

FAMILY AND CONSUMER STUDIES

About the Program

This degree prepares students to transfer to Nutrition and Dietetics four-year programs, and provides students opportunities to become dietitians, nutrition counselors, nutrition educators, and sports nutritionists. Nutrition is critical to medicine, health, and physical fitness: professions with rapid growth and demand.

For additional information, see a counselor, visit the Career/Transfer Center or contact the following:

Humanities and Social Sciences (408) 288-3785
Division

Associate Degree

- Nutrition and Dietetics - Associate in Arts for Transfer (<https://catalog.sjcc.edu/degrees-certificates/family-consumer-studies/nutrition-dietetics-associate-science-transfer/>)

FCS 018 Principles of Foods With Lab 3 Units

This course will study the application of food science principles with emphasis on ingredient function and interaction, food preparation techniques, sensory evaluation standards, food safety and sanitation and maintaining nutritional values. (C-ID NUTR 120)

Lecture Hours: 2 Lab Hours: 3 Repeatable: No Grading: O
Recommended: Previous completion of a nutrition course or knowledge of nutrition.
Advisory Level: Read: 3 Write: 3 Math: 3 Cal-GETC: None District GE: None
Transfer Status: CSU Degree Applicable: AA/AS
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

FCS 019 Nutrition 3 Units

Students are introduced to basic nutrition principles, including physiological, psychological, and sociological considerations. Students will analyze the human diet in relation to health, lifestyle choices, personal behaviors, and disease prevention. Individual recommended nutrient intake, the body's use of nutrients, and optimum dietary health across the lifespan will be discussed. Students will also examine the influence of culture, food supply, food choices, and nutritional status, as well as socioeconomic conditions, food fads, and diet misinformation. (C-ID NUTR 110)

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Cal-GETC: None District GE: None
Advisory Level: Read: None Write: None Math: 2
Transfer Status: CSU/UC Degree Applicable: AA/AS
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

FCS 070 Child Development 3 Units

Students will study the child from the prenatal period through adolescence. The physical, social-emotional, and cognitive aspects of development are explored. This course is required for ECE majors and recommended for nursing and psychology majors, and anyone wanting to understand the development of children. (C-ID CDEV 100)

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L
Cal-GETC: 4 District GE: 4

Advisory Level: Read: None Write: None Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

FCS 138 Work Experience 1-8 Units

Work Experience is designed for students who work or volunteer in a field related to their career major. Students are required to provide evidence that they are enrolled in a career program (e.g., education plan or coursework in a career/technical subject area). Students can earn one unit of credit for each 60 hours of unpaid volunteer time or 75 hours of paid work during the semester. Students can repeat Career/Technical Work Experience, combined with General Work Experience, or alone, up to a maximum of 16 units. Internship/job placement is not guaranteed.

Lecture Hours: None Lab Hours: 2.07 Repeatable: Yes Grading: O
Corequisite: Be employed or a volunteer at an approved work-site for the minimum number of hours per unit as stipulated for paid and unpaid status.
Advisory Level: Read: 3 Write: 3 Math: None Cal-GETC: None District GE: None
Transfer Status: CSU Degree Applicable: AA/AS
For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.