

NUTRITION AND DIETETICS, A.S.-T

An A.S.-T in Nutrition and Dietetics for Transfer will fulfill the requirements for students to transfer to a CSU institution as a Nutrition and Dietetics or similar major. The courses in the A.S.-T in Nutrition and Dietetics for Transfer provide students with an ability to solve qualitative and quantitative problems and think critically in regards to major concepts in nutrition and human health. Popular topics include energy metabolism, obesity, micronutrient metabolism and utilization, principles of food science, and disease prevention. The program provides a broad foundation in chemistry, biochemistry, anatomy and physiology, providing scientific basis for analyzing nutrition concepts, preparing students for a career in the nutrition field.

AS.NUTR.OPTBAST or AS.NUTR.OPTCAST

Program Map Design Your Future!

Begin by exploring MSJC program maps to find career or transfer (<https://msjc.emsicc.com/?radius=®ion=All%20Regions>) opportunities. Program maps show the recommended course sequence that leads to graduation or transfer. The maps were developed by program experts to give you the skills and knowledge you need to succeed.

- **Starting in Spring?** Choose Fall Semester 1 courses.
- **Are you a part-time student?** Start Fall Semester 1 courses and follow the course sequence.

CSU: General Education Option B

Fall Semester 1		Units
ENGL-101	College Composition	3
MATH-105	College Algebra	4
ANAT-101	Human Anatomy & Physiology I	4
NUTR-101	Introduction to Nutrition Science	3
Units		14
Spring Semester 1		
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
Units		16
Summer 1		
COMM-100	Public Speaking	3
Units		3
Fall Semester 2		
CHEM-102	General Chemistry II	5
BIOL-125	Microbiology	4
PSYC-101	Introduction to Psychology	3
SPAN-101	Elementary Spanish I	4
Units		16

Spring Semester 2

HIST-112 or PS-101	U.S. History Since 1865 or Introduction to American Government and Politics	3
Select one of the following:		3
HIST-160	Black History in the American Context	
LIT-275	Latinx/Chicanx Literature	
LIT-280	Multiethnic Literature (formerly ENGL-280)	
SPAN-102	Elementary Spanish II	4
DAN-100	History and Appreciation of Dance	3
Units		13
Total Units		62

Requirements

Course	Title	Credits
Required Core Courses		
BIOL-125 or BIOL-125H	Microbiology Honors Microbiology	4
CHEM-101 or CHEM-101H	General Chemistry I Honors General Chemistry I	5
CHEM-102	General Chemistry II	5
NUTR-101 or NUTR-101H	Introduction to Nutrition Science Honors Introduction to Nutrition Science	3
PSYC-101 or PSYC-101H	Introduction to Psychology Honors Introduction to Psychology	3
LIST A: Select one or two		
Select one to two of the following:		3-8
ANAT-101 & ANAT-102	Human Anatomy & Physiology I and Human Anatomy & Physiology II	
CHEM-112	Organic Chemistry I	
MATH-140	Introduction to Statistics	
List B: Select one		
Select one of the following:		3-5
BIOL-115 or BIOL-115H	Introductory Topics in Biology: Cells to Ecosystems (formerly Topics in Biology) Honors Introductory Topics in Biology: Cells to Ecosystems (formerly Honors Topics in Biology)	
BIOL-150 or BIOL-150H	General Biology I Honors General Biology I	
BIOL-151 or BIOL-151H	General Biology II Honors General Biology II	
CHEM-100	Introduction to Chemistry	
CHEM-112	Organic Chemistry I	
CHEM-113 or CHEM-113H	Organic Chemistry II Honors Organic Chemistry II	
MATH-110	Pre-Calculus	
MATH-140 or MATH-140H	Introduction to Statistics Honors Introduction to Statistics	
PHY-101	Basic Physics: Energy and Motion	
Total Units		26-30

Course	Title	Credits
Units for Major		26-30
CSU General Education or IGETC Pattern (https://catalog.msjc.edu/degrees-certificates-curricula/general-education-transfer-requirements/)		34

Possible double counting: 13-16

Transferable Electives (as need to reach 60 transferable units)

Total Units for A.S.-T Degree: 60 units

The overall requirements for this Associates Degree for Transfer (ADT) can be met by:

- Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University (CSU) or University of California (UC).
- Completion of California State University General Education-Breadth Requirements (CSUGE) or the Intersegmental General Education Transfer Curriculum (IGETC).
- Completion of a minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
- Completion of a minimum grade point average of 2.0.

ADTs also require that students earn a C or better in all courses required for the major or area of emphasis. A "P" (Pass) grade is acceptable if pass is defined as a grade of C or better. ADTs are intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. A student completing an ADT is guaranteed admission to the CSU system, but not a particular campus or major. Students should meet with a Counselor to develop a comprehensive educational plan to further understand university and transfer requirements.

Career Exploration

Discover information about careers that interest you!

1. Take a **Career Quiz** (<https://msjc.emsicc.com/assessment/>) to learn about yourself and receive career suggestions based on your interests.
2. Search available **in-demand jobs** (<https://msjc.emsicc.com/browse-careers/>) in your career areas of interest and find up-to-date salaries and education requirements.
3. Find the **MSJC Program** (<https://msjc.emsicc.com/browse-programs/>) that connects your interests to a career.

Note: There are no guaranteed positions for students completing these programs. Education and work experience required will vary by employer. The salary and benefits for specific occupations will be dependent on work experience, education, background, and employer.