assist students aspiring to careers in health, nutrition and fitness. These courses study human behavior by identifying actions, attitudes and values which lead to the maintenance and improvement of personal wellness and identify important scientific principles that regulate the human body. These courses also prepare students to enter into dietetic or
nutrition related university majors and meets general education requirements and provides a foundation of lifelong learning.

Transfer Preparation

MSJC offers a range of course work to prepare students to transfer to four-year colleges and universities. Courses that fulfill major requirements for an associate degree in this program might not be the same as those required for transfer into the major at a four year university. All four-year institutions prescribe their own standards for course evaluation and admissions. Prospective transfer students are advised to research careers, degrees and majors in the Career/Transfer Center, access www.assist.org, review the MSJC catalog and meet with a counselor to expedite their transfer plan.

Learning Outcomes

• Demonstrate an understanding of the impact of lifestyle behaviors on human health and wellness.
• Evaluate dietary and exercise patterns.
• Communicate effectively how lifestyle behaviors affect various disease states.
• Develop a plan to meet personal health and wellness goals.