



Nutrition and Dietetics 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 | |
| NUTR 100* | Introduction to Nutrition Professions | High Priority Course | NUTR Program Acceptance | | 3 | |
| NUTR 110 | Normal Nutrition with Lab | High Priority Course | ENGL 080 or ENGL 101, MATH 040 | | 4 | |
| PSYC 100 | Introduction to Psychology | | | ENGL 080 or ENGL 101 | 3 | |
| Semester 2 | | | | | 16 | |
| NUTR 210 | Nutrition in Disease Management and Prevention | Offered Spring semester only - High Priority Course | NUTR 110 | MATH 040 | 3 | |
| BIOL 124 OR BIOL 132 | Biology I with Lab Anatomy and Physiology I with Lab | Transfer Students Personal Training Students | ENGL 080 or ENGL 101, MATH 040 MATH 040 | ENGL 100 or ENGL 101 | 4 | |
| ENGL 115 | Introduction to Literature | | ENGL 100 or ENGL 101 | | 3 | |
| PHIL 105 | Ethical Dilemmas | | ENGL 080 or ENGL 101 | | 3 | |
| HIST ELE OR POLI ELE | History Elective or Political Science Elective | | See course prerequisites | See course prerequisites | 3 | |
| Semester 3 | | | | | 16 | |
| Science Elective | CHEM 120 General Chemistry I with Lab BIOL 138 Anatomy and Physiology II with Lab | Recommended for Transfer Students Recommended for Personal Training Students | ENGL 080 or ENGL 101 BIOL 132 | 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 | |
| NUTR 190 OR Liberal Studies Elective | Fundamentals of Personal Training | Recommended for Personal Training Students MATH 140 College Algebra or MATH 155 Statistics recommended for Transfer Students | MATH 040 | | 3 | |
| Semester 4 | | | | | 14 | |
| NUTR 250* | Nutrition Education and Counseling | Offered Spring semester only | NUTR 100, ENGL 100 or ENGL 101, NUTR 210 | | 3 | |
| NUTR 275 OR HLTH 140 | Community Field Experience Lifetime Physical Fitness & Wellness | Recommended for Personal Training Students Recommended for Transfer Students | NUTR 210 | | 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 recommended for Transfer Students | See course prerequisites | See course corequisites | 3-4 | |
| | | | | | 15-16 | |

*To receive Departmental credit students must receive a grade of C or better in all Nutrition courses.

Total Credits

61-62

[Advice on Choosing Electives](#)

Nutrition & Dietetics

| General Education Requirements | | | | | |
|---|--|---|----------------------|----------------|------------|
| COURSE CODE | COURSE TITLE | PREREQUISITES | COREQUISITES | CREDITS | MET |
| 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 | |
| | Science Elective with Lab | | | 4 | |
| HIST ELE OR POLS ELE | History Elective OR Political Science Elective | | | 3 | |
| PHIL 105 | Ethical Dilemmas | ENGL 080 or ENGL 101 | | 3 | |
| PSYC 100 | Introduction to Psychology | | ENGL 080 or ENGL 101 | 3 | |
| ENGL 110 | Oral Communications | ENGL 080 or ENGL 101 | | 3 | |
| Major Required Courses | | | | | |
| COURSE CODE | COURSE TITLE | PREREQUISITES | COREQUISITES | CREDITS | MET |
| NUTR 100 | Introduction to Nutrition Professions | Program acceptance | | 3 | |
| NUTR 110 | Normal Nutrition & lab | ENGL 080 or ENGL 101, MATH 040 | | 4 | |
| NUTR 140 | Nutrition and Weight Loss | ENGL 080 or ENGL 101, MATH 040 | | 3 | |
| NUTR 150 | Principles of Food Preparation with Lab | Program acceptance | | 4 | |
| NUTR 190 OR Liberal Studies Elective | Fundamentals of Personal Training | | | 3-4 | |
| 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 ENGL 101, NUTR 210 | | 3 | |
| NUTR 275 OR HLTH 140 | Community Field Experience Lifetime Physical Fitness & Wellness | NUTR 210 | | 3 | |
| BIOL 124 OR BIOL 132 | Biology I with Lab Anatomy and Physiology I with Lab | ENGL 080 or ENGL 101, MATH 040 MATH 040 | ENGL 100 or ENGL 101 | 4 | |
| | Liberal Studies Elective | | | 3-4 | |