



Exercise Science Program's Recommended Course Sequence 2018 -19 Catalog Year

The following is a suggested two-year course sequence recommended by the department faculty. Note that pre-requisites for courses are not included in this plan, and it is always advisable to meet with a counselor to ensure you are meeting all current requirements.

Associate of Science Degree for Transfer – Nutrition and Dietetics

First Year

Fall Term	Units	Spring Term	Units	Summer Term	Units
NUTR 150 Nutrition	3.0	CHEM 200 General Chemistry I - Lecture	3.0	BIOL 230 Human Anatomy	4.0
PSYC 101 General Psychology	3.0	& CHEM 200L General Chemistry I - Lab	2.0		
CHEM 100 Introduction to Organic and Biological Chemistry Lecture	3.0	NUTR 153 Cultural Nutrition	3.0		
CHEM 100L Introduction to Organic and Biological Chemistry Lab	1.0	BIOL 107 General Biology Lecture and Lab	4.0		
<i>Total Units</i>	10.0	<i>Total Units</i>	12.0	<i>Total Units</i>	4.0

Second Year

Fall Term	Units	Spring Term	Units	Summer Term	Units
BIOL 205 General Microbiology	5.0	PSYC 258 Behavioral Science Statistics	3.0		
NUTR 170 Nutrition and Fitness	3.0	NUTR 155 Advanced Nutrition	3.0		
HLTH 101 Health and Lifestyle	3.0	BIOL 235 Human Physiology	4.0		
<i>Total Units</i>	11.0	<i>Total Units</i>	10.0	<i>Total Units</i>	0.0