NUTRITION AND DIETETICS - ASSOCIATE IN SCIENCE DEGREE FOR TRANSFER TO CSU

Top Code: 1306.00

The Associate in Science in Nutrition and Dietetics for Transfer degree (AS-T in Nutrition and Dietetics) prepares students for success in a baccalaureate degree in Nutrition and Dietetics with the lower-division coursework required to transfer into the CSU system. Students learn about chemicals and nutrients in food and their effects on the human body and the world. The study of nutritional science contributes to preparing students for careers as nutritionists, registered dietitians (RD), food scientists, or other dietetics professionals. The study of Nutrition provides a broad foundation in a practical and personally applicable exposure to a variety of scientific areas of nutrition such as chemistry, biochemistry, microbiology, anatomy, physiology, and biology. Popular topics include microbial pathogens, environmental contaminants, nutrigenomics, macronutrient balance, energy metabolism, obesity, global issues, biochemistry of exercise, and micronutrient and phytochemical utilization. Students in the program learn how the scientific method and process contributes to nutritional requirements and how nutrients function from a cellular to more practical level, and then apply this knowledge to their own health. The program also helps students understand the role of nutrition in disease prevention throughout the lifecycle and as an impact on society as a whole.

Associate Degree for Transfer Requirements

- 60 semester or 90 quarter CSU-transferable units.
- the California State University-General Education-Breadth pattern (CSU GE-Breadth); OR the Intersegmental General Education Tranfer Curriculum (IGETC) pattern.
- a minimum of 18 semester or 27 quarter units in the major or area of emphasis as determined by the community college district.
- obtainment of a minimum grade point average (GPA) of 2.0.
- earn a grade of C or better, or P if the course is graded on a P/NP basis in all courses required for the major or area of emphasis.

Program Outcomes

1. Outline the scientific method as it is used in developing hypotheses and theories, then apply the scientific method-based research, such as in peer-reviewed intervention, epidemiological, lab, and case studies, to the critical evaluation of nutrition-related literature and media, thus differentiating between proven scientific-based research and myth.
2. List and describe the basic chemical structures of the six classes of nutrients and the substances therein; their action, interaction, and balance in relation to health and disease.
3. Outline the process by which the human body ingests, digests, absorbs, transports, utilizes and excretes food substances.
4. Evaluate food customs of a specific culture and incorporate sources based on reliability and credibility; Assess the stigmatization, prejudice and/or discrimination experienced by individuals or groups who choose to adhere to non-Western and/or non-dominant food practices and recommend strategies to facilitate their acceptance.

Requirements for the Associate in Science Degree in Dietetics and Nutrition for Transfer

Code	Title	Units
Required Core		
PSYC 001	INTRODUCTORY PSYCHOLOGY	3
NUTR 011	HUMAN NUTRITION	3
MICR 002	MICROBIOLOGY	4
Select one of the following:		5-10
CHEM 001A	GENERAL CHEMISTRY AND CHEMICAL ANALYSIS I	
CHEM 001A & CHEM 001B	GENERAL CHEMISTRY AND CHEMICAL ANALYSIS I and GENERAL CHEMISTRY AND CHEMICAL ANALYSIS	
List A [1]		
Select one to two Courses from the following:		4-9
CHEM 008A	ORGANIC CHEMISTRY I	
PYSO 001	HUMAN PHYSIOLOGY	
or ANAT 025	HUMAN ANATOMY	
CHEM 001B	GENERAL CHEMISTRY AND CHEMICAL ANALYSIS	
STAT 015	STATISTICS FOR BUSINESS AND ECONOMICS	
or STAT 050	ELEMENTARY STATISTICS	
or STAT 018	STATISTICS FOR BEHAVIORAL AND SOCIAL SCIENCES	
List B		
NUTR 012	PRINCIPLES OF FOOD SCIENCE	3
Required Subtotal		**27-28**
CSU General Education or IGETC CSU Pattern		37-39
Transferable Electives (as needed to reach 60 transferable units)		
Degree Total		60

[1] List A:
a. Select one course if CHEM 001A GENERAL CHEMISTRY AND CHEMICAL ANALYSIS I and CHEM 001B GENERAL CHEMISTRY AND CHEMICAL ANALYSIS are used in the Required Core.
b. Select two courses if CHEM 001A GENERAL CHEMISTRY AND CHEMICAL ANALYSIS I is used in the Required Core.

Visit the Program Mapper (https://pasadena-city.programmapper.ws/academics/interest-clusters/8353468c-9ac9-4b4b-a310-843b126d204c/programs/3e9275b5-4939-ddf1-d732-787149df2720/)for a suggested sequence of courses.

General Education Requirements for the Associate in Science Degree

- General Information (https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/)
- PCC Local Gen Ed (https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/#pcclocaltext)
- CSU Breadth (https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/#csubreadthtext)

- IGETC (https://curriculum.pasadena.edu/academic-programs-leading-degree-certificate/#igetctext)