

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

Banner Code: 1_AST_NUTR

Financial Aid Eligible

Students graduating with an Associate in Science in Nutrition and Dietetics for Transfer Degree are well positioned to complete a Bachelor's Degree in a similar major within the California State University system with 60 units of upper-division coursework. Students who complete the Nutrition and Dietetics AS-T degree are guaranteed admission to the CSU system, but not to a particular campus or major. Students must maintain a minimum grade point average (GPA) of at least 2.0 in all CSU-transferable coursework. While a minimum 2.0 is required for CSU admission, some majors may require a higher GPA. Please consult a counselor for more information.

This degree provides students with the foundational knowledge and common core of lower division courses required to transfer and pursue a baccalaureate degree in nutrition/dietetics to further prepare for careers as a registered dietitian nutritionist (RDN). There are many career opportunities for dietitians. They work in a variety of settings such as hospitals, long-term care facilities, school districts, community organizations, and corporations.

Program Outcomes

1. Evaluate scientific concepts of nutrition related to the functioning of nutrients in the basic life process.
2. Demonstrate basic food science principles and food preparation techniques.
3. Apply chemistry and biology concepts to determine the effects of nutrients on the human body.
4. Students will be eligible and prepared for admission (SB 1440 and Education Code 66746) to California State University system schools.

Associate Degree for Transfer Requirements

The following is required for all AA-T or AS-T degrees:

1. Minimum of 60 CSU-transferable semester units.
2. Minimum GPA of at least 2.0 in all CSU transferable coursework. While a minimum of 2.0 is required for admission, some majors require a higher GPA. Consult with a counselor for more information.
3. Completion of a minimum of 18-semester units in the major as detailed in the Degree and Certificate section of this catalog. All courses in the major must be completed with a grade of C (or "P") or better.
4. Certified completion of the California State University General Education-Breadth pattern (CSU General Education Breadth – Option 2 (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-degree-general-education-option-2/>)) OR the Intersegmental General Education Transfer Curriculum (IGETC –

Option 3 (<https://catalog.cccd.edu/orange-coast/general-education-patterns/associate-degree-general-education-option-3/>)).

5. A minimum of 12 units in residence within the Coast Colleges (Orange Coast College, Golden West College and/or Coastline College).

| Course | Title | Units |
|--|---|-----------|
| Required Courses | | |
| <i>Core Courses</i> | | |
| BIOL A210 | General Microbiology | 5 |
| CHEM A180 | General Chemistry A | 5 |
| FN A170 | Nutrition | 3 |
| PSYC A100 | Introduction to Psychology | 3 |
| <i>List A</i> | | |
| Select two of the following: ¹ | | 9-10 |
| BIOL A225 | Human Physiology | |
| CHEM A220 & A220L | Organic Chemistry A and Organic Chemistry A Lab | |
| MATH A160 | Introduction to Statistics | |
| <i>List B</i> | | |
| FN A180 | Principles of Foods | 3 |
| Program Major Units | | 28-29 |
| CSU or IGETC for CSU | | 37-39 |
| Transferable electives as needed to satisfy unit requirement | | Varies |
| Total Units | | 60 |

¹ In order to be better prepared for transfer, OCC Nutrition and Dietetics faculty strongly recommend that all students completing this degree use elective credits to complete all courses in List A. Note - CHEM A220 Organic Chemistry A and CHEM A220L Organic Chemistry A Lab are considered one course.

Program Sequence - CSU

These sequences at Orange Coast College are general course curriculum maps for students to finish all major and general education requirements for two-year completion of degrees, and/or fulfillment of transfer requirements. The course sequence may include course prerequisites and other placement requirements. **Students are advised to meet with an Orange Coast College Counselor to review course selections and sequences to ensure that completion of this program will meet a student's transfer and career goals.**

| Course | Title | Units |
|-----------------------------|----------------------------|--------------|
| Year 1 | | |
| Semester 1 | | |
| FN A170 | Nutrition | 3 |
| BIOL A210 | General Microbiology | 5 |
| CSU GE AREA A2 - CHOOSE ONE | | 3 |
| CSU GE AREA F - CHOOSE ONE | | 3 |
| Units | | 14 |
| Semester 2 | | |
| CHEM A180 | General Chemistry A | 5 |
| PSYC A100 | Introduction to Psychology | 3 |
| MATH A160 | Introduction to Statistics | 4 |
| CSU GE AREA A3 - CHOOSE ONE | | 3-4 |
| Units | | 15-16 |

