



# Nutrition and Dietetics - Personal Training Option

## Associate in Science

### Four Semester Pathway Academic Year 2025-2026

Semester 1	Requirement	Recommended	Prerequisites	Corequisites	Credits	My Plan
MATH 140 OR MATH 155	College Algebra Statistics		MATH 040		3	
ENGL 100	English Composition		ENGL 080		3	
<b>NUTR 100*</b>	<b>Introduction to Nutrition Professions</b>	<b>High Priority Course</b>	NUTR Program Acceptance		3	
<b>NUTR 110</b>	<b>Normal Nutrition with Lab</b>	<b>High Priority Course</b>	ENGL 080, MATH 040		4	
PSYC 100	Introduction to Psychology			ENGL 080	3	
<b>Semester 2</b>					<b>16</b>	
BIOL 132	Anatomy and Physiology I with Lab		MATH 040	ENGL 100 or ENGL 101	4	
<b>NUTR 210</b>	<b>Nutrition in Disease Management and Prevention</b>	<b>Offered Spring semester only - High Priority Course</b>	NUTR 110	MATH 040	3	
ENGL 115	Introduction to Literature		ENGL 100 or ENGL 101		3	
PHIL 105	Ethical Dilemmas		ENGL 080		3	
HIST ELE OR POLI ELE	History Elective or Political Science Elective		See course prerequisites	See course prerequisites	3	
<b>Semester 3</b>					<b>16</b>	
BIOL 138	Anatomy and Physiology II with Lab		BIOL 132		4	
NUTR 150*	Principles of Food Preparation with Lab		NUTR Program Acceptance		4	
NUTR 221*	Health Promotion and Communications	Offered Fall semester only	NUTR 110		3	
NUTR 190	Fundamentals of Personal Training				3	
<b>Semester 4</b>					<b>14</b>	
NUTR 250*	Nutrition Education and Counseling	Offered Spring semester only	NUTR 100, ENGL 100 or ENGL 101, NUTR 210		3	
NUTR 275	Community Field Experience		NUTR 210		3	
ENGL 110	Oral Communications		ENGL 080 or ENGL 101		3	
NUTR 140	Nutrition and Weight Loss		ENGL 080, MATH 040		3	
LIBR ELE	Liberal Studies Elective		See course prerequisites	See course corequisites	3	
					<b>15</b>	
*To receive Departmental credit students must receive a grade of C or better in all Nutrition courses.					<b>Total Credits</b>	<b>61</b>

[Advice on Choosing Electives](#)

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## General Education Requirements

COURSE CODE	COURSE TITLE	PREREQUISITES	COREQUISITES	CREDITS
ENGL 100	English Composition	ENGL 080		3
ENGL 115	Introduction to Literature	ENGL 100 or ENGL 101		3
MATH 140 OR MATH 155	College Algebra Statistics	MATH 040		3
BIOL 132	Anatomy and Physiology I with Lab	MATH 040	ENGL 100 or ENGL 101	4
HIST ELE OR POLS ELE	History Elective OR Political Science Elective			3
PHIL 105	Ethical Dilemmas	ENGL 080		3
PSYC 100	Introduction to Psychology		ENGL 080	3
ENGL 110	Oral Communications	ENGL 080 or ENGL 101		3

## Major Required Courses

COURSE CODE	COURSE TITLE	PREREQUISITES	COREQUISITES	CREDITS
NUTR 100	Introduction to Nutrition Professions	Program acceptance		3
NUTR 110	Normal Nutrition & lab	ENGL 080, MATH 040		4
NUTR 140	Nutrition and Weight Loss	ENGL 080, MATH 040		3
NUTR 150	Principles of Food Preparation with Lab	Program acceptance		4
NUTR 190	Fundamentals of Personal Training			3
NUTR 210	Nutrition in Disease Management and Prevention	NUTR 110	MATH 040	3
NUTR 221	Health Promotion and Communications	NUTR 110		3
NUTR 250	Nutrition Education and Counseling	NUTR 100, ENGL 100 or ENGL 101, NUTR 210		3
NUTR 275	Community Field Experience	NUTR 210		3
BIOL 138	Anatomy and Physiology II with Lab	BIOL 132		4
	Liberal Studies Elective			3

2025-2026

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