***Nutrition and Dietetics:*** *Associate in Science for Transfer*

*CSU*

The Nutrition and Dietetics program offers students the opportunity to explore the health impacts of personal eating habits. The program answers questions like: how do personal food choices impact energy levels, ability to manage weight, and future risk for disease? Popular course topics include how the body functions, popular diets and macronutrient distributions, physical fitness, healthful cooking methods, and organics and sustainability.

***Please see a Pathways Counselor:*** Create an education plan customized to meet your needs. [Contact a Counselor](https://www.msjc.edu/hub/)

Transfer Majors/Award Focus

* Nutrition and Dietetics, A.S.-T CSU

GE Pattern/Units

* GE Pattern: Option B
* Total Units: 66

**Program maps** indicate the major coursework and recommended general education courses to fulfill your degree in 2 years (approximately 15 units/semester or 30 units/year). If you are a part-time student, start Semester 1 courses and follow the course sequence. Some of the courses listed may be substituted by another course. Please view these options in the official course [catalog](https://catalog.msjc.edu/instructional-programs/).

***Semester 1 15 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | ENGL-101 | College Composition | 4 |
| ⬜ | MATH-105 | College Algebra | 4 |
| ⬜ | ANAT-101 | Human Anatomy & Physiology I | 4 |
| ⬜ | NUTR-101 | Introduction to Nutrition Science | 3 |

***Semester 2 16 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | ENGL-103 | Critical Thinking and Writing | 3 |
| ⬜ | BIOL-150 | General Biology I | 4 |
| ⬜ | ANAT-102 | Human Anatomy & Physiology II | 4 |
| ⬜ | CHEM-101 | General Chemistry I | 5 |

Additional Information

\*CHEM 100 or 1 yr HS chemistry

Career Options

Clinical Nutrition (B, M)

Nutrition Consulting (B, M)

Diet Technician (SM)

Find more careers: [msjc.emsicc.com](http://msjc.emsicc.com)

Required Education: SM: some college; C: Certificate; A: Associate, B: Bachelor’s, M: Master’s; D: Doctorate

Financial Aid

Financial aid is determined by the number of credit hours you take in a semester. Maximize your financial aid by taking 12-15 units per semester.

***Summer 3 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | COMM-100 | Public Speaking | 3 |

***Semester 3 16 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | CHEM 102 | General Chemistry II | 5 |
| ⬜ | BIOL-125 | Microbiology | 4 |
| ⬜ | PSYC-101 | Introduction to Psychology | 3 |
| ⬜ | SPAN-101 | Elementary Spanish I | 4 |

***Semester 4 16 Units***

|  |  |  |  |
| --- | --- | --- | --- |
| ✔ | COURSE | TITLE | UNIT |
| ⬜ | HIST-112 or  PS-101 | U.S. History Since 1865 or  Introduction to American Government and Politics | 3 |
| ⬜ | NUTR-124 | Principles of Foods with Lab | 3 |
| ⬜ | HIST-160 or  LIT-275 or  LIT-280 | Black History in the American Context or  Latinx/Chicanx Literature or  Multiethnic Literature | 3 |
| ⬜ | SPAN-102 | Elementary Spanish II | 4 |
| ⬜ | DAN-100 | History and Appreciation of Dance | 3 |

Work Experience

Sign up for a special project or internship opportunity. Gain [work experience](https://msjc.edu/careereducation/cwee/index.html) and earn credits.