

ASSOCIATE OF SCIENCE IN NUTRITION AND DIETETICS FOR TRANSFER (AS-T)

Students completing the Associate of Science in Nutrition and Dietetics for Transfer (AS-T) will be able to seamlessly transfer in the CSU system to pursue a baccalaureate degree in Nutrition or Dietetics. Students completing this degree will have an introductory foundation for the field of nutrition through the study of nutrition, culinary, biology, chemistry, and other course work. Students will acquire skills and knowledge in nutrition, food safety, culinary, anatomy, physiology, chemistry, and other areas. This degree is specifically intended to facilitate a seamless transfer to the CSU system, but it also provides preparation that may assist with employment in hospital, school, skilled nursing facilities or other institutional food service or dietary departments.

Transfer & Career Opportunities

Associate of Science in Nutrition and Dietetics for Transfer (AS-T) degree is intended to meet the lower-division requirements for Nutrition or Dietetics for all CSU campuses that offer a similar degree. Students planning to transfer to institutions other than the CSU are encouraged to consult ASSIST.org and a COS counselor for program planning and course selection. Completion of the Associate of Science in Nutrition and Dietetics for Transfer (AS-T) may assist students with employment in a hospital, school, skilled nursing facilities or other institutional food service or dietary departments. Most common career opportunities with a baccalaureate degree are food technology and development, nutritionist, diet technician, diet counseling. A baccalaureate degree and completion of other requirements can lead to career opportunities as a Registered Dietitian Nutritionist.

Program Outcomes

- Physiological process such as digestions, absorption, transportation and metabolism of nutrients
- Common food safety issues including causes and potential preventative solutions
- Relationship between nutrition and lifestyle factors and chronic diseases such as cardiovascular disease and diabetes.

Program Requirements

Code	Title	Units
GENERAL EDUCATION		37-39
Select one of the following General Education patterns:		
California State University General Education (CSU-GE) *		
Intersegmental General Education Transfer Curriculum (IGETC-CSU) **		
+		
REQUIRED MAJOR COURSES		15
BIOL 040	General Microbiology *	4
CHEM 001	General Chemistry 1 *	5
NUTR 018	Nutrition *	3
PSY 001	General Psychology *	3
+		
RESTRICTED ELECTIVES - LIST A		8

Select two courses from the following list:

BIOL 030	Human Anatomy	4
BIOL 031	Human Physiology	4
+		
RESTRICTED ELECTIVES - LIST B		4
Select one course from the following list:		
MATH 021	Introduction to Statistics *	4
+		
ELECTIVES		9
Select additional degree applicable courses numbered 1-199 to achieve 60 units. Recommend NUTR 020 and NUTR 107 as electives.		
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TOTAL		60

* Course(s) meets General Education requirement and 15 units may be double counted above in 1A (CSU GE).

** 13 units may be double counted above in 1B (IGETC-CSU). IGETC-CSU requires completion of IGETC AREA 1C.

The Associate in Science Degree for Transfer requirements include completion of the 60 unit program defined above with at least 12 units taken in residence at College of the Sequoias with a "C" (2.0) average and a "C" or better grade in all required major and restricted electives courses (see Transfer Information and Requirements (<https://catalog.cos.edu/transfer-information-requirements/>) for additional details).