

# NUTRITION AND DIETETICS

## Program Description

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.

## Transfer Preparation

Transfer students are advised to do research on prospective majors and careers. The MSJC Transfer Center and MSJC catalog can be helpful tools. Students interested in transferring to CSU's or UC's can access major preparation by visiting ASSIST (<http://www.assist.org>). All students are advised to meet with a counselor at least once a semester to create or update their comprehensive education plan.

## Contact Information

### San Jacinto Campus

(951) 487-MSJC (6752)

1-800-624-5561

Peter Zografos PhD, RN (951) 344-9692

pzografos@msjc.edu

### Menifee Valley Campus

(951) 487-MSJC (6752)

1-800-452-3335

Peter Zografos PhD, RN (951) 344-9692

pzografos@msjc.edu

## Degrees/Certificates

Degrees

### Transfer Degrees

- Nutrition and Dietetics, A.S.-T (<https://catalog.msjc.edu/instructional-programs/nutrition-and-dietetics/nutrition-and-dietetics-a.s.-t/>)

## Program Learning Outcomes

- Demonstrate an understanding of the impact of lifestyle behaviors on human health and wellness.
- Evaluate dietary and exercise patterns.
- Communicate effectively how lifestyle behaviors affect various disease states.
- Develop a plan to meet personal health and wellness goals.

## Careers and Salaries

Discover in-demand careers and education options based on your interests! See the list of careers below or explore further by searching for **Careers or Programs** (<https://msjc.emsicc.com>).

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. Labor market

statistics are from the Bureau of Labor Statistics, US Census Bureau, O-NET, EMSI.

Career/Industries	CA Annual Median Salary or Range	Employment Demand or Opening CA
Dietician and Nutritionists (B, M)	\$82,807	1,041
Food Service Managers (SM, A, B)	\$59,920	7,585
Dietetic Technician (SM, C, A)	\$42,661	650
Health Specialties Teachers, Postsecondary (B, M, D)	\$109,757	19,403*

(degree required: SM some college, C: Certificate, A: Associate degree, B: Bachelor's degree, M: Master's degree, D: Doctorate)

\* All Postsecondary Teaching Positions