Associate of Science Degree: Nutrition and Fitness

Courses Required for the Major:		Units
BIOL 160	Elements of Human Anatomy and Physiology	4
EXSC 125A	Aerobic Dance I **or**	
EXSC 125B	Aerobic Dance II	0.5–1
EXSC 126A	Cardio Conditioning I **or**	
EXSC 126B	Cardio Conditioning II	0.5–1
EXSC 139A	Weight Training I **or**	
EXSC 139B	Weight Training II	0.5–1
EXSC 242B	Care and Prevention of Injuries	3
NUTR 150	Nutrition	3
NUTR 160	Foods for Healthy Lifestyles	3
NUTR 170	Nutrition and Fitness	3
NUTR 270	Work Experience	1–4
	Total Units = 18.5 – 23	

Recommended Electives: Health Education 131; Computer Business Technology 120; Fashion 190.

For graduation requirements see **Requirements for the Associate Degree** on page 110.

Electives as needed to meet minimum of 60 units required for the degree.

Associate in Science in Nutrition and Dietetics for Transfer Degree:

Award Description:

The Associate in Science in Nutrition and Dietetics for Transfer Degree is intended for students who plan to complete a bachelor's degree in Nutrition or a related major in the California State University (CSU) system. The Associate in Science in Nutrition and Dietetics for Transfer Degree is accepted by some but not all CSU campuses. Students who complete the Associate in Science in Nutrition and Dietetics for Transfer Degree and transfer to a participating CSU campus will be required to complete no more than 60 units after transfer to earn a bachelor's degree. It may not be appropriate preparation for students transferring to a CSU campus that does not accept the degree.

Note: Students who plan to complete the Associate in Science in Nutrition and Dietetics for Transfer Degree should consult a counselor and visit www.assist.org for additional information about participating CSU campuses as well as university admission, degree and transfer requirements.

Award Notes:

Students are required to complete 60 semester or 90 quarter CSU transferable units, with a minimum overall grade point average of 2.0, to include the following:

Major:

- A minimum of 18 semester or 27 quarter units.
- A minimum grade of "C" or "P" or better for each course required in the major.

General Education: Complete one of the following general education options:

- The California State University General Education Breadth (CSUGE-B) pattern (page 144)
- The Intersegmental General Education Transfer Curriculum (IGETC) pattern (page 136)

Note:

Electives, as needed, to meet the 60 semester or 90 quarter CSU transferable units required for the degree.

Completion of the California State University American Institutions graduation requirement is strongly recommended prior to transfer

Program Goals:

The purpose of the Associate in Science in Nutrition and Dietetics for Transfer Degree is to offer an organized course of study that will prepare students intending to major in Nutrition at the California State University.

Program Emphasis:

The Associate in Science in Nutrition and Dietetics for Transfer Degree emphasizes preparation for the major in Nutrition at the California State University.

Courses Required for the Major:		Units
BIOL 205	General Microbiology	5
CHEM 200	General Chemistry I – Lecture	3
CHEM 200L	General Chemistry I – Laboratory	2
NUTR 150	Nutrition	3
PSYC 101	General Psychology	3

Category A: select a minimum of two courses from the following: (7–9 units)

BIOL 230	Human Anatomy	4
CHEM 201	General Chemistry II – Lecture	3
CHEM 201L	General Chemistry II – Laboratory	2
PSYC 258	Behavioral Science Statistics	3

Category B: select a minimum of one course from the following or any course not selected in category A (3-5 units)

NUTR 153	Cultural Foods	3
NUTR 155	Advanced Nutrition	3
NUTR 160	Foods for Healthy Lifestyles	3
ACCT 116A	Financial Accounting	4
ANTH 103	Introduction to Cultural Anthropology	3
BIOL 107	General Biology – Lecture and Laboratory	4
BIOL 200	Biological Statistics	3
BIOL 210A	Introduction to the Biological Sciences I	4
BIOL 210B	Introduction to the Biological Sciences II	4
BIOL 235	Human Physiology	4
BUSE 115	Statistics for Business	3
BUSE 140	Business Law and the Legal Environment	3
CHEM 100	Fundamentals of Chemistry	3
CHEM 100L	Fundamentals of Chemistry Laboratory	1
CHEM 130	Introduction to Organic and Biological Chemistry	3
CHEM 130L	Introduction to Organic and Biological Chemistry Laboratory	1
CHEM 152	Introduction to General Chemistry	3
CHEM 152L	Introduction to General Chemistry Laboratory	1
CHEM 160	Introductory Biochemistry	3
CHEM 231	Organic Chemistry I - Lecture	3
CHEM 231L	Organic Chemistry I - Laboratory	2
CHEM 233	Organic Chemistry II - Lecture	3
CHEM 233L	Organic Chemistry II - Laboratory	2
CHIL 101	Human Growth and Development	3
ECON 120	Principles of Macroeconomics	3
ECON 121	Principles of Microeconomics	3
EXSC 241B	Introduction to Kinesiology	3
JOUR 200	Introduction to Newswriting and Reporting	3
JOUR 202	Introduction to Mass Communication	3
MATH 116	College and Matrix Algebra	3
MATH 119	Elementary Statistics	3
MATH 121	Basic Techniques of Applied Calculus I	3
MATH 141	Precalculus	5
MATH 150	Calculus with Analytic Geometry I	5
MATH 151	Calculus with Analytic Geometry II	4
PHYS 125	General Physics	5
PHYS 126	General Physics II	5
PSYC 230	Psychology of Lifespan Development	3
SOCO 101	Principles of Sociology	3

Total Units = 26–30

Transfer Information

Students planning to transfer to a four-year college or university should complete courses required for the university major and the general education pattern required by that transfer institution. See catalog TRANSFER INFORMATION section. Additional courses may be required to meet university lower-division requirements. ***Course requirements at the transfer institution are subject to change and may be verified by a counselor or by consulting the current university catalog. Many Baccalaureate in Arts degrees require a third semester competency in a foreign language. Consult the current catalog of the transfer institution and consult with a counselor.***

Philosophy

Award Type	Units
Associate of Arts Degree:	
Philosophy	21*

* and courses to meet graduation requirements, general education and electives as needed to meet the minimum of 60 units required for the degree.

Associate in Arts for Transfer	
Philosophy	18–20

Description

Philosophy is the practice of developing the skills and strategies for answering fundamental questions about human existence. Philosophers analyze the concepts through which we acquire knowledge of reality and in terms of which human actions and practices acquire value and meaning. Students are exposed to both the history of discussions of these topics as well as contemporary treatments in order to foster an understanding of how these discussions are related to contemporary life. Philosophers use reasoned argument to evaluate beliefs, focusing especially on what evidence there is for a belief, whether it fits well with other beliefs or contradicts them, and whether we can prove it or disprove it.

Program Emphasis

The Philosophy curriculum prepares students for transfer to four-year institutions and also meets the general education Humanities area requirement for the associate degree.