

DEGREES, CERTIFICATES, AND TRANSFER PREPARATION INFORMATION

NUTRITION AND DIETETICS

SMC's Nutrition and Dietetics program prepares 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, and utilize food for human growth 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. The program examines human nutritional requirements, chemicals and nutrients in food, and how nutrients function and affect the body and overall health. Careers include: nutritionist, nutrition educator, weight loss counselor, diet technician, food services manager, patient services manager, dietician, pediatric dietician, nutrition researcher, sports and cardiac rehabilitation dietician, nutrition consultant, diabetes educator, and many others.

The Associate degree track may be completed in two years and consists of a core of liberal arts, nutrition, and science courses. The support courses in the curriculum pattern allow the student to explore special interests that are related to their personal/professional goals/interests.

Programs Offered

- Transfer Preparation
- Associate Degree for Transfer
 - Nutrition and Dietetics

Students may satisfy the requirements of this degree with approved courses (which may be fewer units) taken at other California Community Colleges. The courses listed below are SMC courses. If completed entirely at SMC, the academic path requires 27 units.

Catalog Rights

A student may satisfy the requirements of a degree that were in effect at any time of the student's **continuous** enrollment. Continuous enrollment means attendance in at least one semester (Fall or Spring) in each academic year.

Transfer Preparation

Many colleges/universities offer baccalaureate degrees in this field. Students planning to transfer to a four-year college or university should complete the lower-division major requirements and the general education pattern for the specific transfer institution. SMC has articulation agreements with the many UC and CSU campuses, as well as several private and out-of-state institutions.

Exact major requirements for UC and CSU campuses can be found online at assist.org.

A listing of private, nonprofit California colleges and universities can be found online at aiccu.edu. For articulation agreements between SMC and some of these institutions see smc.edu/articulation.

University of California

SMC offers the Nutrition and **Dietetics Associate Degree for Transfer**. Students completing this degree are eligible for priority transfer admission consideration in the majors at many **California State University** campuses. In addition, students will be required to complete no more than 60 semester/90 quarter CSU units of coursework after transfer to complete the baccalaureate degree.

NOTE: Students considering transfer to a UC, private, or out-of-state school should consult a counselor BEFORE applying to

transfer, as the transfer requirements may be different from those required for the Nutrition and Dietetics AS-T.

The most current list of CSU campuses accepting this Associate Degree for Transfer is available online at calstate.edu/transfer/adt-search/search.shtml.

Nutrition and Dietetics, Associate Degree for Transfer

The Associate in Science in Nutrition and Dietetics for Transfer (AS-T) involves the understanding of nutrient metabolism and the relationship to optimal health including prevention of degenerative diseases. The course of study provides an integrated curriculum of nutrition coursework along with a solid background in the human body, chemical function and metabolism of nutrients, and the sociological implications of food and behavior. Throughout the degree students will acquire and develop knowledge and skills that will provide a solid background in nutrition so that students can make informed decisions on their personal health.

Upon completion of the Associate in Science in Nutrition and Dietetics for Transfer (AS-T), students will have a strong academic foundation in the field and be prepared for upper-division baccalaureate study. Completion of the degree indicates that the student will have satisfied the lower-division requirements for transfer into a Nutrition and Dietetics program for many campuses in the California State University system.

The Associate in Arts for Transfer (AA-T) is designed to facilitate transfer admission to a CSU in a similar major. If you are considering transfer to a UC, private, or out-of-state school, consult a counselor regarding the transfer requirements of that institution.

Associate Degree for Transfer Requirements:

- Completion of 60 semester units or 90 quarter units of degree-applicable courses,
- Minimum overall grade point average of 2.0,
- Minimum grade of "C" (or "P") for each course in the major, and
- Completion of IGETC and/or CSU GE-Breadth

Note: while a minimum GPA of 2.0 is required for admission to a CSU, some majors/campuses may require a higher GPA. Please consult with a counselor for details.

Program Learning Outcomes: Upon completion of the program, students will demonstrate a comprehensive knowledge of the relationship of nutrients and lifestyle factors and the associated risk of degenerative diseases. Students will demonstrate knowledge of physiological processes such as digestion, absorption, transport and metabolism of nutrients. Students will also be able to recognize and separate scientifically supported information from misinformation, and identify ways in which social factors influence food related choices, practices and beliefs.

Area of Emphasis: (26 units)

Required Core Courses: (15 units minimum)

NUTR 1, Introduction to Nutrition Science (3)
 CHEM 11, General Chemistry I (5)
 MCRBIO 1, Fundamentals of Microbiology (5)
 PSYCH 1, General Psychology (3)

LIST A: Select 2 courses from the following: (8 units minimum)

ANATMY 1, General Human Anatomy (4)

CHEM 21, Organic Chemistry I (5)

MATH 54, Elementary Statistics (4)

LIST B: (3 units minimum)

Any course from List A not used above or one of the following:

ACCTG 2, Corporate Financial and Managerial Accounting (5)

ANTHRO 2, Cultural Anthropology (3)

BIOL 3, Fundamentals of Biology (4)

BIOL 21, Cell Biology and Evolution (4)

BIOL 22, Genetics and Molecular Biology (4)

BIOL 23, Organismal and Environmental Biology (5)

BUS 5, Business Law and the Legal Environment (3)

BUS 6, Advanced Business Law (*formerly same as ACCTG 26*) (3)

CHEM 10, Introductory General Chemistry (5)

CHEM 12, General Chemistry II (5)

CHEM 22, Organic Chemistry II (4)

CHEM 24, Organic Chemistry II Laboratory (2)

CHEM 31, Biochemistry I (5)

COM ST 11, Elements of Public Speaking (3)

COM ST 21, Argumentation (3)

CIS 4, Business Information Systems with Applications (3)

ECON 1, Principles of Microeconomics (3)

ECON 2, Principles of Macroeconomics (3)

ENGL 1, Reading and Composition 1 (3)

ENGL 2, Critical Analysis and Intermediate Composition (3)

ENGL 31, Advanced Composition (3)

HEALTH 10, Fundamentals of Healthful Living (3)

HIST 47, The Practice of History (3)

JOURN 1, The News (3)

MATH 2, Precalculus (5)

MATH 7, Calculus 1 (5)

MATH 8, Calculus 2 (5)

MATH 28, Calculus 1 for Business and Social Science (5)

MEDIA 1, Survey of Mass Media Communications (3)

NUTR 3, Introduction to the Dietetics Profession (1)

NUTR 7, Food and Culture in America (3)

NUTR 8, Principles of Food with Lab (3)

PHYSICS 6, General Physics 1 with Lab (4)

PHYSICS 7, General Physics 2 with Lab (4)

PHYSICS 8, Calculus-based General Physics 1 with Lab (4)

PHYSICS 9, Calculus-based General Physics 2 with Lab (4)

POL SC 1, American and California Politics (3)

PSYCH 19, Lifespan Human Development (3)

SOCIOL 1, Introduction to Sociology (3)

SOCIOL 1s, Introduction to Sociology – Service Learning (3)