



This program roadmap represents one possible pathway to complete the program. **Please see a counselor** to create an education plan that is customized to meet your needs. This roadmap is not a guarantee of course availability or financial aid applicability.

**Catalog:** 2025-26

**GE Pattern:** Cal-GETC

**Total Units:** 60

## First Year

### Semester 1

14 Units

| CAT. | COURSE  | UNIT | PREREQUISITES | GE AREA |
|------|---|------|---------------|---------|
| Req  | NUTRI 300<br>Nutrition  | 3    |               |         |
| RE   | STAT C1000<br>Introduction to Statistics or                       | 4    |               | 2       |
|      | STAT C1000H <sup>H</sup><br>Introduction to Statistics - Honors   | 4    |               |         |
| GE   | ENGL C1000<br>Academic Reading and Writing or                     | 3    |               | 1A      |
|      | ENGL C1000H <sup>H</sup><br>Academic Reading and Writing - Honors | 3    |               |         |
| RC   | CHEM 310 <sup>1</sup><br>Chemical Calculations                    | 4    |               |         |

<sup>1</sup> CHEM 310 is a prerequisite for CHEM 400. See below for other ways to meet the prerequisite.

### Semester 2

14 Units

| CAT. | COURSE  | UNIT | PREREQUISITES | GE AREA |
|------|---|------|---------------|---------|
| Req  | CHEM 400<br>General Chemistry I                                 | 5    | (see below)   | 5A, 5C  |
| Req  | PSYC C1000<br>Introduction to Psychology or                     | 3    |               | 4       |
|      | PSYC C1000H <sup>H</sup><br>Introduction to Psychology - Honors | 3    |               |         |
| GE   | any Area 1B (Critical Thinking and Composition) course          | 3    |               | 1B      |
| GE   | any Area 1C (Oral Communication) course                         | 3    |               | 1C      |

**CHEM 400 prerequisite:** CHEM 310 or another college chemistry course or a year of high school chemistry AND a passing score on the Chemistry Assessment Test at American River College

## TRANSFER PATH

### Potential Transfer Majors:

- Nutrition B.S.
- Dietetics B.S.

### Potential Career/Options After Completing a Bachelor's Degree:

This degree prepares students for transfer to four-year institutions that prepare them to become registered dietitians. Possible employment includes:

- food service/hospitality management
- public health agencies
- health and fitness industry
- communications, public relations and marketing
- school districts
- hospitals and skilled nursing facilities

### Advising Notes:

- Students can substitute ESLW 340 for ENGL C1000/C1000H (formerly known as ENGWR 300/480).
- **Transferable Elective Courses:** any elective courses numbered 300-499, or having a 4-digit number starting with C.

## Second Year

### Semester 3

17 Units

| CAT. | COURSE   | UNIT | PREREQUISITES | GE AREA |
|------|--|------|---------------|---------|
| RE   | CHEM 401<br>General Chemistry II   | 5    | CHEM 400      |         |
| GE   | any Area 3A (Arts) course  | 3    |               | 3A      |
| GE   | any Area 3B (Humanities) course  | 3    |               | 3B      |
| GE   | any Area 4 (Social & Behavioral Sciences) course in a discipline other than PSYC | 3    |               | 4       |
| Elec | any transferable elective course   | 3    |               |         |

### Semester 4

15 Units

| CAT. | COURSE                                       | UNIT | PREREQUISITES        | GE AREA |
|------|--|------|----------------------|---------|
| Req  | BIOL 440<br>General Microbiology             | 4    | CHEM 305, 309 or 400 | 5B      |
| RE   | CHEM 423<br>Organic Chemistry - Short Survey | 5    | CHEM 401             |         |
| GE   | any Area 6 (Ethnic Studies) course           | 3    |                      | 6       |
| Elec | any transferable elective course             | 3    |                      |         |

#### EXPLANATION OF CATEGORIES

|      |                     |  |
|------|---------------------|--|
| Req  | Required Core       | A course that is required for this program   |
| RE   | Restricted Elective | A course selected from a list of elective courses specified for this program in the course list in the catalog, which can be replaced with another course from the same list |
| GE   | General Education   | A course that fulfills a specific general education requirement for a degree, which can be replaced with another course that meets the same requirement                      |
| RC   | Recommended Course  | A course that is not part of this program but is included in its roadmap   |
| Elec | Degree Elective     | A degree-applicable course that is part of a degree roadmap to ensure that there is a total of at least 60 units, which is a requirement for an associate degree             |

### Other Notes to Students Preparing to Transfer:

- See [ASSIST.ORG](http://ASSIST.ORG) for the transfer requirements of the institution to which you plan to transfer.
- The CSU system requires every student receiving a bachelor's degree to be knowledgeable about the Constitution of the United States, American history, and state and local government. This requirement is generally known as the American Institutions requirement. Students can complete this requirement at ARC before transferring. [See a counselor](#) for a list of approved courses.

### Honors Courses (H):

Students with a cumulative GPA of 3.2 or better who complete 15 or more units of Honors coursework earn an [Honors Transfer Certificate](#) and can take advantage of honors-to-honors transfer agreements with highly selective colleges and universities, both public and private.