

# NUTRITION

ASSOCIATE DEGREE &amp; CERTIFICATE PROGRAMS

2023-2024 CATALOG

## DESCRIPTION

The Cuesta College Nutrition program offers students a variety of interesting and challenging courses for students to learn about chemicals and nutrients in food and their effects on the human body and the world. The study of nutritional science contributes to preparing students for careers as nutritionists, registered dietitians (RD), food scientists, or other dietetics professionals. The Associate in Science in Nutrition and Dietetics for Transfer degree (AS-T in Nutrition and Dietetics) prepares students for success in a baccalaureate degree in Nutrition and Dietetics with the lower-division coursework required to transfer into the CSU system. The department also offers a Nutrition Education/Coaching Certificate of Achievement to help prepare students to educate and coach peers one-on-one, give practical advice on nutrition when combined with personal training certifications, and work for community partners in nutrition education entry level jobs. The Plant-Based Sustainable Nutrition, Agriculture, and Culinary Arts Certificate Program provides the science, and history, that supports the benefits of whole plant-based foods for health, sustainable agriculture, and culinary arts and explores how food choice can promote sustainable food industry, public policy, health, and equity.

The Cuesta College Nutrition program provides a broad foundation in a practical and personally applicable exposure to a variety of scientific areas of nutrition such as chemistry, biochemistry, microbiology, anatomy, physiology, and biology. Popular topics include microbial pathogens, environmental contaminants, nutrigenomics, macronutrient balance, energy metabolism, obesity, global issues, biochemistry of exercise, and micronutrient and phytochemical utilization. Students in the program learn how the scientific method and process contributes to nutritional requirements and how nutrients function from a cellular to more practical level, and then apply this knowledge to their own health. The program ultimately helps students understand the role of nutrition in disease prevention throughout the lifecycle and as an impact on society as a whole. The Nutrition program offers courses that meet college requirements in GE, a Nutrition Certificate, and Diversity and offers courses in both face-to-face and Distance Education modalities.

## DEGREES, CERTIFICATES & AWARDS

- Associate in Science for Transfer (A.S.T.)
- Certificate of Achievement (C.A.)
- Certificate of Specialization (C.S.)

## CAREER OPPORTUNITIES

- Coordinator
- Diabetes Care Nutrition Educator
- Food Service Manager
- Home Health Care Nutrition Educators
- Hospital Nutrition Manager
- Menu Developer
- Nursing Care Facility Nutrition
- Nutritional Epidemiologist
- Product Development
- Quality Control Technician
- Research Technician
- Weight Manager
- Wellness Educator

## CONTACT

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## ASSOCIATE DEGREE AND CERTIFICATE PROGRAMS

Students who complete an [Associate Degree for Transfer \(ADT\)](#) and transfer to a similar major at a CSU are guaranteed a pathway to finish their baccalaureate degrees in 60 semester or 90 quarter units. These degrees require students to meet both of the following requirements: (1) Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following: (A) The Intersegmental GE Transfer Curriculum (IGETC) or the California State University GE-Breadth Requirements (CSU GE-Breadth). (B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district. (2) Obtainment of a minimum grade point average of 2.0.

A [Certificate Program](#) is designed for students who desire specific training to meet an immediate occupational or personal goal, or for promotion or lateral transfer within their existing field of employment. To qualify for a Certificate of Achievement or a Certificate of Specialization, a student must 1) complete all courses required for the Certificate with an overall grade point average of 2.0.

## TRANSFER PREPARATION

Courses that fulfill major requirements for an associate degree may differ from those needed to prepare to transfer. Students who plan to transfer to a four-year college or university should schedule an appointment with a Cuesta College counselor to develop a student education plan (SEP) before beginning their program.

### TRANSFER RESOURCES:

CSU and UC Articulation Agreements and Majors Search Engine:

[www.ASSIST.org](http://www.ASSIST.org)

CSU System Information:

[www2.calstate.edu](http://www2.calstate.edu)

## FINANCIAL AID

Paying for the cost of a college education requires a partnership among parents, students and the college. As the cost of higher education continues to rise we want you to know that Cuesta College offers a full array of financial aid programs—grants, work study, scholarships, federal loan programs, and fee waivers. These programs are available to both full-and part-time students who are seeking a degree or certificate. For those who qualify, financial aid is available to help with tuition, fees, books and supplies, food, housing, transportation, and childcare. Please log onto our website for additional information:

[www.cuesta.edu/student/student-services/finaid](http://www.cuesta.edu/student/student-services/finaid)

**ASSOCIATE DEGREE FOR TRANSFER PROGRAM****Nutrition And Dietetics** — Associate in Science for Transfer

The Associate in Science in Nutrition and Dietetics for Transfer degree (AS-T in Nutrition and Dietetics) prepares students for success in a baccalaureate degree in Nutrition and Dietetics with the lower-division coursework required to transfer into the CSU system. Students learn about chemicals and nutrients in food and their effects on the human body and the world. The study of nutritional science contributes to preparing students for careers as nutritionists, registered dietitians (RD), food scientists, or other dietetics professionals. The study of Nutrition provides a broad foundation in a practical and personally applicable exposure to a variety of scientific areas of nutrition such as chemistry, biochemistry, microbiology, anatomy, physiology, and biology. Popular topics include microbial pathogens, environmental contaminants, nutrigenomics, macronutrient balance, energy metabolism, obesity, global issues, biochemistry of exercise, and micronutrient and phytochemical utilization. Students in the program learn how the scientific method and process contributes to nutritional requirements and how nutrients function from a cellular to more practical level, and then apply this knowledge to their own health. The program also helps students understand the role of nutrition in disease prevention throughout the lifecycle and as an impact on society as a whole.

