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

The Associate in Science for Transfer degree in Nutrition and Dietetics (AS-T in Nutrition and Dietetics) 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 for Transfer degree in Nutrition and Dietetics provides students with the foundational knowledge necessary to make a successful transition into a Baccalaureate Degree at any of the CSU campuses. The Associate Degree for Transfer (AA-T or AS-T) is a special degree offered at California Community Colleges. Students who earn an AA-T or AS-T degree are guaranteed admission to a campus within the California State University (CSU) system in a similar major, although not necessarily to a specific campus. Students who complete an AA-T or AS-T are given priority consideration when applying to a particular program that is similar to the student's community college major and will be given a special GPA advantage when applying to CSU impacted campuses or majors. Students who are planning to pursue an AA-T or AS-T are strongly advised to meet with a counselor for additional information about this transfer program. Visit https://adegreewithaguarantee.com/ for more information about these degrees.

Requirements

Associate Degree for Transfer Graduation Requirements

Complete all of the following:

1. All Major Requirements listed below with a "C" or better or "P" in each course.
2. Cal-GETC pattern (https://catalog.sbcc.edu/transfer-curricula/#igetctext).
3. At least 60 CSU transferable semester units.
4. Achieve a minimum GPA of 2.0 in all CSU transferable coursework.
5. A minimum of 12 units through SBCC.

Code	Title	Units
Major Requirements		
Required Core		
BMS 128	Human Nutrition	3
BMS 157	General Microbiology	4
or BMS 127	Medical Microbiology	
CHEM 155	General Chemistry I	5
PSYC C1000	Introduction to Psychology	3-4
or PSYC C1000H	Introduction to Psychology - Honors	
List A - Complete 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	
STAT C1000	Introduction to Statistics	
or PSY 150	Statistics for the Behavioral Sciences	
or SOC 125	Introduction to Statistics in Sociology	
List B - Complete 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		
or COMM 121H	Interpersonal Communication, Honors	
COMM 151	Intercultural Communication	
COMM 171	Mass Media and Society	
COMM 235	Argumentation and Debate	
COMM C1000	Introduction to Public Speaking	
or COMM C100	Introduction to Public Speaking - Honors	
COMP 101	Introduction to Computer Applications	
ECE 120	Child Growth and Development/ Educators	
ECON 101		
ECON 102		
ENG 111	Critical Thinking and Composition Through Literature	
or ENG 111H	Critical Thinking and Composition Through Literature, Honors	
ENGL C1000	Academic Reading and Writing	
or ENGL C100(	Academic Reading and Writing - 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 C1000	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 consult the CSU ADT Major & Campus Search (https://www.calstate.edu/apply/transfer/Pages/associate-degree-for-transfer-major-and-campus-search.aspx) database to determine which bachelor's degree programs offered by the CSU campuses are deemed similar to the AS-T in Nutrition and Dietetics. Students are also advised to consult ASSIST (www.assist.org) (https://assist.org/) and to meet with an academic counselor to discuss the best combination of courses to take for their AS-T to ensure they receive the admission benefits associated with it, 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.

Recommended Sequence

Make an appointment with your SBCC academic counselor through Starfish to create a Student Education Plan that reflects a recommended course sequence for this program that is tailored to your individual needs.

How to schedule an Academic Counseling appointment (https://www.sbcc.edu/counselingcenter/counselingappointments.php).