

NUTRITION

Associate of Applied Science Degree

Health Sciences Pathway
 CCD.edu/Nutrition

Nutrition

Nutrition is a fascinating and dynamic science with a powerful role to play in promoting and sustaining health and wellness. An Associate of Applied Science (A.A.S.) in nutrition prepares you to educate individuals, patients and your community on healthy behaviors, wellness and appropriate food choices.

In this two-year program, you'll be prepared for transfer or an entry-level nutrition-related position.

Earn your A.A.S. in nutrition! It will provide you with a wide range of career opportunities, including dietary aid, food co-ops, health clubs & spas, health food stores, wellness education and nutrition product sales. The job growth outlook in this field is estimated to increase by 15 percent over the next eight years.

CCD and Metropolitan State University of Denver (MSU Denver) have developed a pathway from an A.A.S. in nutrition to a Bachelor of Science in nutrition. The A.A.S. degree can be completed in two years at CCD with the remaining two years to complete the B.S. at MSU Denver. Required chemistry courses CHE 2100 & CHE 2150 (Intro to Organic and Bio-Chemistry with lab) along with NUT 1800 (Careers in Dietetics and Nutrition) will be taken at MSU Denver while still being a CCD student through an inter-institutional agreement. An additional 3 credit NUT elective can be taken at MSU Denver if you desire to get a head start on the B.S. degree while still being a CCD student.

Students interested or enrolled in this program will need to follow the recommended degree pathway. You are encouraged to meet with your CCD academic advisor and the health and wellness program director. CCD and MSU Denver advising team will work together to answer your questions and you will attend a transfer/admission event during their first year in the program.

PROGRAM HIGHLIGHTS

- You'll be able to earn CCD's certificate in food, nutrition and wellness at the end of your first year.
- CCD has an articulation agreement with MSU Denver where your A.A.S. will seamlessly transfer.
- Continue on to a four-year degree* and you'll be prepared for career opportunities such as a registered dietitian, food safety specialist, food scientist, nutritionist, nutrition product development, public health nutritionist and educator.

Some careers and occupations require additional training, certification or education.

COURSE MAP

Course	Title	Credits
First Semester		
ENG 1021	English Composition I: GT-CO1	3
MAT 1260	Intro to Statistics: GT-MA1	3
HWE 1050	Human Nutrition	3
HWE 1061	Fitness and Wellness	2
COM 1250	Interpersonal Communication: GT-SS3	3
Subtotal		14
Second Semester		
ENG 1022	English Composition II: GT-CO2	3
BIO 1111	General College Biology I with Lab: GT-SC1	5
HWE 1054	Applied Nutrition to Whole Food Cooking	3
Choose One Chemistry Class		5
CHE 1011	Introduction to Chemistry I with Lab: GT-SC1	
CHE 1111	General College Chemistry I with Lab: GT-SC1	
Subtotal		16

Third Semester

PSY 1001	General Psychology I: GT-SS3	3
BIO 2101	Human Anatomy & Physiology with Lab I: GT-SC1	4
NUT 3400 OR NUT 3200 at MSU Denver ¹		3
Choose One History Course (GT-H1)		3
HIS 2015	20th Century World History: GT-H11	
HIS 1320	Western Civilization: 1650-Present: GT-H11	
HIS 1110	The World: Antiquity-1500: GT-H11	
HIS 1120	The World: 1500-Present: GT-H11	
Choose One Arts & Humanities Course (GT-AH1-4)		3
ART 1110	Art Appreciation: GT-AH1	
HUM 1015	World Mythology: GT-AH2	
LIT 1015	Introduction to Literature I: GT-AH2	
LIT 2059	Survey of African American Literature: GT-AH2	
PHI 1011	Intro to Philosophy: GT-AH3	
PHI 1012	Ethics: GT-AH3	
Subtotal		16

Fourth Semester

BIO 2102	Human Anatomy & Physiology II with Lab: GT-SC1	4
CHE 2100 MSU Denver ¹		4
CHE 2150 MSU Denver ¹		1
NUT 1800 MSU Denver ¹		1
Choose One Social & Behavioral Sciences Course (GT-SS 1-3)		3
ANT 2550	Medical Anthropology: GT-SS3	
PSY 1002	General Psychology II: GT-SS3	
PSY 2440	Human Growth and Development: GT-SS3	
PSY 2552	Abnormal Psychology: GT-SS3	
SOC 1001	Introduction to Sociology I: GT-SS3	
SOC 1002	Introduction to Sociology II: GT-SS3	
Choose One Arts & Humanities Course (GT-AH 1-4)		3
ART 1110	Art Appreciation: GT-AH1	
HUM 1015	World Mythology: GT-AH2	
LIT 1015	Introduction to Literature I: GT-AH2	
LIT 2059	Survey of African American Literature: GT-AH2	
PHI 1011	Intro to Philosophy: GT-AH3	
PHI 1012	Ethics: GT-AH3	
Subtotal		16
Total Credits		62

¹ This course must be taken at MSU Denver through an inter-institutional agreement. Please speak with your academic advisor or department chair for more information.

