

# NUTRITION AND DIETETICS

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The Associate in Science in Nutrition and Dietetics for Transfer (AS-T) involves the understanding of nutrient metabolism and the relationship to optimal health including prevention of degenerative diseases. The course of study provides an integrated curriculum of nutrition coursework along with a solid background in the human body, chemical function and metabolism of nutrients, and the sociological implications of food and behavior. Throughout the degree students will acquire and develop knowledge and skills that will provide a solid background in nutrition so that students can make informed decisions on their personal health.

## **HED R114 Introduction to Nutrition Science 3 Units**

*In-Class Hours:* 52.5 lecture

*Advisories/Rec Prep:* ENGL R097 or ENGL R100 or eligibility for ENGL R101

*C-ID:* NUTR 110

This course examines scientific concepts of nutrition related to the function of nutrients within the human body, nutrient requirements throughout the life cycle, and individual nutritional needs. Students will learn how to analyze and evaluate nutritional information and apply this information and dietary guidelines to their personal food choices. In addition, the course will explore current issues in nutrition including food safety, environmental contaminants, food technology, and food additives.

**Grade Modes:** Letter Graded

**Field Trips:** May be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E1

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** None

**CSU GE-Breadth:** E

**IGETC:** None

- Nutrition and Dietetics, Associate in Science for Transfer (<http://catalog.vcccd.edu/oxnard/programs-courses/nutrition-dietetics/nutrition-dietetics-ast/>)

*For more information, contact:*

Dianne Frehlich (805) 678-5188 [dfrehlich@vcccd.edu](mailto:dfrehlich@vcccd.edu)