

Nutrition

**NUTRITION – NUTRI**

Diablo Valley College is approved by the California Board of Registered Nurses for continuing education credits (Provider #CEP 7992). Nutrition courses that can be used are NUTRI-115 and 160.

Christine Worsley, Dean  
Kinesiology, Athletics, and Health Sciences Division  
Kinesiology Office Building, Room 1

**Possible career opportunities**

Courses offered within the nutrition discipline prepare students for numerous career paths. These courses begin to prepare the student for careers in food science, dietetics, nursing, dental hygiene, restaurant management, and sports nutrition as well as many other food related or health related professions. Specific courses also meet the requirements for certain certificate program and majors offered at DVC and other colleges.

**Associate in science in nutrition and dietetics for transfer**

Students completing the program will be able to...

- A. analyze data and critique information in the nutritional sciences.
- B. identify nutrition-related chronic diseases by applying knowledge of nutrient functions, food sources and physiologic systems.
- C. explain how genetics and life style factors affect nutritional and health status.
- D. assess a diet for nutrient adequacy using a current computerized dietary analysis database.

The associate in science in nutrition and dietetics for transfer offers students basic knowledge in microbiology, human anatomy and physiology, chemistry and nutrition. It is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing this degree are guaranteed admission to the CSU system, but not to a particular campus or major. In order to earn the degree, students must complete 60 required term units of CSU-transferable coursework with a minimum GPA of 2.0. Students transferring to a CSU campus that accepts the degree will be required to complete no more than 60 units after transfer to earn a bachelor's degree. This degree may not be the best option for students intending to transfer to a particular CSU campus or to university or college that is not part of the CSU system, or those students who do not intend to transfer.

Students with degrees in nutrition and dietetics find employment within a wide range of organizations, such as medical facilities, research labs, government agencies, universities, pharmaceutical companies, and the food industry. This degree is also an excellent preparation for students planning to continue training in medicine, public health and/or other allied health sciences.

The associate in science in nutrition for transfer is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing this degree are guaranteed admission to the CSU system, but not to a particular campus or major.

In order to earn the degree, students must:

- Complete 60 CSU-transferable units.
- Complete the California State University-General Education pattern (CSU GE); OR the Intersegmental General Education Transfer Curriculum (IGETC) pattern, including the Area 1C requirement for Oral Communication.
- Complete a minimum of 18 units in the major.
- Attain a minimum grade point average (GPA) of 2.0.
- Earn a grade of "C" or higher in all courses required for the major.

Students transferring to a CSU campus that accepts the degree will be required to complete no more than 60 units after transfer to earn a bachelor's degree. This degree may not be the best option for students intending to transfer to a particular CSU campus or to a university or college that is not part of the CSU system, or those students who do not intend to transfer.

Some courses in the major satisfy both major and CSUGE/IGETC general education requirements; however, the units are only counted once toward the 60 unit requirement for an associate degree. Some variations in requirements may exist at certain four-year institutions; therefore, students who intend to transfer are advised to refer to the catalog of the prospective transfer institution and consult a counselor.

|                            |   |              |
|----------------------------|---|--------------|
| <i>major requirements:</i> |   | <i>units</i> |
| CHEM-120                   | General College Chemistry I .....         | 5            |
| NUTRI-160                  | Nutrition: Science and Applications ..... | 3            |
| PSYCH-101                  | Introduction to Psychology .....          | 3            |

|                                    |                                    |   |
|------------------------------------|------------------------------------|---|
| <i>plus at least 4 units from:</i> |                                    |   |
| BIOSC-119                          | Fundamentals of Microbiology ..... | 4 |
| BIOSC-146                          | Principles of Microbiology .....   | 5 |

