NUTRITION AND DIETETICS, ASSOCIATE IN SCIENCE FOR TRANSFER (AS-T)

The associate in science in nutrition and dietetics for transfer offers students basic knowledge in microbiology, human anatomy and physiology, chemistry and nutrition. Students learn about chemicals and nutrients in food and their effects on the human body and the world. 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.

Students with degrees in nutrition and dietetics find employment within a wide range of organizations, such as medical facilities, research labs, government agencies, universities, pharmaceutical companies, and the food industry. This degree is also an excellent preparation for students planning to continue training in medicine, public health and/or other allied health sciences.

The Associate in Science in Nutrition and Dietetics for Transfer degree (AS-T in Nutrition and Dietetics) will provide the foundational knowledge in the discipline to students who want to earn a Baccalaureate Degree in Nutrition and Dietetics. This degree is in compliance with the Student Transfer Achievement Reform Act {Senate Bill 1440, now codified in California Education Code sections 66746-66749} and guarantees admission to a California State University (CSU) campus for any community college student who completes an "associate degree for transfer," a newly established variation of the associate degrees traditionally offered at a California community college. Upon completion of the associate degree for transfer, the student is eligible for transfer with junior standing into the California State University (CSU) system. Students will be given priority consideration when applying to a particular program that is similar to the student's community college area of emphasis.

Requirements

Associate Degree for Transfer Graduation Requirements

Complete all of the following:

1. All Department Requirements listed below with a "C" or better or "P" in each course.
2. IGETC-CSU or the CSU GE Breadth pattern.
3. A total of 60 CSU transferable semester units.
4. Maintain a minimum cumulative CSU transferable GPA of 2.0.
5. A total of 12 units through SBCC.

Code	Title	Units
Department Requirements		
Required Core		
BMS 128	Human Nutrition	3
BMS 157	General Microbiology	4
or BMS 127	Medical Microbiology	
CHEM 155	General Chemistry I	5
PSY 100	General Psychology	3-4
or PSY 100H	General Psychology, Honors	
List A - Select two courses from the following:		8-10.3
BMS 107	Human Anatomy	
or BMS 108	Human Physiology	
CHEM 156	General Chemistry II	
CHEM 211 & CHEM 221	Organic Chemistry I and Organic Chemistry Laboratory I	
MATH 117	Elementary Statistics	
or PSY 150	Statistics for the Behavioral Sciences	
or SOC 125	Introduction to Statistics in Sociology	
List B - Select one course from the following:		3-5
ACCT 230	Financial Accounting	
ANTH 103	Introduction To Cultural Anthropology	
BIOL 100	Concepts Of Biology	
BIOL 101	Plant Biology	
BIOL 102	Animal Biology	
BIOL 103	Cell and Molecular Biology	
BIOL 140 & BIOL 141	Principles Of Biology and Biology Laboratory	
BLAW 101	Business Law	
BLAW 110	Legal Environment Of Business	
CA 204	Advanced Restaurant And Culinary	
CHEM 101	Introductory Chemistry	
CHEM 104	Fundamentals Of General, Organic And Biological Chemistry	
CIS 101	Introduction to Computers and Information Systems	
COMM 121	Interpersonal Communication	
or COMM 121H	Interpersonal Communication, Honors	
COMM 131	Fundamentals Of Public Speaking	
or COMM 131H	Fundamentals Of Public Speaking, Honors	
COMM 151	Intercultural Communication	
COMM 171	Mass Media And Society	
COMM 235	Argumentation And Debate	
COMP 101	Introduction to Computer Applications	
ECE 120	Child Growth and Development/ Educators	
ECON 101	Microeconomics	
ECON 102	Macroeconomics	
ENG 110	Composition and Reading	
or ENG 110H	Composition and Reading, Honors	
ENG 111	Critical Thinking and Composition Through Literature	
or ENG 111H	Critical Thinking and Composition Through Literature, Honors	

HE 103	Responding to Medical Emergencies
JOUR 101	Reporting/Writing I
MATH 130	Calculus for Biological Sciences, Social Sciences and Business I
MATH 131	Calculus For Biological Sciences, Social Sciences And Business II
MATH 137	College Algebra
MATH 150	Calculus with Analytic Geometry I
MATH 160	Calculus With Analytic Geometry II
PHIL 111	Critical Thinking And Writing In Philosophy
PHOT 109	Introduction to Photography
PHOT 209	Intermediate Photography and Lighting
PHYS 105	General Physics
PHYS 106	General Physics
PHYS 110	Introductory Physics
PHYS 111	Introductory Physics
POLS 101	American Government And Politics
PSY 140	Child Development
PSY 145	Human Development
SOC 101	Introduction To Sociology
or SOC 101H	Introduction to Sociology, Honors
Total Units	26.00-31.30

Students are advised to meet with an academic counselor to discuss the best combination of courses to take for the AS-T and to meet the requirements of the transfer institution to which they are intending to transfer.

Learning Outcomes

1. Evaluate personal energy and nutrient requirements and food sources using current dietary and nutrition assessment tools.
2. Explain the physiological processing of nutrients in relation to energy balance, metabolism and physical activity.
3. Evaluate the impact of socioeconomic variables on food safety, food choices, food beliefs, and disease risk.
4. Identify dietary and lifestyle modifications for improving health throughout growth, development and aging.
5. Evaluate how human populations impact and are impacted by nutrition, food choices, and its relationship to disease.