

Degree:

A.S. – Nutrition

A.S.-T – Nutrition and Dietetics for Transfer

Division of Behavioral and Social Sciences

To be Announced, Dean

Rodda Hall North 226

916-558-2401

Nutrition

Associate in Science Degree

Program Information

Sacramento City College's Family and Consumer Science Department offers a rigorous nutrition degree program that is broad enough to prepare the student for further study in a variety of nutrition areas including: nutrition science research, food science and technology, dietetics, industry and many other exciting nutrition-related fields.

All students must complete the Required Program, plus either the CSU Path or the UC Path.

It is important to note that each four-year College/ University has slightly different requirements for transfer so it is critical for students interested in this major to map out their academic plan with a counselor.

Upon completion of this program, the student will be able to:

- explain the principles of nutrition and their effects on health.
- assess the various sources of nutrition information and demonstrate where to find reliable nutrition information.
- analyze a diet for adequacy, balance, and moderation.
- demonstrate an understanding of the relationships between chemistry, biology, and nutrition.

Required Program

Units

| | |
|---|-----------|
| CHEM 400 General Chemistry (5) | 5 |
| or CHEM 305 Introduction to Chemistry (5) | |
| or CHEM 309 Integrated General, Organic, and Biological Chemistry (5) | |
| NUTRI 300 Nutrition (3) | 3 |
| or NUTRI 480 Nutrition Honors (3) | |
| STAT 300 Introduction to Probability and Statistics (4) | 4 |
| or STAT 480 Introduction to Probability and Statistics – Honors (4) | |
| Subtotal Units | 12 |

Plus either the CSU path or the UC path:

CSU Path (for students intending to transfer to CSU):

| | |
|---|-----------|
| BIOL 440 General Microbiology | 4 |
| PSYC 300 General Principles (3) | 3 |
| or PSYC 480 Honors General Principles (3) | |
| CSU Path Units | 7 |
| Total Units Required | 19 |

OR

UC Path (for students intending to transfer to UC):

| | |
|--|-----------|
| BIOL 402 Cell and Molecular Biology..... | 5 |
| CHEM 420 Organic Chemistry..... | 5 |
| UC Path Units | 10 |
| Total Units Required | 22 |

Suggested Electives

KINES 418; NUTRI 302, 310, 330

Associate in Science Degree (A.S.)

The Associate in Science Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See SCC graduation requirements.

Students planning to transfer should meet with a college counselor to identify required courses and develop an educational plan. It is strongly recommended that students complete the CSUGE or IGETC requirements for transfer.

Sequence of courses: Students may take courses in any order that they choose but should check prerequisites.

Nutrition and Dietetics

| Fall 1: CSU Path | Spring 1: CSU Path | Fall 2: CSU Path | Spring 2: CSU Path |
|----------------------------------|--------------------------------|------------------------|--------------------------------|
| NUTRI 300 or NUTRI 480 (3 units) | STAT 300 or STAT 480 (4 units) | | PSYC 300 or PSYC 480 (3 units) |
| CHEM 300 (4 units) | CHEM 400 or CHEM 305 (5 units) | BIOL 440 (4 units) | |
| CSU GE (8 units) | CSU GE (6 units) | CSU GE (12 units) | CSU GE (12 units) |
| Total: 15 units | Total: 15 units | Total: 16 units | Total: 15 units |
| Fall 1: UC Path | Spring 1: UC Path | Fall 2: UC Path | Spring 2: UC Path |
| NUTRI 300 or NUTRI 480 (3 units) | STAT 300 or STAT 480 (4 units) | BIOL 402 (5 units) | |
| CHEM 300 (4 units) | CHEM 400 (5 units) | CHEM 401 (5 units) | CHEM 420 (5 units) |
| IGETC (9 units) | IGETC (6 units) | IGETC (3 units) | IGETC (12 units) |
| Total: 16 units | Total: 15 units | Total: 13 units | Total: 17 units |



Associate in Science for Transfer

Program Information

The Associate in Science in Nutrition and Dietetics for Transfer (AS-T) degree in Nutrition and Dietetics at Sacramento City College allows students interested in pursuing a degree in Nutrition and Dietetics to complete their first two years of requirements at the community college before transferring to a California State University, which offers a Bachelor of Science degree.

Each California State University may have slightly different requirements for transfer so it is critical for students interested in this major to work with their counselor to develop an individual academic plan.

The Associate Degree for Transfer (ADT) student completion requirements (as stated in SB1440 law):

- (1) Completion of a minimum of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
 - (A) The California State University General Education-Breadth Requirements or the Intersegmental General Education Transfer Curriculum (IGETC).
 - (B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
- (2) Obtainment of a minimum grade point average of 2.0. ADTs also require that students must earn a "C" or better in all courses required for the major or area of emphasis.

Upon completion of this program, the student will be able to:

- explain the principles of nutrition and their effects on health.
- assess the various sources of nutrition information and demonstrate where to find reliable nutrition information.
- analyze a diet for adequacy, balance, and moderation.
- demonstrate an understanding of the relationships between chemistry, biology, and nutrition.