Certificate

Health Sciences Pathway- at Lowry
 CCD.edu/Nutrition

Community College of Denver currently offers two certificate degrees in nutrition.

- Food, Nutrition & Wellness
- Certified Dietary Manager

Food, Nutrition & Wellness

****This program is not eligible for federal student aid.****

Nutrition is a fascinating and dynamic science with a powerful role to play in promoting and sustaining health and wellness. In this three-course certificate, you will explore various approaches to health and wellness through studying the concepts, values and applications of this exciting field of health science. In the first two courses, you will learn the fundamentals of nutrition, explore what it means to eat healthily, discover how to efficiently meal plan and grocery shop, and obtain techniques that will make cooking fun, easy and enjoyable! In the third and final course, you will focus on fitness and wellness, which will provide a foundation to design, implement and evaluate a complete personal fitness and wellness program.

This certificate is relevant for you if you are interested in pursuing an education in nutrition or health-related fields, health care professionals, nutritionists, personal trainers, wellness coaches, massage therapists, life coaches, teachers, caregivers; or if you have an interest in food, diet and optimal health.

PROGRAM ADMISSION REQUIREMENTS

Meet minimum assessment scores and/or prerequisites for courses in the program.

COURSE MAP

Code	Title	Credits
HWE 1050	Human Nutrition	3
HWE 1061	Fitness and Wellness	2
HWE 1054	Applied Nutrition to Whole Food Cooking	3
Total Credits		8

Certified Dietary Manager

Certified Dietary Manager (CDM) professionals are nationally recognized experts at managing food service operations. When you earn the credential, you prove your competence in the areas of food service management, personnel and communication, nutrition, sanitation and safety, and business operations.

Code	Title	Credits
DIT 1021	Nutrition for Dietary Managers	4
DIT 1023	Management for Dietary Managers	4
DIT 1080	Field Experience: Nutrition	1
DIT 1081	Field Experience: Human Resources Management	2
DIT 1082	Field Experience: Sanitation and Management of Food Systems	2
Choose One Elective Course		3
HWE 1050	Human Nutrition	
HWE 1054	Applied Nutrition to Whole Food Cooking	
Total Credits		16

Students who hold a two-year or four-year college degree in foodservice management, nutrition, culinary arts, or hotel-restaurant management are eligible to take only specific DIT or HWE course(s) that meet an exam eligibility requirements based on pathway options provided by the CBDM (Fast-Track pathway). You must meet with the program chair for course approval prior to registering for classes. Transcripts must be submitted to program chair prior to enrollment; transcript requirements must include a minimum of one course in nutrition and two courses in foodservice management to be eligible to take the CDM exam.

CCD Offers Two Pathway Options for Certified Dietary Managers:

Pathway I

Pathway 1 is a 16 credit stand-alone certificate which can be taken in 1 to 2 semesters.

The CDM certificate program offers the education and training to make students eligible to take the national certification exam offered by the Certifying Board for Dietary Managers (CBDM).

We offer flexible training options! Some students attend classes part-time while working in the industry; others may choose to attend a more intensive semester-long certificate program. Plus, we offer online courses to match your busy schedule.

- No college degree is necessary to start this program
- No institutional food service experience
- Apply & enroll in our 16-credit CDM Certificate!

ADMISSION REQUIREMENTS

- Demonstrate you are ready for college. Visit CCD.edu/CollegeReady to learn more.
- Submit a program application.

- As part of your acceptance into the program, you must complete a background check and nine-panel drug screening.

PATHWAY II

- Hold a related college degree in foodservice management, nutrition, culinary arts, or hotel-restaurant management
- Does not have the 3 required courses
- Fast-track your CDM credential!

Pathway II-Elective and Fast-Track Pathways

Students who graduate from CCD with the Associate in Applied Science (A.A.S.) in Nutrition, are eligible to take one additional course to meet the CDM exam eligibility requirements for Pathway II. Please contact the program director for more information.

DO MORE WITH YOUR FOOD SERVICE OR NUTRITION DEGREE

Do you already hold a related college degree in food service management, nutrition, culinary arts, or hotel management? CCD takes you to the next step in your career with fast track options!

Upon completion of the elective courses, you're eligible to take the national certification exam offered by the Certifying Board for Dietary Managers (CBDM).

HOW DO I QUALIFY?

- You meet pathway II eligibility if you have graduated from CCD with an A.A.S. in nutrition and take the required elective course.
- You may be eligible for a fast track option if you hold a two- or four-year degree in food service management, nutrition, culinary arts, or hotel-restaurant management and take 1 to 3 elective course(s) to fulfill the exam eligibility requirement for pathway II.