

Major Planning Guide:

Nutrition

What can I do with a degree in nutrition?

Students who plan to study nutrition, dietetics, or food science may go on to a variety of careers after earning a bachelor's degree. Students who become nutritionists may be counseling patients on how to incorporate good nutrition into a healthy lifestyle. Dieticians usually are responsible for meal planning in hospitals, nursing homes, or schools. Students who study food science may work in the food industry to develop new products.

Related Majors/Programs

Nutrition & Culinary Arts	Chemistry
Food Science	Biology
Dietetics	Biochemistry
Exercise Science	Psychology
Public Health	Business

Where can I earn a bachelor's degree in nutrition in Washington?

A select number of universities offer nutrition as an undergraduate major. In the state of Washington Bastyr University, Central Washington University, Seattle Pacific University, and Washington State University offer undergraduate nutrition programs. You can use the College Navigator search engine found at <http://nces.ed.gov/collegenavigator> to find nutrition programs around the country.

How do I prepare to major in nutrition?

Here are a few steps that we recommend you take to make sure that nutrition is the right choice for you. There are many different types of careers in nutrition, and it is important to do some research ahead of time to find the one that best fits your goals. An advisor can help you choose the transfer degree, and what courses you should take while you are here at Seattle Central.

Step One: Research

- Those who are undecided about a major/career can make an appointment with our Career Exploration Center in BE1102E to take a career assessment test. This assessment can reveal your interests, values, and skills which then match you up with potential careers and programs that prepare you for specific career paths.
- Nutrition is not offered at all universities, so make sure your intended transfer university offers the major that you want. If you want to become a Registered Dietician make sure the specialization is available at that university.
- Our Transfer Center in BE1102F can help find universities you are interested in attending and guide you through the application process.

Step Two: Pick a Degree

Students planning to major in nutrition often earn the Associates of Art (AA-DTA) degree or Associates of Science (AS-T) Option #1 degree. Advisors can help students understand how to best approach the science and math requirements necessary for transfer. You may pick up a degree planning worksheet for the AA-DTA ([purple sheet](#)) or AS-T Option #1 ([blue sheet](#)) in BE 1102D lobby.

Step Three: Make a Long Range Academic Plan

Students planning to major in nutrition at a university usually take courses in chemistry, biology, biochemistry, nutrition, anatomy & physiology, and psychology, as well as general education requirements, to prepare to transfer.

English	Biology	Chemistry	Other Courses
<input type="checkbox"/> ENGL& 101	<input type="checkbox"/> BIOL& 160	<input type="checkbox"/> CHEM& 161	<input type="checkbox"/> NUTR& 101
<input type="checkbox"/> ENGL& 102	OR	<input type="checkbox"/> CHEM& 162	<input type="checkbox"/> PSYC& 100
	<input type="checkbox"/> BIOL& 211	<input type="checkbox"/> CHEM& 163	<input type="checkbox"/> CMST& 220
	<input type="checkbox"/> BIOL& 241		<input type="checkbox"/> MATH& 146

Please note: this is not a complete list of prerequisites. You should consult with an advisor at Seattle Central to make sure you take the appropriate courses to be prepared to enter the major.

*Check prerequisites, admission requirements, and GPA requirements at your intended transfer university early so you can be well-prepared to transfer.

What are my next steps?

- Once you have had the chance to explore the career opportunities in nutrition you might want to schedule an appointment to meet with an advisor to plan out your course of study. You can make an appointment by stopping by the Advising office in BE 1102D or calling us at 206-934-4068. (*If you are an international student, please stop by International Education Programs in BE 1113*).
- Attend Transfer Fairs and Career & Networking Fairs hosted by our office throughout the year.
- Explore the professional organizations in your area of interest for more information about education and career options.

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Reasonable Accommodations for Students with Disabilities

Seattle Central College is committed to providing qualified students with a disability an equal opportunity to access the benefits, rights, and privileges of services, programs and activities in an accessible setting appropriate to the student's needs. No student shall, on the basis of her or her disability, be excluded from participation, be denied the benefits of, or otherwise be subject to discrimination under any Seattle Central College program or activity.