

# DIETETICS AND NUTRITION SCIENCE

Associate in Science Degree | Joint Degree Program  
Department of Health, Physical Education and Recreation

The mission of the Dietetics and Nutrition Science program is to prepare students for transfer to a baccalaureate degree program at a 4-year university or college by providing them with introductory level coursework in health and human nutrition, including the role of food choices as well as food policy in preventing disease and promoting optimal health.

Dietetics and Nutrition Science specialists are employed in health and human services settings such as hospitals, nursing homes, adult care facilities, youth agencies, schools and food service establishments. This is a rewarding career for those who are interested in preventing disease and treating illness in individuals and communities through promotion of healthy eating habits.

The Dietetics and Nutrition Science Associate in Science (AS) degree program is a dual/joint degree program with Lehman College's B.S. degree program in Dietetics, Foods and Nutrition. However, please note the conditions below.

Upon successful completion of the curriculum at Bronx Community College, students will have two options in Lehman College's Dietetics, Foods and Nutrition Program:

**OPTION I: Dietetics, Foods and Nutrition.** This option is for students who wish to become a Registered Dietitian/Nutritionist. Students **MUST** have a 3.0 GPA or higher and a grade of at least a "B" in the major courses to apply for the program. Students who complete this program can apply for an ADA-accredited dietetic internship. Completion of the internship enables the student to become eligible to take the registration examination in dietetics to become a Registered Dietitian (RD).

**OPTION II: Food Service and Nutrition.** Students can transfer to this program with a GPA of 2.5 and above. Students will be required to repeat any major course in which they earned a grade of D.

Please note that all students begin at Lehman in Option II and can apply to Option I after completing one semester.

This program concentrates in foods, food service and nutrition for students interested in serving the needs of the food service industry. These professionals may be involved in restaurant catering, community food service and corporate food service.

## Learning Outcomes

Upon successful completion of the Dietetics and Nutrition Science degree program requirements, students will be able to:

1. Identify and analyze strategies for promoting health and preventing disease through nutrition and other lifestyle choices.
2. Examine the physical, psychological, social, and cultural influences on food choices and other health behaviors.
3. Locate, analyze and evaluate current health/nutrition information for accuracy and reliability.
4. Effectively communicate health/nutrition information through written assignments and oral presentations.
5. Describe the impact of economic, social and physical factors in contributing to health disparities in the US or in comparison to other countries.

## DIETETICS AND NUTRITION SCIENCE CURRICULUM (PATHWAYS)

60 Credits required for AS Degree

Curriculum Coordinator: Professor Charmaine Aleong

### Required Core

- A. English Composition (6 Credits)
- B. Mathematical and Quantitative Reasoning<sup>1</sup> (3 Credits)
- C. Life and Physical Sciences<sup>2</sup>
  - BIO 23 Human Anatomy and Physiology I (4 Credits)

**SUBTOTAL 13**

### Flexible Core

- A. World Cultures and Global Issues (3 Credits)
- B. U.S. Experience in its Diversity (3 Credits)
- C. Creative Expression (3 Credits)
- D. Individual and Society (3 Credits)
- E. Scientific World
  - BIO 24 Human Anatomy and Physiology II (4 Credits)

Select one course from Area A-E (3 Credits)

**SUBTOTAL 19**

## Major Requirements

- CHM 17 Fundamentals of General Chemistry I (0-4 Credits)
- CPR 10 Cardiopulmonary Resuscitation *OR* WFA 10 Workplace First Aid Training (1 Credit)
- DAT 10 Computer Fundamentals and Applications (3 Credits)
- Free Electives (2-11 Credits)
- HLT 91 Critical Issues in Health (2 Credits)
- HLT 94 Human Nutrition (3 Credits)
- HLT 99 Health of the Nation (2 Credits)
- HCM 11 The U.S. Health Care Delivery System (3 Credits)

- PEA 51 Stress Management (2 Credits)
- PSY 11<sup>3</sup> Introduction to Psychology (0-3 Credits)
- SOC 11<sup>3</sup> Sociology (0-3 Credits)

### SUBTOTAL 28

- <sup>1</sup> Students in this curriculum are strongly advised to take MTH 23 to fulfill required Core Area B.
- <sup>2</sup> The program has been given a waiver to require its students to take BIO 23 to fulfill Required Area C and BIO 24 to fulfill Flexible Area E in the Flexible Core.
- <sup>3</sup> If this course satisfies a Flexible Core Area, free elective credits may be taken.

**NOTE: At least two courses must be taken from a list designated as "Writing Intensive."**

