

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. For counseling appointments call 916.608.6510.

Total Units: 16-22

## First Year

### Semester 1

6-8 Units

COURSE	UNITS	PRE-REQS <sup>^</sup>	SEMESTERS OFFERED*
<b>NUTRI 300</b> <b>Z</b> Nutrition	3		F, S
<b>CHEM 400</b> General Chemistry I <b>or</b>	5	CHEM 300, CHEM 305 or CHEM 310 AND MATH 120	F, S
<b>NUTRI 302</b> Nutrition for Physical Performance <b>or</b>	3		F, S
<b>NUTRI 310</b> <b>Z</b> Cultural Foods of the World <b>or</b>	3		F, S
<b>NUTRI 322</b> Nutrition Issues Throughout Life <b>or</b>	3		F, S
<b>PSYC C1000</b> <b>Z</b> Introduction to Psychology	3		F, S

**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](#).

### Semester 2

10-14 Units

COURSE	UNITS	PRE-REQS <sup>^</sup>	SEMESTERS OFFERED*
<b>NUTRI 340</b> Nutrition and Metabolism <b>or</b>	3	BIOL 300 OR CHEM 305 OR NUTRI 300	F, S
<b>NUTRI 330</b> Food Theory and Preparation	4		F, S

## Notes

- The Nutrition Education certificate program focuses on the concepts of food literacy and health and wellness. It is designed for students interested in the nutrients in food along with their actions within the body, issues of nutrition status across the lifespan, and the impact of food choices on one's health, the environment, and the economy. Students can choose the direction of their studies by selecting course(s) that include the following areas: food preparation, performance nutrition, nutrition and aging, lifespan nutrition, or early childhood education.
- After completing the classes for this certificate, students may apply credits toward the Associate in Science in Nutrition and Dietetics for Transfer (AS-T).

## 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,

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*
<b>NUTRI 302</b> Nutrition for Physical Performance <b>or</b>	3		F, S
<b>NUTRI 310</b> <b>Z</b> Cultural Foods of the World <b>or</b>	3		F, S
<b>NUTRI 322</b> Nutrition Issues Throughout Life <b>or</b>	3		F, S
<b>PSYC C1000</b> <b>Z</b> Introduction to Psychology <b>or</b>	3		F, S
<b>CHEM 400</b> General Chemistry I	5	CHEM 300, CHEM 305 or CHEM 310 AND MATH 120	
<b>BIOL 400</b> Principles of Biology <b>or</b>	5	CHEM 400	F, S
<b>BIOL 430</b> Anatomy and Physiology <b>or</b>	5	CHEM 305	F, S
<b>BIOL 431</b> Anatomy and Physiology <b>or</b>	5	BIOL 430	F, S
<b>BIOL 310</b> <b>Z</b> General Biology	4		F, S

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etc. See full definitions and searching tips on the [Zero Textbook Costs page](#) of the college website.