

AS: Nutrition 2020-2021

The Nutrition Associates of Science is designed for students who plan to pursue a bachelor's or post-baccalaureate degree in nutrition, food science, or other allied-health fields. Our program course work provides foundational knowledge in biology, chemistry, math, writing, communication, cultural humility, and research – with an emphasis on nutrition and wellness. Nutrition is a contributing factor in bettering health and performance, as well as preventing and treating disease. Understanding how nutrition impacts health can help change lives.

Nutrition professionals work in a variety of public, private, and community settings applying nutrition-related research to everyday habits and routines.

Students admitted to the program will explore the science of nutrition, how it relates to culture, and the changing nutritional needs as we age.

This degree has an articulation agreement to Minnesota State University Mankato.

Program Courses		Credits
Course No.	Course Title	
HLTH 1070	Principles of Nutrition	3
HLTH 2070	Socio-Cultural Aspects of Nutrition	3
HLTH2090	Life Cycle Nutrition	3

Choose 2 General Education Courses Based on Transfer Institution:

Course No.	Course Title	Credits
BIOL 2111	Human Anatomy and Physiology I	4
BIOL 2112	Human Anatomy and Physiology II	4
CHEM 1062	Principles of Chemistry II	4
CHEM 2061	Organic Chemistry I	5

Program Electives

Choose 7 credits of the following courses

Course No.	Course Title	Credits
Choose 7 credits from the following courses:		
ENGL 1940	Technical Writing or	3
HLTH 1000	Introduction to Mindfulness or	2
HLTH 1010	Health Terminology or	3
HLTH 1030	Personal and Community Health or	3
HLTH 1040	Current Health Issues and Human Behavior or	3
HLTH 1050	Stress Management or	3
HLTH 1080	Consumer Health or	3
HLTH 2040	Theories and Foundations in Health or	3
EXSC 1010	Physical Fitness or	2
EXSC 1XXX	Any combination of EXSC courses	2

General Education Courses

Course No.	Course Title	Credits
College Writing I (minimum grade 1.67): (minimum grade 1.67)		
ENGL1200	Gateway College Writing (minimum grade 1.67) <i>or</i>	4
ENGL1201	College Writing I (minimum grade 1.67)	4
ENGL1202	College Writing II	2

PSYC 1150	General Psychology	3
SOC 1110	Introduction to Sociology	3
MATH 1130	Elementary Statistics	3
MATH 1150	College Algebra	3
CHEM 1061	Principles of Chemistry I	4
BIOL 1001	Biology I	4
BIOL 2100	Microbiology	4
COMM 1010	Fundamentals of Public Speaking	3
COMM 1310	Intercultural Communication	3

NHCC Residency and GPA

15 Credits must be earned at NHCC:

2.00 overall GPA for NHCC courses

Total Credit Required 60

Degree Requirements

2.00 overall GPA for NHCC courses

Program Outcomes

- Describe the relationship between nutrition, health promotion, and disease prevention. – 1, 3
- Demonstrate ability to locate, evaluate, and apply evidence-based nutrition research, guidelines, and recommendations for individuals and communities – NHCC ELO 1, 2, 3, 4
- Recognize how environmental, cultural, economic, biological, and psychosocial factors impact nutritional status, health, and disease – NHCC ELO 1, 2, 3, 4
- Utilize awareness of the cultural and life-stage perspective through active listening, digital literacy, and oral/written communications – NHCC ELO 1, 2, 3, 4

Degree Information

The Associate of Science (A.S.) degree is intended for students whose primary goal is to complete the credentials for a specific career and/or prepare for transfer to complete a bachelor's degree at a college or university with whom North Hennepin Community College has an articulation agreement. The A.S. degree provides a balance of general education courses and the required scientific, professional or technical courses in the degree program.

A student shall:

Earn a minimum of 60 semester credits as required in the program, with a grade point average of 2.00 (C) or above in courses taken at North Hennepin Community College. Specific programs may have additional requirements or a higher minimum grade point average.

Earn a minimum of 15 semester credits at North Hennepin Community College. A student must complete at least 50% of career specific courses at North Hennepin Community College.

Earn 30 credits in at least 6 Minnesota Transfer Curriculum (MnTC) goal areas.

Earn 30 professional/technical credits.

Have four years to complete the graduation requirements as published in the catalog in effect at the time of their initial enrollment. Students taking more than four years to complete their graduation requirements may follow any catalog published during the four-year period preceding their graduation.

Completion of an A.S. degree fulfills the Goal Area 2 requirement of the Minnesota Transfer Curriculum (MnTC).

Developmental Courses

Some students may need preparatory course(s) in Math and/or English. Courses numbered below 1000 will not apply toward a degree.

Equal Opportunity Employer and Disability Access Information

North Hennepin Community College is a member of Minnesota State Colleges and Universities system and an equal opportunity employer and educator. This document is available in alternative formats to individuals with disabilities by calling 763-493-0555 or through the Minnesota Relay Service at 1-800-627-3529.

Transfer Information

If you are planning on transferring to another institution, follow the guidelines available on our transfer resources web page to help you plan the process: Transfer Information

Career Opportunities

Information on careers, including salary and employment outlook data, is available on the iseek and Bureau of Labor Statistics websites: www.iseek.org and www.bls.gov.

Accreditation

North Hennepin Community College is accredited by the: Higher Learning Commission 30 N. LaSalle Street, Suite 2400 Chicago, IL 60602-2504 1-800-621-7440