Nutrition and Dietetics - Transfer Option
Associate in Science
Four Semester Pathway Academic Year 2025-2026

Semester 1	Requirement	Recommended	Prerequisites	Corequisites	Credits	My Plan
ENGL 100	English Composition		ENGL 080		3	
MATH 140	College Alegebra		MATH 040		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**	
BIOL 124	Biology I with Lab		ENGL 080 or ENGL 101, MATH 040		4	
NUTR 210	**Nutrition in Disease Management and Prevention**	**Offered Spring semester only - High Priority Course**	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 POLI ELE	History Elective or Political Science Elective		See course prerequisites	See course prerequisites	3	
Semester 3					**16**	
	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	
	Liberal Studies Elective	MATH 155 Statistics	See course prerequisites	See course corequisites	3	
NUTR 250*	Nutrition Education and Counseling	Offered Fall semester only	NUTR 100, ENGL 100 or ENGL 101, NUTR 210		3	
Semester 4					**14**	
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	
NUTR 221*	Health Promotion and Communications	Offered Spring semester only	NUTR 110		3	
	Liberal Studies Elective	CHEM 125 General Chemistry II with Lab	See course prerequisites	See course corequisites	4	
					16	
***To receive Departmental credit students must receive a grade of C or better in all Nutrition courses.**				**Total Credits**	**62**	

Advice on Choosing Electives

SOUTHERN MAINE COMMUNITY COLLEGE

Associate in Science Curriculum Worksheet

Nutrition & Dietetics - Transfer Option

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	
BIOL 124	Biology I with Lab	ENGL 080 or ENGL 101, MATH 040		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 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	
HLTH 140	Lifetime Physical Fitness & Wellness			3	
	Science Elective with Lab: CHEM 120 General Chemistry I with Lab			4	
	Liberal Studies Electives: CHEM 125 General Chemistry II with Lab MATH 140 College Algebra or MATH 155 Statistics			7	

2025-2026