



NUTRITION AND DIETETICS

Associate in Science 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. *For more information contact: Dianne Frehlich (805) 678-5188 dfrehlich@vcccd.edu.*

Required Core Courses		Units
HED R114	Introduction to Nutrition Science	3.0
PSY R101/H	General Psychology/ Honors	3.0
CHEM R120	General Chemistry I <i>*Prerequisites: CHEM R110 and MATH R015 or MATH R005 or MATH R014 or MATH R033 or placement as determined by the college's multiple measures assessment process</i>	5.0
MICR R100	Principles of Microbiology <i>*Prerequisites: CHEM R104 or CHEM R110 or CHEM R112 or CHEM R120 or BIOL R120 and BIOL R120L and ANAT R101 and PHSO R101 and MATH R015 or MATH R005 or MATH R014 or MATH R014B or MATH R033 or placement as determined by the college's multiple measures assessment process</i> <i>**Advisories: ENGL R101</i>	3.0
MICR R100L	Principles of Microbiology Laboratory <i>*Prerequisites: MICR R100 or concurrent enrollment</i>	1.0

LIST A:

Select two courses (7-10 units). No more than one Statistics course may be selected.

CHEM R122	General Chemistry II <i>*Prerequisites: CHEM R120</i>	5.0
CHEM R130	Organic Chemistry I <i>*Prerequisites: CHEM R122</i>	5.0
ANAT R101	Human Anatomy <i>*Prerequisites: ENGL R097 and BIOL R101 or BIOL R101H and BIOL R101L and MATH R015 or MATH R005 or MATH R014 or MATH R033</i>	4.0
PHSO R101	Human Physiology <i>*Prerequisites: ANAT R101 and CHEM R104 or CHEM R110 and ENGL R097 and MATH R005 or MATH R014 or MATH R015 or MATH R032 or MATH R033 or placement as determined by the college's multiple measures assessment process</i>	5.0
MATH R105/H	Introductory Statistics/ Honors <i>*Prerequisites: MATH R005 or MATH R014 or MATH R014B or MATH R032 or MATH R033 or placement as determined by the college's multiple measures assessment process</i>	4.0
-or-		
PSY R103	Beginning Statistics for Behavioral Science <i>*Prerequisites: PSY R101 or PSY R101H and MATH R005 or MATH R014 or MATH R014B or MATH R015 or MATH R032 or placement as determined by the college's multiple measures assessment process</i>	3.0
-or-		
SOC R125	Statistics for the Behavioral and Social Sciences <i>*Prerequisites: MATH R005 or MATH R014 or MATH R014B or MATH R015 or MATH R032 or placement as determined by the college's multiple measures assessment process</i>	3.0





LIST B:

Select one course (3-5 units). If a Physics course is selected, the Lab must also be taken.

CHEM R110	Elementary Chemistry <i>*Prerequisites: MATH R002 or MATH R005 or MATH R011 or MATH R015 or 1 year high school algebra or equivalent or placement as determined by the college's multiple measures assessment process</i>	5.0	
CHEM R112	Elementary Organic and Biological Chemistry <i>*Prerequisites: CHEM R110 or CHEM R120</i>	5.0	
ACCT R101	Financial Accounting <i>**Advisories: BUS R001</i>	3.0	
ANTH R102	Introduction to Cultural Anthropology	3.0	
BUS R111	Business Law	3.0	
CIS R100	Introduction to Computer Information Systems	3.0	
ECON R100	Modern American Economy <i>**Advisories: ENGL R095 and ENGL R097 or equivalent</i>	3.0	
ECON R102	Introduction to the Principles of Microeconomics <i>*Prerequisites: MATH R002 or MATH R005 or MATH R011 or MATH R015 or Placement as determined by the college's multiple measures process</i>	3.0	
HED R105	CPR, AED, First Aid and Personal Safety	3.0	
HED R110	Introduction to Kinesiology	3.0	
MATH R115	College Algebra <i>*Prerequisites: MATH R014 or MATH R014B or MATH R015 or MATH R033 or placement as determined by the college's multiple measures assessment process</i>	4.0	
MATH R120	Calculus with Analytic Geometry I <i>*Prerequisites: MATH R115 or MATH R116 or MATH R117 or placement as determined by the college's multiple measures assessment process</i>	5.0	
[PHYS R101	College Physics 1 <i>*Prerequisites: MATH R116</i>	4.0
	-and-		
]	PHYS R101L	College Physics 1 Lab <i>*Prerequisites: PHYS R101 or concurrent enrollment</i>	1.0
	-and-		
[PHYS R102	College Physics 2 <i>*Prerequisites: PHYS R101</i>	4.0
	-and-		
]	PHYS R102L	College Physics 2 Lab <i>*Prerequisites: PHYS R102 or concurrent enrollment</i>	1.0
	PHYS R121	Physics with Calculus 1 <i>*Prerequisites: MATH R120</i>	5.0
PHYS R122	Physics with Calculus 2 <i>*Prerequisites: MATH R121 and MATH R121</i>	5.0	
PSY R108	Developmental Psychology	3.0	
SOC R101/H	Introduction to Sociology/ Honors	3.0	



Total Required Major Units	18-19
CSU General Education or IGETC Pattern	37-39
Double-Counted Units	-(9-18)
Electives (CSU Transferable units needed to reach 60)	+ 12-23
Total units required for the AST Degree	60.0