

Nutrition

The Nutrition discipline includes courses that provide students with the scientific basis and applied knowledge of food and nutrition. The courses fulfill general education requirements and also enable students to transfer and pursue majors in nutrition or other health-related majors.

Nutrition majors work in health-care facilities, community and public health organizations, academia and research, the food industry, health/fitness and sports industries, journalism, and general business corporate wellness programs.

Academic and Career Pathway

Health Sciences

Contact Information

Chair: Robert Fulbright
Dean: Danielle Lauria
<https://www.miracosta.edu/academics/degree-and-certificate-programs/health-sciences/nutrition/index.html>

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 Health and Nutrition
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Full-Time Faculty

Gail Meinhold

Associate Degree

Associate in Science Degree

Nutrition and Dietetics for Transfer

The Associate in Science in Nutrition and Dietetics for Transfer (AS-T) degree is intended to meet the lower-division requirements for nutrition and dietetics majors, an emphasis or option within a nutrition or dietetics major, or a major considered similar to a nutrition and dietetics major at a participating California State University (CSU) campus. The degree prepares students for a career in nutrition and dietetics and to function in a variety of nutrition, public health, and clinical settings.

Following transfer to a participating CSU campus, students will be required to complete no more than 60 units to obtain a bachelor's degree; however, some CSU campuses accepting this degree may require additional lower-division major preparation. This degree may not be appropriate preparation for students transferring to a CSU campus not accepting this degree or to a university or college that is not part of the CSU system. Students should consult with a MiraCosta counselor for further information regarding the most efficient pathway to transfer as a nutrition or dietetics major and to determine which CSU campuses are participating in this program.

Graduation Requirements

- ▶ Complete a minimum of 60 CSU-transferable semester units.
- ▶ Complete all courses required in the major with a "C" or "P" or better.
- ▶ Complete the CSU-GE (Plan B) or IGETC (Plan C)* general education pattern. *Students completing IGETC may be awarded the degree, but they must complete a course

from Area IC: Oral Communication to meet CSU admission requirements.

- ▶ Obtain a minimum CSU-transferable GPA of 2.0.
- ▶ Complete a minimum of 12 units in residence at MiraCosta College.

Program Student Learning Outcome

Upon successful completion of this program, students will be able to relate and apply the key theories and concepts of nutrition to advanced academic study.

Course Requirements

Required Core Courses:

NUTR 100	Nutrition Today *	3
or NUTR 100H	Nutrition Today (Honors)	
PSYC 101	General Psychology *	3
or PSYC 101H	General Psychology (Honors)	
CHEM 150	General Chemistry I: For Science Majors *	5
or CHEM 150H	General Chemistry I: For Science Majors (Honors)	
BIO 230	Introduction to Microbiology *	5
List A: Select two courses.		8-9
BTEC 180	Biostatistics *	
or BTEC 180H	Biostatistics (Honors)	
or BUS 204	Business Statistics	
or BUS 204H	Business Statistics (Honors)	
or MATH 103	Statistics	
or PSYC 104	Statistics for Behavioral Science	
or PSYC 104H	Statistics for Behavioral Science (Honors)	
or SOC 125	Introduction to Statistics in Sociology	
CHEM 151	General Chemistry II: For Science Majors *	
or CHEM 151H	General Chemistry II: For Science Majors (Honors)	
List B (choose one course):		3
NUTR 108	Cultural Aspects of Foods and Nutrition *	
NUTR 120	Principles of Food Science with Lab	
Total Units		27-28

* Course satisfies a general education requirement on the CSU-GE or IGETC general education (GE) pattern. To ensure this degree is completed with no more than 60 units, students should select courses that will also satisfy a general education requirement. Note: All of the statistics and honors courses listed are also general education courses.

NOTE: Students are strongly advised to select courses that meet lower-division major preparation requirements at their transfer university and to complete the History, Constitution, and American Ideals requirement prior to transfer.

Certificate

Certificate of Proficiency

Fitness Nutrition Specialist

This certificate provides the knowledge, skills, and abilities to successfully work with clients and athletes seeking basic nutritional guidance and to fight the battle against global obesity. It is designed for students currently working on or holding the Personal Fitness Trainer Certificate of Achievement. Upon completion of the certificate program, students may consider sitting for the National Academy of Sports Medicine (NASM) Fitness Nutrition Specialist exam, the American Council on Exercise (ACE) Lifestyle & Weight Management Coach exam, and/or the International Fitness Professionals Association (IFPA) Sports Nutrition Specialist exam.

Program Student Learning Outcome

Upon completion of this program, students will be able to counsel healthy clients on basic nutritional guidelines and on weight loss.

Course Requirements

Required courses:		
NUTR 100	Nutrition Today	3
or NUTR 100H	Nutrition Today (Honors)	
KINE 204	Techniques and Analysis of Fitness and Weight Training	3
NUTR 105	Human Performance and Sports Nutrition	3
HEAL 205	Integrative Health and Wellness	3
or NUTR 108	Cultural Aspects of Foods and Nutrition	
Total Units		12

Courses

NUTR 100: Nutrition Today

Units: 3

Prerequisites: None

Enrollment Limitation: Not open to students with prior credit in NUTR 100H.