| Course | Title | Units |
|---|--|--------------|
| Summer | | |
| ELECTIVE (CSU TRANSFERABLE) | | 4 |
| Units | | 4 |
| Year 2 | | |
| Semester 1 | | |
| FN A180 | Principles of Foods | 3 |
| HIST A170 or HIST A170H or HIST A175 or HIST A175H | History of the United States to 1876 ¹ or History of the United States to 1876 Honors or History of the United States Since 1876 or History of the United States Since 1876 Honors | 3 |
| BIOL A225 or CHEM A220 <i>and</i> CHEM A220L | Human Physiology ² or Organic Chemistry A <i>and</i> Organic Chemistry A Lab | 5 |
| CSU GE AREA A1 - CHOOSE ONE | | 3 |
| Units | | 14 |
| Semester 2 | | |
| PSCI A180 or PSCI A180H | American Government ¹ or American Government Honors | 3 |
| CSU GE AREA C1 - CHOOSE ONE | | 3 |
| CSU GE AREA C1 OR C2 - CHOOSE ONE | | 3 |
| ELECTIVE (CSU TRANSFERABLE) ³ | | 4 |
| Units | | 13 |
| Total Units | | 60-61 |

¹ American Ideals Requirement - CSU Graduation Requirement

² In order to be better prepared for transfer, OCC Nutrition and Dietetics faculty strongly recommend that all students completing this degree use elective credits to complete all courses in List A. Note - CHEM A220 Organic Chemistry A and CHEM A220L Organic Chemistry A Lab are considered one course.

³ VARIES TO REACH MINIMUM 60 TRANSFERABLE UNITS

Program Sequence - IGETC

These sequences at Orange Coast College are general course curriculum maps for students to finish all major and general education requirements for two-year completion of degrees, and/or fulfillment of transfer requirements. The course sequence may include course prerequisites and other placement requirements. **Students are advised to meet with an Orange Coast College Counselor to review course selections and sequences to ensure that completion of this program will meet a student's transfer and career goals**

| Course | Title | Units |
|--|----------------------|-----------|
| Year 1 | | |
| Semester 1 | | |
| FN A170 | Nutrition | 3 |
| BIOL A210 | General Microbiology | 5 |
| IGETC GE AREA 1A - CHOOSE ONE | | 3 |
| IGETC GE AREA 1C - CHOOSE ONE or ELECTIVE (UC TRANSFERABLE) ¹ | | 3 |
| Units | | 14 |

| Course | Title | Units |
|---|--|--------------|
| Semester 2 | | |
| CHEM A180 | General Chemistry A | 5 |
| PSYC A100 | Introduction to Psychology | 3 |
| MATH A160 | Introduction to Statistics | 4 |
| IGETC GE AREA 1B - CHOOSE ONE | | 3-4 |
| Units | | 15-16 |
| Summer | | |
| ELECTIVE (UC TRANSFERABLE) | | 3 |
| Units | | 3 |
| Year 2 | | |
| Semester 1 | | |
| FN A180 | Principles of Foods ² | 3 |
| BIOL A225 or CHEM A220 <i>and</i> CHEM A220L | Human Physiology ³ or Organic Chemistry A <i>and</i> Organic Chemistry A Lab | 5 |
| IGETC GE AREA 3A OR 3B - CHOOSE ONE | | 3 |
| LOTE: Foreign Language or ELECTIVE (UC TRANSFERABLE) ⁴ | | 3-5 |
| Units | | 14-16 |
| Semester 2 | | |
| PSCI A180 or PSCI A180H | American Government ⁵ or American Government Honors | 3 |
| HIST A170 or HIST A170H or HIST A175 or HIST A175H | History of the United States to 1876 ⁶ or History of the United States to 1876 Honors or History of the United States Since 1876 or History of the United States Since 1876 Honors | 3 |
| IGETC GE AREA 3A - CHOOSE ONE | | 3 |
| IGETC GE AREA 4 - CHOOSE ONE | | 3 |
| ELECTIVE (UC TRANSFERABLE) ⁷ | | 2 |
| Units | | 14 |
| Total Units | | 60-63 |

¹ IGETC GE Area 1C- CSU Requirement

² Not UC transferable

³ In order to be better prepared for transfer, OCC Nutrition and Dietetics faculty strongly recommend that all students completing this degree use elective credits to complete all courses in List A. Note - CHEM A220 Organic Chemistry A and CHEM A220L Organic Chemistry A Lab are considered one course

⁴ LOTE Requirement for UC only. If met LOTE through HS then take elective units to meet minimum 60 transferable units

⁵ American Ideals Requirement - IGETC GE AREA 4 and CSU Graduation Requirement OR take another course from IGETC GE AREA 4

⁶ American Ideals Requirement - IGETC GE AREA 3B and CSU Graduation Requirement OR take another course from IGETC GE AREA 3B

⁷ VARIES TO REACH MINIMUM 60 TRANSFERABLE UNITS