| Required Program | Units |
|--|--------------|
| BIOL 440 General Microbiology | 4 |
| CHEM 400 General Chemistry I..... | 5 |
| CHEM 401 General Chemistry II..... | 5 |
| CHEM 420 Organic Chemistry I..... | 5 |
| NUTRI 300 Nutrition (3) | 3 |
| or NUTRI 480 Nutrition Honors (3) | |
| PSYC 300 General Principles (3)..... | 3 |
| or PSYC 480 Honors General Principles (3) | |
| A minimum of 4 units from the following: | 4 |
| BIOL 431 Anatomy and Physiology (5) | |
| and BIOL 430 Anatomy and Physiology (5) | |
| STAT 480 Introduction to Probability and Statistics – Honors (4) | |
| or STAT 300 Introduction to Probability and Statistics (4) | |
| A minimum of 3 units from the following: | 3 |
| ANTH 480 Honors Physical Anthropology (3) | |
| or ANTH 310 Cultural Anthropology (3) | |
| BIOL 350 Environmental Biology (3) | |
| COMM 301 Introduction to Public Speaking (3) | |
| KINES 300 Introduction to Kinesiology (3) | |
| KINES 418 Nutrition for Physical Performance (3) | |
| or NUTRI 302 Nutrition for Physical Performance (3) | |
| NUTRI 310 Cultural Foods of the World (3) | |
| NUTRI 330 Food Theory and Preparation (4) | |
| SOC 480 Introductory Sociology – Honors (3) | |
| or SOC 300 Introductory Sociology (3) | |
| SOC 305 Critical Thinking in the Social Sciences (3) | |
| Total Units Required | 32 |

Associate in Science for Transfer Degree

The Associate in Science in Nutrition and Dietetics for Transfer (AS-T) degree may be obtained by completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program, and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.

Nutrition and Foods (NUTRI)

NUTRI 300 Nutrition 3 Units

Prerequisite: None.
Advisory: ENGWR 51 and ENGRD 110; or ESLR 320 and ESLW 320 or ESL 114; and MATH 34; with grades of "C" or better.
General Education: AA/AS Area III(b); AA/AS Area IV; CSU Area E1
Course Transferable to UC/CSU
Hours: 54 hours LEC

Students will study the basic principles of nutrition, food sources, biologic functions of the nutrients in human physiology and all stages of the life cycle, energy metabolism, nutrition as a world problem, and consumer problems related to food. Course topics such as weight loss, sports nutrition, food safety, the diet-disease relationship, global nutrition, and analysis of special nutritional requirements and needs during the life cycle are emphasized. An evaluation of personal dietary habits using current dietary guidelines and nutritional assessment methods will also be completed to help students assess their own nutritional health. Credit will be awarded once for either NUTRI 480 or NUTRI 300. (C-ID NUTR 110)

NUTRI 302 Nutrition for Physical Performance 3 Units

Same As: KINES 418
Prerequisite: None.
General Education: AA/AS Area III(b); CSU Area E1
Course Transferable to UC/CSU
Hours: 54 hours LEC

This course will explore nutrition and fitness with emphasis on the relationship between nutrition, physical activity, lifelong fitness, and health. Credit will be awarded for NUTRI 302 or KINES 418 but not both.

NUTRI 310 Cultural Foods of the World 3 Units

Prerequisite: None.
Advisory: ENGWR 51 and ENGRD 110; or ESLW 320 and ESLR 320; and MATH 34 with grades of "C" or better
General Education: AA/AS Area III(b); AA/AS Area VI; CSU Area D; IGETC Area 4
Course Transferable to UC/CSU
Hours: 54 hours LEC

Students will explore the typical food customs and meal patterns of various cultures throughout the world. Students will be introduced to the social, religious, economic, and aesthetic significance of these cultures and examine how geographical, agricultural, and socioeconomic factors influence their nutritional status. Students will also explore the preparation and evaluation of the food products.

NUTRI 322 Nutrition Issues Throughout Life 3 Units

Prerequisite: None.

General Education: AA/AS Area III(b)

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course is a study of the nutritive needs of persons at various stages of the life cycle with emphasis on special periods such as pregnancy, preschool, adolescence, and aging. This course is particularly helpful to Kinesiology and Early Childhood Education majors as well as those working in social agencies, such as nursing and gerontology.

NUTRI 330 Food Theory and Preparation 4 Units

Prerequisite: None.

Advisory: ENGWR 51 and MATH 27 with grades of "C" or better.

General Education: AA/AS Area III(b); CSU Area E1

Course Transferable to CSU

Hours: 54 hours LEC; 54 hours LAB

This course provides a comprehensive study of food ingredients and the basic principles and techniques involved in food preparation. Students will examine the factors that influence taste and the changes that occur in foods during preparation. In the laboratory, basic cooking skills and theory applications will be emphasized. Additionally, emphasis is placed on the reasons for recipe procedures and the prevention and correction of cooking failures. (C-ID NUTR 120)

NUTRI 480 Nutrition Honors 3 Units

Prerequisite: None.

Advisory: ENGWR 51 and ENGRD 110; or ESLR 320 and ESLW 320 or ESL 114; and MATH 34; with grades of "C" or better.

General Education: AA/AS Area III(b); AA/AS Area IV; CSU Area E1

Enrollment Limitation: Eligibility for the Honors Program.

Course Transferable to UC/CSU

Hours: 54 hours LEC

This is an enriched study of nutrition for honors students. This course will examine dietary nutrients and their physiological functions, and their relationship to chronic diseases. Current issues such as food safety, vegetarian diets, world hunger, trans fats, and vitamin and mineral supplementation are examined. Students analyze and evaluate their diets and physical activities using diet analysis software. Scientific research methods are studied in journal articles for weekly discussions. Debates encourage critical thinking from opposing points of view. Students will research and present portions of the course material. This Honors section uses an intensive instructional methodology designed to challenge motivated students. Credit will be awarded once for either NUTRI 480 or NUTRI 300. (C-ID NUTR 110)

NUTRI 499 Experimental Offering in Nutrition .5-4 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 72 hours LEC

See Experimental Offerings. UC transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted towards the minimum 60 units required for admissions.