



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 Alegebra 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 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	
NUTR 250*	Nutrition Education and Counseling	Offered Fall semester only	NUTR 100, ENGL 100 or ENGL 101, NUTR 210		3	
Semester 4					14	
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	
NUTR 221*	Health Promotion and Communications	Offered Spring semester only	NUTR 110		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	