

Nutrition AS

The Nutrition Associate of Science degree is designed for students who plan to pursue a bachelor's degree or post-bachelor's degree in nutrition, food science, or other allied-health fields. Students in the Nutrition program explore the science of nutrition, how it relates to culture, and the changing nutritional needs as we age.

Nutrition Curriculum

Curriculum

Science General Education Courses

| Course Code | Title | Course Outlines | Goal Areas | Credits |
|---|---|--------------------------------|------------|---------|
| Choose 2 Science Courses Based on Transfer Institution: | | | | |
| BIOL 2111 | Human Anatomy and Physiology I or | View-BIOL 2111 | n/a | 4 |
| BIOL 2112 | Human Anatomy and Physiology II or | View-BIOL 2112 | n/a | 4 |
| CHEM 1062 | Principles of Chemistry II or | View-CHEM 1062 | n/a | 4 |
| CHEM 2061 | Organic Chemistry I | View-CHEM 2061 | n/a | 5 |

Core Program Courses

| Course Code | Title | Course Outlines | Goal Areas | Credits |
|---------------------------|--|--------------------------------|------------|---------|
| HLTH 1070 | Nutrition and | View-HLTH 1070 | n/a | 3 |
| HLTH 2070 | Socio-Cultural Aspects of Nutrition and | View-HLTH 2070 | n/a | 3 |
| HLTH 2090 | Life Cycle Nutrition | View-HLTH 2090 | n/a | 3 |

Program Elective Course

| Course Code | Title | Course Outlines | Goal Areas | Credits |
|---|--|--------------------------------|------------|---------|
| Choose 7 credits of Program Elective Courses Based on Transfer Institution: | | | | |
| ENGL 1940 | Technical Writing or | View-ENGL 1940 | n/a | 3 |
| HLTH 1000 | Introduction to Mindfulness or | View-HLTH 1000 | n/a | 2 |
| HLTH 1010 | Health Terminology or | View-HLTH 1010 | n/a | 3 |
| HLTH 1030 | Personal and Community Health or | View-HLTH 1030 | n/a | 3 |
| HLTH 1040 | Current Health Issues and Human Behavior or | View-HLTH 1040 | n/a | 3 |
| HLTH 1050 | Stress Management or | View-HLTH 1050 | n/a | 3 |
| HLTH 1080 | Consumer Health or | View-HLTH 1080 | n/a | 3 |
| HLTH 2040 | Foundations and Theory in Health or | View-HLTH 2040 | n/a | 3 |
| EXSC 1010 | Physical Fitness or | View-EXSC 1010 | n/a | 2 |
| EXSC 1020(1), EXSC1041(1), EXSC1042(1), EXSC1050(1), EXSC1070(1), EXSC1110(1), EXSC1130(1), EXSC1140(1), EXSC1151(1), EXSC1152(1), EXSC1200(1), EXSC1210(1), EXSC1230(1), EXSC1240(1), EXSC1250(3), EXSC1260(1), EXSC1270(1), EXSC1310(1), EXSC1400(1), EXSC1420(1), EXSC1430(1), EXSC1440(1), EXSC1451(1), EXSC1452(1), EXSC1500(3), EXSC1510(2), EXSC1520(3), EXSC1600(1), EXSC1610(1), EXSC1630(1), EXSC1640(1), EXSC1700(3), EXSC1710(3), EXSC1720(2), EXSC1730(1), EXSC1740(1), EXSC1750(1), EXSC1751(1), EXSC1752(1), EXSC1760(1), EXSC1800(1), EXSC1810(1), EXSC1820(1), EXSC1830(1), EXSC1840(1), EXSC1850(1), EXSC1990(1), EXSC2101(4), EXSC2102(2), EXSC2110(3), EXSC2390(3), EXSC2490(4) | | | | |

General Education Courses

| Course Code | Title | Course Outlines | Goal Areas | Credits |
|---------------------------|-----------------------------------|--------------------------------|------------|---------|
| College Writing I: | | | | |
| ENGL 1200 | Gateway College Writing or | View-ENGL 1200 | n/a | 4 |
| ENGL 1201 | College Writing I | View-ENGL 1201 | n/a | 4 |
| ENGL 1202 | College Writing II | View-ENGL 1202 | n/a | 2 |
| PSYC 1150 | General Psychology | View-PSYC 1150 | n/a | 3 |
| SOC 1110 | Introduction to Sociology | View-SOC 1110 | n/a | 3 |
| MATH 1130 | Elementary Statistics | View-MATH 1130 | n/a | 3 |
| College Algebra: | | | | |
| MATH 1120 | College Algebra or | View-MATH 1120 | n/a | 3 |
| MATH 1150 | College Algebra | View-MATH 1150 | n/a | 3 |
| CHEM 1061 | Principles of Chemistry I | View-CHEM 1061 | n/a | 4 |
| BIOL 1001 | Biology I | View-BIOL 1001 | n/a | 4 |
| BIOL 2100 | Microbiology | View-BIOL 2100 | n/a | 4 |
| COMM 1010 | Fundamentals of Public Speaking | View-COMM 1010 | n/a | 3 |
| COMM 1310 | Intercultural Communication | View-COMM 1310 | n/a | 3 |

Program Overview

2023-2024

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 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

Program Maps

Program roadmaps provide students with a guide to understand the recommended course sequence to complete their degree.

- [Nutrition AS Program Roadmap Full Time](#)
 - [Nutrition AS Program Roadmap Part Time](#)
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Career Opportunities

Information on careers, including salary and employment outlook data, is available at Minnesota State and the Bureau of Labor Statistics websites: careerwise.minnstate.edu and www.bls.gov.

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](#)

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 7634930555 or through the Minnesota Relay Service at 18006273529.

Accreditation

North Hennepin Community College is accredited by the Higher Learning Commission (hlcommission.org), an institutional accreditation agency recognized by the U.S. Department of Education.

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