



Nutrition and Dietetics AS-T Degree

CRC provides students with a major that fulfills the general requirements of the CSU/UC for transfer to a baccalaureate degree program in nutrition & dietetics. The AS-T in Nutrition & Dietetics comprises lower-division coursework typically required by CSU institutions. Careers in nutrition science, dietetics, public health, and nutrition education offer many opportunities. These fields focus on improving health through better eating habits and nutrition education. Careers often require more than an associate degree, with many professionals holding bachelor's, master's or doctorate degrees. Potential careers include nutrition researchers, dietitians, food service directors, public health educators, and community nutritionists. Key tasks involve planning and conducting nutritional programs, supervising food services, assessing nutritional needs, and providing counseling. Top interests for these careers include investigative work, which involves searching for facts and solving problems, and social work, which involves helping and teaching people.

Total Units: 61-62

First Year

Semester 1

15 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
NUTRI 300 ^Z Nutrition	3		F(O), S(O), Su(O)	
CalGETC Area 1A-English Composition ^Z	3	Recommend meeting with a counselor	F, S, Su	Cal-GETC Area 1A
CalGETC Area 1B-Critical Thinking ^Z	3		F, S, Su	Cal-GETC Area 1B
Any Transferable Elective ¹	3		F, S, Su	
Any Transferable Elective ¹	3		F, S, Su	

^Z At least one section of this course is offered with free textbooks and is labeled as zero textbook costs (ZTC). If it is a GE area class or elective, there may be several ZTC offerings to fulfill the GE requirement. Use the Free Textbook filter to find these courses. Learn more on the [ZTC page of the college website](#).

¹ Units required are determined by the number of units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

Semester 2

14-15 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
PSYC C1000 ^Z General Principles	3	Advisory: ENGL C1000, ENGL C1000H, or ESLW 340; and LIBR 318	F, S, Su	Cal-GETC Area 4

Career

Options/Outlook:

Plan and conduct food service or nutritional programs to assist in the promotion of health and control of the disease. May supervise department activities by providing quantity food services, counseling individuals, or conducting nutritional research. Monitor food service operations to ensure conformance to nutritional, safety, sanitation, and quality standards. Assess nutritional needs, diet restrictions, and current health plans to develop and implement dietary care plans and provide nutritional counseling. Consult with physicians and health care personnel to determine patients' or clients' nutritional needs and diet restrictions. **Career opportunities require more than two years of college study.**

A sample of reported job titles:

Clinical Dietician, Clinical Dietitian, Correctional Food Service Supervisor, Dietary Manager, Dietitian, Nutritionist, Outpatient Dietitian, Pediatric Clinical Dietician, Registered Dietician, Registered Dietitian

Projected job openings in California (2020-2030):

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
CHEM 400 ^Z General Chemistry I	5	CHEM 300, 305, or 309 or 1 year of HS Chem + Lab	F, S, Su	Cal-GETC Area 5A & 5C
STAT C1000E ^Z Introduction to Probability and Statistics or	4	Intermediate Algebra or the high school equivalent	F, S, Su	Cal-GETC Area 2
ECON 310 ^Z Statistics for Business and Economics or	3	Intermediate Algebra or the high school equivalent	F, S	Cal-GETC Area 2
PSYC 330 Introductory Statistics for the Behavioral Sciences	3	Intermediate Algebra or the high school equivalent	F, S	Cal-GETC Area 2
CalGETC Area 6- Ethnic Studies	3		F, S, Su	Cal-GETC Area 6

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Year 2

Semester 3

15 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
BIOL 440 ^Z General Microbiology	4	CHEM 305, 309, or 400	F, S	Cal-GETC Area 5B & 5C
CHEM 401 ^Z General Chemistry II	5	CHEM 400	F, S	Cal-GETC Area 5A & 5C
CalGETC Area 1C- Oral Communication ^Z	3		F, S, Su	Cal-GETC Area 1C
CalGETC Area 3A- Arts ^Z	3		F, S, Su	Cal-GETC Area 3A

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Semester 4

17 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
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Projected growth in California (2020-2030):

16% growth

Median Salary in California with advanced degree (2021):

\$84,690/yr

Source:

<https://www.onetonline.org/link/localwages/29-1031.00?st=CA>

Transfer notes:

Please meet with a counselor for specific transfer course evaluation or transferring to a specific 4-year institution.

General Education (GE):

Non-specified GE courses identified by CRC or Cal-GETC Area without pre- or co-requisites can be taken at any semester.

Honors option:

The CRC Honors Program is designed specifically for academically accomplished students and for students with the potential for high achievement. Students who complete 15 units or more in honors-designated courses will earn special recognition as an Honors Scholar, a distinction that may entitle the student to guaranteed transfer and scholarship opportunities at select transfer colleges and universities.

About this program map:

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
CHEM 420 ^Z Organic Chemistry I	5	CHEM 401	F, S	Cal-GETC Area 5A & 5C
CalGETC Area 3B- Humanities ^Z	3		F, S, Su	Cal-GETC Area 3B
CalGETC Area 4- Social & Behavioral Sciences ^{1 Z}	3		F, S, Su	Cal-GETC Area 4
Any Transferable Elective ²	3		F, S, Su	
Any transferable elective ²	3			

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^You must have passed the prerequisite course(s) with a "C" or better; Corequisite must be taken during the same semester; Advisory means it is recommended but not required to enroll in the course.

*(O) = online available (P) = partially online

¹ A total of 6 units from 2 disciplines is required to meet IGETC Area 4.

² Units required are determined by the number of units needed to total 60 units for graduation. Refer to [Course Number](#) for the appropriate course level necessary for the degree.

This program map represents one possible pathway to complete the program. Please see a counselor to create an education plan customized to meet your needs. This map is not a guarantee of course

availability or financial aid applicability.

Zero Textbook Costs (ZTC):

The Zero Textbook Costs designation and logo are added to any course that provides free access to all required instructional materials. These are typically shared with students through Canvas. Courses that are designated as ZTC may still require students to purchase supplemental materials such as lab coats, a calculator, art supplies, etc. See full definitions and searching tips on the [Zero Textbook Costs page](#) of the college website.