

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.

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 Biological and Health Sciences Division
 Physical Sciences Building, Room 263

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.

Program-level student learning outcomes

Program learning outcomes are subject to change. The most current list of program learning outcomes for each program is published on the DVC website at www.dvc.edu/slo.

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 USDA 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.

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| <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 |

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

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| <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 |

plus at least 3 units from:

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|-----------|--------------------------------|---|
| ANTHR-130 | Cultural Anthropology | 3 |
| CULN-120 | Fundamentals of Cuisine | 5 |
| SOCIO-120 | Introduction to Sociology..... | 3 |

total minimum units required 26

NUTRI-115 Nutrition and Health: Personal Applications

- 3 units SC
- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent
- Credit by Examination option available.

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
- Recommended: Eligibility for ENGL-122 or equivalent

This course includes the integration of the principles of nutrition and physical exercise in order to optimize physical fitness and athletic performance. Topics will include nutritional needs of the athlete; diet planning to optimize physical performance; diet analysis; energy systems and metabolism; efficiency and potential use of nutritional ergogenics; dietary supplements; sports drinks; the role of protein, carbohydrates, fats, vitamins, minerals and water in physical performance; body composition including weight gain; weight loss and weight maintenance; eating disorders, and the specific nutritional needs for different types of athletes and sports events. CSU

NUTRI-130 Food and Nutrition: Cross Cultural Perspectives

- 3 units SC
- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent

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
- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent

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-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