|                                    |   |   |
|------------------------------------|---|---|
| <i>plus at least 8 units from:</i> |   |   |
| BIOSC-139                          | Human Anatomy.....                          | 5 |
| or                                 |   |   |
| BIOSC-140                          | Human Physiology .....                      | 5 |
| BUS-240                            | Business Statistics.....                    | 3 |
| or                                 |   |   |
| MATH-142                           | Elementary Statistics with Probability..... | 4 |
| or                                 |   |   |
| MATH-144                           | Statway II.....                             | 4 |
| CHEM-121                           | General College Chemistry II.....           | 5 |
| CHEM-226                           | Organic Chemistry I.....                    | 5 |

|                                    |  |   |
|------------------------------------|--|---|
| <i>plus at least 3 units from:</i> |  |   |
| ANTHR-130                          | Cultural Anthropology .....                          | 3 |
| CULN-120                           | Fundamentals of Cuisine .....                        | 5 |
| NUTRI-130                          | Food and Nutrition: Cross Cultural Perspectives..... | 3 |
| SOCIO-120                          | Introduction to Sociology.....                       | 3 |

**total minimum units for the major 26**

**Certificate of achievement  
Nutrition, health, and wellness**

Students completing the program will be able to...

- A. summarize the basic functions, food sources, digestion and absorption of the major nutrients.
- B. analyze a menu and its preparation for nutritional adequacy and food sanitation practices.
- C. describe the nutritional requirements and health concerns of each phase of the life span.
- D. summarize the impact of food choices on exercise performance, as well as an expression of cultural, socioeconomic and geographical diversity.
- E. compare and contrast career opportunities within the nutrition, health, and wellness professions.

This certificate of achievement in nutrition, health and wellness is designed to address the increasing societal interest in personal nutrition, health, and wellness. The wellness mindset has permeated all aspects of everyday life - from eating organic foods to using natural cleaning products to ending the day with meditation - and has emerged as one of the pre-eminent wellness trends of the new century. Rising health care costs and concerns with quality of life and longevity are also spurring individuals to learn more about what they can do to ensure a healthy body.

The certificate of achievement in nutrition, health and wellness may also serve as a supplementary skill set for individuals in various fields such as early childhood education, health education, fitness instruction, massage therapy, chiropractic medicine, nursing, and allied health occupations or individuals interested in entry-level employment in health and wellness programs such as Women, Infants, and Children (WIC) supplemental nutrition programs, Head Start programs, senior nutrition services and home delivered meal programs, Cal Fresh program, or other community agencies. Additionally, students completing the program will be able to provide advice on weight control and physical performance improvement while working under the supervision of other nutrition and fitness professionals. Such employment can encompass weight control clinics, health spas, corporate fitness and wellness centers, and gyms with a nutrition program.

The program primarily aims to provide the individual with the knowledge to maximize his or her own health and wellness. It may provide preparation for entry into certain nutrition, health and wellness-related jobs that do not require degrees or licensure. Certain required courses provide prerequisite preparation for advanced professional programs should students decide to pursue an associate or bachelor's degree.

To earn a certificate of achievement, a student must complete each course used to meet a certificate requirement with a grade of "C" or higher.

| <i>required courses:</i> |  | <i>units</i> |
|--------------------------|--|--------------|
| NUTRI-100                | Introduction to the Nutrition Professions .....      | 1            |
| NUTRI-120                | Sports Nutrition: Fueling the Athlete.....           | 3            |
| NUTRI-130                | Food and Nutrition: Cross Cultural Perspectives..... | 3            |
| NUTRI-160                | Nutrition: Science and Applications .....            | 3            |
| NUTRI-170                | Nutrition: Across the Lifespan .....                 | 3            |
| PH-124                   | Health and Wellness.....                             | 3            |

| <i>plus at least 2 units from:</i>  |                                 |           |
|-------------------------------------|---------------------------------|-----------|
| CULN-153                            | Safety and Sanitation.....      | 2         |
| PSYCH-101                           | Introduction to Psychology..... | 3         |
| <b>total minimum required units</b> |                                 | <b>18</b> |

