



# Nutrition and Dietetics - Transfer Option

## Associate in Science

### Four Semester Pathway Academic Year 2025-2026

| Semester 1                                                                                                    | Requirement                                           | Recommended                                                | Prerequisites                            | Corequisites             | Credits              | My Plan   |
|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------|------------------------------------------|--------------------------|----------------------|-----------|
| MATH 140                                                                                                      | College Algebra                                       |                                                            | 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 or ENGL 101, MATH 040           |                          | 4                    |           |
| PSYC 100                                                                                                      | Introduction to Psychology                            |                                                            |                                          | ENGL 080 or ENGL 101     | 3                    |           |
| <b>Semester 2</b>                                                                                             |                                                       |                                                            |                                          |                          | <b>16</b>            |           |
| BIOL 124                                                                                                      | Biology I with Lab                                    |                                                            | ENGL 080 or ENGL 101, MATH 040           |                          | 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 or ENGL 101                     |                          | 3                    |           |
| HIST ELE OR<br>POLI ELE                                                                                       | History Elective or<br>Political Science Elective     |                                                            | See course prerequisites                 | See course prerequisites | 3                    |           |
| <b>Semester 3</b>                                                                                             |                                                       |                                                            |                                          |                          | <b>16</b>            |           |
|                                                                                                               | Science Elective with Lab                             | CHEM 120 General Chemistry I with Lab                      | ENGL 080 or ENGL 101                     | MATH 140                 | 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                    |           |
|                                                                                                               | Liberal Studies Elective                              | MATH 155 Statistics                                        | See course prerequisites                 | See course corequisites  | 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                    |           |
| HLTH 140                                                                                                      | Lifetime Physical Fitness & Wellness                  |                                                            |                                          |                          | 3                    |           |
| ENGL 110                                                                                                      | Oral Communications                                   |                                                            | ENGL 080 or ENGL 101                     |                          | 3                    |           |
| NUTR 140                                                                                                      | Nutrition and Weight Loss                             |                                                            | ENGL 080 or ENGL 101, MATH 040           |                          | 3                    |           |
|                                                                                                               | Liberal Studies Elective                              | CHEM 125 General Chemistry II with Lab                     | See course prerequisites                 | See course corequisites  | 4                    |           |
|                                                                                                               |                                                       |                                                            |                                          |                          | <b>16</b>            |           |
| <b>*To receive Departmental credit students must receive a grade of C or better in all Nutrition courses.</b> |                                                       |                                                            |                                          |                          | <b>Total Credits</b> | <b>62</b> |



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| <b>General Education Requirements</b> |                                                                                                                         |                                             |                         |                |            |
|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|-------------------------|----------------|------------|
| <b>COURSE CODE</b>                    | <b>COURSE TITLE</b>                                                                                                     | <b>PREREQUISITES</b>                        | <b>COREQUISITES</b>     | <b>CREDITS</b> | <b>MET</b> |
| ENGL 100                              | English Composition                                                                                                     | ENGL 080                                    |                         | 3              |            |
| ENGL 115                              | Introduction to Literature                                                                                              | ENGL 100 or ENGL 101                        |                         | 3              |            |
| MATH 140 OR<br>MATH 155               | College Algebra<br>Statistics                                                                                           | MATH 040                                    |                         | 3              |            |
| BIOL 124                              | Biology I with Lab                                                                                                      | ENGL 080 or ENGL 101,<br>MATH 040           |                         | 4              |            |
| HIST ELE OR<br>POLS ELE               | History Elective OR<br>Political Science Elective                                                                       |                                             |                         | 3              |            |
| PHIL 105                              | Ethical Dilemmas                                                                                                        | ENGL 080 or ENGL 101                        |                         | 3              |            |
| PSYC 100                              | Introduction to Psychology                                                                                              |                                             | ENGL 080 or<br>ENGL 101 | 3              |            |
| ENGL 110                              | Oral Communications                                                                                                     | ENGL 080 or ENGL 101                        |                         | 3              |            |
| <b>Major Required Courses</b>         |                                                                                                                         |                                             |                         |                |            |
| <b>COURSE CODE</b>                    | <b>COURSE TITLE</b>                                                                                                     | <b>PREREQUISITES</b>                        | <b>COREQUISITES</b>     | <b>CREDITS</b> | <b>MET</b> |
| NUTR 100                              | Introduction to Nutrition Professions                                                                                   | Program acceptance                          |                         | 3              |            |
| NUTR 110                              | Normal Nutrition & lab                                                                                                  | ENGL 080 or ENGL 101,<br>MATH 040           |                         | 4              |            |
| NUTR 140                              | Nutrition and Weight Loss                                                                                               | ENGL 080 or ENGL 101,<br>MATH 040           |                         | 3              |            |
| NUTR 150                              | Principles of Food Preparation with Lab                                                                                 | Program acceptance                          |                         | 4              |            |
| 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<br>ENGL 101, NUTR 210 |                         | 3              |            |
| HLTH 140                              | Lifetime Physical Fitness & Wellness                                                                                    |                                             |                         | 3              |            |
|                                       | Science Elective with Lab:<br>CHEM 120 General Chemistry I with Lab                                                     |                                             |                         | 4              |            |
|                                       | Liberal Studies Electives:<br>CHEM 125 General Chemistry II with Lab<br>MATH 140 College Algebra or MATH 155 Statistics |                                             |                         | 7              |            |