



Suggested Schedule to Earn an Associate Degree

The suggested schedule below meets the requirements to earn an Associate in Arts degree with an emphasis in Nutrition Science. If classes listed below don't fit your schedule or interests, you can take alternate classes! Visit this website for instructions: www.southseattle.edu/pathway-map-help.

Year One

Quarter One

Credits

- ENGL&101: English Composition I 5
- MATH&146: Introduction to Statistics..... 5
- HEA 125: Health and Wellness..... 5

Quarter Two

- CHEM&121: Intro to Chemistry 5
- NUTR&101: Nutrition 5
- CMST&220: Public Speaking 5

Quarter Three

- PSYC&100: General Psychology 5
- CHEM&131: Intro to Organic Chemistry and Biochemistry 5
- CMST 245: Media Communication and Criticism **-or-**
ART 170: Photography as an Art Language **-or-**
MUSC 109: World Beat: Global Studies Thru Music.... 5

Year Two

Quarter Four

Credits

- BIO&160: General Biology w/Lab 5
- ENGL&102: Composition II..... 5
- ANTH&206: Cultural Anthropology 5

Quarter Five

- PHIL 110: Intro to Social Ethics 5
- BIO&241: Human Anatomy & Physiology I..... 5
- CMST 205: Multicultural Communication **-or-**
HUM 210: Intro to LGBTQ Studies **-or-**
ENGL 116: Graphic Novels 5

Quarter Six

- BIOL&260: Microbiology 5
- BIO&242: Human Anatomy & Physiology II 5
- PSYC 225: Psychology of Addiction **-or-**
HIST&128: World Civilizations III **-or-**
ENVS 170: Energy & Resources: Now & Future 5

Total Credits Required: 90

To Do List

Quarter 1

- Make an Ed Plan with an advisor
- Check-out campus tutoring centers
- Tour the MySouth student portal

Quarter 2

- Get involved on campus thru Student Life
- Apply for free money with FAFSA or WASFA
- Attend a transfer fair and research options

Quarter 3

- Attend your major's info sessions at transfer institution
- Attend a resume workshop

Quarter 4

- Update your Ed Plan with an advisor
- Attend transfer events, including personal statement workshops

Quarter 5

- Apply to your transfer school
- Re-apply for FAFSA or WASFA if transferring

Quarter 6

- Apply for Associate degree from South
- Order cap and gown; attend graduation!

Pathway: Nutrition Science



About the Nutrition Science Pathway

Are you interested in science and health, fascinated by food, and want to work with individuals and families? Do you enjoy learning about human biology along with nutrition, health, and fitness? If so, consider a degree in Nutritional Science!

This pathway is designed to meet Associate in Arts degree requirements with an emphasis in Nutrition Science. This degree prepares graduates for entry-level positions in traditional health settings such as hospitals, private medical offices, and public health agencies, as well as integrative health and wellness organizations and companies. It can also prepare graduates to transfer at the junior-level into a food science, nutrition science, or related program at a four-year college or university.

Nutrition Science is the study of how nutrients and food components influence growth, metabolism, health, and disease and also includes human behavior as it relates to food choices. It is a multi-faceted and cross-disciplinary field, encompassing chemistry, biology, physiology, and public health. Nutrition scientists work to develop, extend, and apply all aspects of nutrition through research to improve clinical practice and public health.

If you have a passion for health and wellness, getting a degree in Nutrition Science may be right for you.

Length of Program

90 credits = 6 quarters if you take 15 credits* each term.

**Students who take 15 credits each quarter earn their degree faster, qualify for more financial aid, and earn more money over their lifetime because they complete their schooling faster.*

Which Quarter Can I Begin?

Fall, Winter, Spring, or Summer.

Class Times/Delivery Format?

Classes and labs are offered M-TH (2 days or 4 days a week) from 8am-4pm and in the evenings. We offer on-campus, online, or hybrid (part on-campus, part online) formats.

Career Opportunities

- Registered Dietician
- Food Analyst
- Hospital Administrator
- Nutrition Educator
- Doctor
- Physical Therapist
- Physician's Assistant
- Clinical Nutrition
- Corporate Wellness
- Food Industry Marketer
- Public Health Professional
- Food Scientist

A bachelor's or higher degree may be required for some careers listed above. For current employment and wage estimates, please visit the Nutrition Science page on South's website.

Future Education Opportunities

Once you complete this Associate degree, additional education opportunities include:

- A bachelor's degree in food science, dietetics, physiology and metabolism, toxicology, nutrition science, or a related field at a four-year college or university.
- [A Bachelor of Applied Science \(BAS\)](#) degree at one of the Seattle Colleges.

Program and admissions requirements vary from college to college. Contact an advisor to create an educational plan tailored to transfer to the institution of your choice.

Approximate Costs Each Quarter

Tuition*.....\$1550
Books, supplies, and miscellaneous fees..... \$200

**Tuition based on WA resident rates. Rates for international students and non-residents may vary.*

Apply for Financial Aid

Did you know that the average student at South spends 3 hours applying for financial aid and gets more than \$4000 per year?

Visit www.southseattle.edu/financial-aid/ to apply for financial aid, including grants and scholarships you don't have to pay back.

Find Out More

(206) 934-5387 • AdvisorSouth@SeattleColleges.edu • RSB 11