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 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.

**ASSOCIATE DEGREE AND CERTIFICATE PROGRAMS**

An **Associate Degree**, depending on the focus of study, is designed to prepare students for transfer into upper division course work in a bachelor’s degree program, or, to prepare students to enter the workforce in a particular vocational field. To qualify for an Associate’s Degree, a student must: (1) complete each intraspecific course required for the degree with at least a “C” grade or better, (2) complete all Cuesta College general education, graduation and residency requirements, and (3) achieve an overall grade point average of 2.0 for all courses attempted (major, general education, elective).

A **Certificate Program** is designed for students who desire specific training to meet an immediate occupational or personal goal, or for promotion or

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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.

ASSOCIATE DEGREE PROGRAM

Nutrition And Dietetics — Associate in Science for Transfer

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 PROGRAM

Nutrition — Certificate of Specialization

Required Courses (3 credits)
NUTR 210 .... Nutrition ........................................... 3
or NUTR 211 .... Introduction To Nutrition For Health Professionals .... (3)
Choose 2 courses (6 credits)
NUTR 218 .... Maternal And Child Nutrition .......................... 3
NUTR 222 .... Cultural Aspects Of Food ............................ 3
NUTR 224 .... Gerontological Nutrition .............................. 3
NUTR 230 .... Nutrition For Fitness And Sport .......................... 3
NUTR 232 .... Principles Of Food With Lab ........................... 3
Total Credits: ................................................. 9

Click Here For Program Student Learning Outcomes

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
CSU System Information:
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/studentservices/finaid

Highway 1
San Luis Obispo, California 93403