**NUTRI-100 Introduction to the Nutrition Professions**

1 unit SC  
• 18 hours lecture per term

This course is designed to assist students in making educational and career decisions for a wide spectrum of nutrition-related occupations. It provides an overview of nutrition-related careers and their respective career paths, educational and skill requirements, professional responsibilities, and certification and licensing requirements. Skills required by nutrition-related careers, such as emphasizing personal attributes, demonstrating professionalism, engaging in teamwork, and building communication skills will be covered. CSU

**NUTRI-115 Nutrition and Health: Personal Applications**

3 units SC  
• CSU GE: E  
• 54 hours lecture per term

This course is an introduction to nutrition designed for a variety of students. The focus is on the application of basic nutrition concepts to personal life skills. The interface of culture, socioeconomic conditions and personal behaviors with nutritional health will be examined. Practical application of the course content includes, personal nutrition assessments and diet planning. CSU, UC (credit limits may apply to UC - see counselor)

**NUTRI-120 Sports Nutrition: Fueling the Athlete**

3 units SC

- 54 hours lecture per term
- Advisory: College-level reading and writing are expected.

This course presents the integration of the principles of nutrition and physical exercise in order to optimize physical fitness and athletic performance for various stages of the life span. Topics include the nutritional needs of athletes regarding macro and micro nutrient intakes, hydration, pre-, during, and post workout planning, body composition, eating disorders, and the specific nutritional, psychological, and sociological influences for different types of athletes. CSU

**NUTRI-130 Food and Nutrition: Cross Cultural Perspectives**

3 units LR

- IGETC: 4; CSU GE: D, E; DVC GE: IV
- 54 hours lecture per term
- Advisory: College-level reading and writing are expected.

This course examines the regional, ethnic, cultural, gender, religious, historical, and social influences on food patterns, cuisines, and health and healing, as well as how food is viewed as an expression of cultural diversity. Students will explore traditional foods of geographic areas and cultures. The geographic factors in food availability, global food issues, dietary habits, and socioeconomic influences on food culture, and nutrition problems of various ethnic groups will also be examined. The course also addresses nutrition consequences of ethnic food choices and sanitation and safety practices. CSU, UC

**NUTRI-150 Topics in Nutrition**

.3-4 units SC

- Variable hours

This course will supplement topics in the nutritional sciences, dietetics, food service and food technology. Specific topics will be announced in the schedule of classes. CSU

**NUTRI-160 Nutrition: Science and Applications**

3 units SC

- CSU GE: E
- 54 hours lecture per term
- Advisory: College-level reading and writing are expected.

This course covers scientific concepts of nutrition related to the function of nutrients in basic life processes and current health issues with emphasis on individual needs. Course content is appropriate for majors in Dental Hygiene, Nutritional Science, Nursing and Health Science. C-ID NUTR 110, CSU, UC (credit limits may apply to UC - see counselor)

**NUTRI-170 Nutrition: Across the Life Span**

3 units SC

- CSU GE: E
- 54 hours lecture per term
- Advisory: College-level reading and writing are expected. NUTRI-160 or equivalent

This course examines the nutritional needs during an individual's life span from conception to death. Emphasis will be placed on the biological, psychological, and environmental influences on eating habits and nutrient intake, including the impact on skill level development and identification of risk factors that can lead to potential health problems. Nutrition assessment and management with diet planning at every stage of the life span is included. CSU, UC (credit limits may apply to UC - see counselor)

**NUTRI-299 Student Instructional Assistant**

.5-3 units SC

- Variable hours
- Note: Applications must be approved through the Instruction Office. Students must be supervised by a DVC instructor.

Students work as instructional assistants, lab assistants and research assistants in this department. The instructional assistants function as group discussion leaders, meet and assist students with problems and projects, or help instructors by setting up laboratory or demonstration apparatus. Students may not assist in course sections in which they are currently enrolled. CSU