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring, and Summer

This course relates scientific concepts of nutrition to the function of nutrients in basic life processes. It emphasizes individual needs; functions and sources of nutrients; current nutrition and health issues; scientific method for analysis and evaluation of nutrition information; dietary guidelines and current nutrition recommendations; digestion, absorption, and metabolism; health, fitness, and disease; nutrition in the life span; and food safety. Students evaluate their food intake using several methods, including a computer diet analysis. UC CREDIT LIMITATION: Credit for NUTR 100, NUTR 100H, NUTR 105, or NUTR 125. C-ID NUTR-110.

NUTR 100H: Nutrition Today (Honors)

Units: 3

Prerequisites: None

Enrollment Limitation: Not open to students with prior credit in NUTR 100.

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring, and Summer

This course relates scientific concepts of nutrition to the function of nutrients in basic life processes. It emphasizes individual needs; functions and sources of nutrients; current nutrition and health issues; scientific method for analysis and evaluation of nutrition information; dietary guidelines and current nutrition recommendations; digestion, absorption, and metabolism; health, fitness, and disease; nutrition in the life span; and food safety. Students evaluate their food intake using several methods, including a computer diet analysis. As an honors course, it offers expanded analysis of lecture materials, increased dependence upon student participation on a daily basis, and the opportunity for students to conduct research in relevant areas of interest, and thus targets students who are looking for a more challenging academic experience. UC CREDIT LIMITATION: Credit for NUTR 100, NUTR 100H, NUTR 105, or NUTR 125. C-ID NUTR-110.

NUTR 105: Human Performance and Sports Nutrition

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring, and Summer

This course introduces nutrition concepts to individuals interested in sports, fitness, and health for various stages of the life cycle. It emphasizes current theories and practices related to nutrition and athletic performance. Topics include macro and micro nutrient intakes, hydration, pre- and post-event food, supplements and ergogenic aids, weight control, and body composition related to performance. The course also examines the cultural, sociological, and psychological influences related to nutrition, fitness, and athletic achievement. UC CREDIT LIMITATION: Credit for NUTR 100, NUTR 100H, NUTR 105, or NUTR 125.

NUTR 108: Cultural Aspects of Foods and Nutrition

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring

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

NUTR 120: Principles of Food Science with Lab

Units: 3

Prerequisites: None

Advisory: ENGL 100 or ENGL 100H.

Acceptable for Credit: CSU, UC

Lecture 2 hours, laboratory 3 hours.

Course Typically Offered: Fall, Spring

This course focuses on the application of food science principles with emphasis on ingredient function and interaction, food preparation techniques, sensory evaluation standards, food safety and sanitation, and nutrient composition of food. Scientific food principles are studied and then practically applied to laboratory problems. C-ID NUTR-120.

NUTR 125: Nutrition and Aging

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring

This course focuses on the specific nutritional needs and problems in older adults. Topics include nutritional requirements, diet modifications, body system changes, body weight issues, nutrition-related chronic diseases, barriers to proper nutrients, drug/nutrient interactions, and community resources to assist the aging population. Diet and nutritional issues related to aging in a contemporary society are examined from physiological, sociological, psychological, and economic perspectives. UC CREDIT LIMITATION: Credit for NUTR 100, NUTR 105, or NUTR 125.

NUTR 292: Internship Studies

Units: 0.5-14

Prerequisites: None

Corequisite: Complete 54 hours of work per unit, paid or unpaid.

Enrollment Limitation: Instructor, dept chair, and Career Center approval. Fourteen unit maximum in any combination of work experience education and/or internship studies per semester.

Acceptable for Credit: CSU

Course Typically Offered: Fall, Spring, and Summer

This course provides students the opportunity to apply the theories and techniques of their discipline in an internship position in a professional setting under the instruction of a faculty-mentor and site supervisor. It introduces students to aspects of the roles and responsibilities of professionals employed in the field of study. Topics include goal-setting, employability skills development, and examination of the world of work as it relates to the student's career plans. Students must develop new learning objectives and/or work/intern at a new site upon each enrollment.

NUTR 296: Topics in Nutrition

Units: 1-3

Prerequisites: None

Acceptable for Credit: CSU

Lecture 1 hour.

Lecture 2 hours.

Lecture 3 hours.

Course Typically Offered: To be arranged

This course gives students an opportunity to study topics in Nutrition that are not included in regular course offerings. Each Topics course is announced, described, and given its own title and 296 number designation in the class schedule.

NUTR 299: Occupational Work Experience Education

Units: 0.5-14

Prerequisites: None

Corequisite: Complete 54 hours of work per unit, paid or unpaid.

Enrollment Limitation: Career Center approval. Fourteen unit maximum in any combination of work experience education and/or internship studies per semester.

Acceptable for Credit: CSU

Course Typically Offered: Fall, Spring, and Summer

This course is intended for students who are employed in a job directly related to their major or career area of interest. It allows such students the opportunity to apply the theories and skills of their discipline to their position and to undertake new responsibilities and learn new skills at work. Topics include goal-setting, employability skills development, and examination of the world of work as it relates to the student's career plans. Students must develop new learning objectives and/or work/intern at a new site upon each enrollment.