**Core Courses (16 credits)**

NUTR 210 . . . .	Nutrition . . . . .	3
PSYC 201 . . . .	Introductory Psychology . . . . .	3
CHEM 201A . . .	General College Chemistry I . . . . .	5
BIO 204 . . . . .	Microbiology . . . . .	5

**List A. Select 2 courses from the following (7-10 credits).**

**Only one Statistics class may be used towards the degree.**

CHEM 201B . . .	General College Chemistry II . . . . .	5
CHEM 212A . . .	Organic Chemistry I . . . . .	5
BIO 206 . . . . .	General Human Physiology . . . . .	5
BIO 205 . . . . .	Human Anatomy . . . . .	4
MATH 236 . . . .	Introduction To Applied Statistics . . . . .	3
or MATH 247 . .	Introduction To Statistics . . . . .	(4)

**List B. Select 1 course from the following (3 credits).**

NUTR 222 . . . .	Cultural Aspects Of Food . . . . .	3
NUTR 232 . . . .	Principles Of Food With Lab . . . . .	3

**Total Credits: . . . . . 26 - 29**

"P" (Pass) grade is acceptable for major coursework in the Associate Degrees for Transfer.

In addition to major preparation course work listed above, completion of the CSU GE or IGETC pattern is mandatory.

Courses completed for the major can also be double counted towards GE, where appropriate. See a counselor for details.

[Click Here For Program Student Learning Outcomes](#)

**CERTIFICATE PROGRAMS**

**Nutrition Education/Coaching** — Certificate of Achievement

The Cuesta College Nutrition certificate program offers students a variety of interesting and challenging courses for students to learn about chemicals and nutrients in food and their effects on the human body and the world. The study of nutritional science contributes to preparing students for careers as nutritionists, registered dietitians (RD), food scientists, or other dietetics professionals. Cuesta College offers a Nutrition certificate that provides a broad foundation in a practical and personally applicable exposure to a variety of scientific areas of nutrition such as chemistry, biochemistry, microbiology, anatomy, physiology, and biology. Popular topics include microbial pathogens, environmental contaminants, nutrigenomics, macronutrient balance, energy metabolism, obesity, global issues, biochemistry of exercise, and micronutrient and phytochemical utilization. Students in the program learn how the scientific method and process contributes to nutritional requirements and how nutrients function from a cellular to more practical level, and then apply this knowledge to their own health. The program ultimately helps students understand the role of nutrition in disease prevention throughout the lifecycle and as an impact on society as a whole. Select Cuesta College Nutrition courses meet college requirements in AA GE, CSU GE, and Diversity and are offered in both face-to-face and Distance Education modalities. Select Nutrition courses are also a part of 10 degrees and certificates at Cuesta College. Students finishing this certificate will be better prepared to educate and coach peers one-on-one, give practical advice on nutrition when combined with personal training certifications, and work for community partners in nutrition education entry level jobs.

**Core Courses (4 credits)**

NUTR 210 . . . . Nutrition . . . . .	3
or NUTR 211 . . Introduction To Nutrition For Health Professionals. . .	(3)
NUTR 252 . . . . Work Experience In Nutrition . . . . .	1 - 4
or NUTR 240 . . Personalized Nutrition Planning For Lifetime Wellness . . . . .	(1)

**Specialty courses (Choose 4 courses for 12 credits)**

NUTR 218 . . . . Maternal And Child Nutrition. . . . .	3
NUTR 222 . . . . Cultural Aspects Of Food . . . . .	3
NUTR 230 . . . . Nutrition For Fitness And Sport. . . . .	3
NUTR 232 . . . . Principles Of Food With Lab. . . . .	3
NUTR 249 . . . . Plant-Based Nutrition . . . . .	3

**Total Credits:** . . . . . **16 - 19**

[Click Here For Program Student Learning Outcomes](#)

**Plant-Based Sustainable Nutrition, Agriculture, And Culinary Arts —  
Certificate of Specialization**

The Plant-Based Sustainable Nutrition, Agriculture, and Culinary Arts Certificate Program provides the science, and history, that supports the benefits of whole plant-based foods for health, sustainable agriculture, and culinary arts. Explores how food choice can promote sustainable food industry, public policy, health, and equity.

**Required Courses (11 Credits)**

AGPS 246 . . . . .	Introduction To Sustainable Agriculture . . . . .	3
CUL 241 . . . . .	Culinary Gardening: Cool Season Crops . . . . .	2
CUL 249 . . . . .	Plant-Based Cuisine . . . . .	3
NUTR 249 . . . . .	Plant-Based Nutrition . . . . .	3
<b>Total Credits:</b> . . . . .		<b>11</b>

[Click Here For Program Student Learning Outcomes](#)



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