
What is Nutrition?

Nutrition is the scientific study of nutrients and other substances in food in relation to the maintenance, growth, reproduction, health, and disease of an organism. It includes the processes of food intake, absorption, assimilation, biosynthesis, catabolism, Metabolism, and excretion.

What can I do with a Nutrition Degree?

Students who study Nutrition gain an excellent background in the basic chemical composition of food and the biological processes and effects of its' consumption. Students often take these skills to a variety of places after graduation including health and fitness, research, and clinical settings. A common goal for students interested in studying Nutrition is to become a Registered Dietitian, which is a professional who works in the health care setting analyzing and recommending nutritional plans for patients. It is important to note that if this is your goal, a master's degree is becoming the working degree in that field.

To learn more about educational and career opportunities with a Nutrition degree see WOIS.org under Careers or Educational Programs.

Related Majors

Biology
Biochemistry
Chemistry
Exercise Science
Botany
Microbiology
Public Health

Where can I study Nutrition?

Four universities in the state of Washington offer a bachelor of science degree in Nutrition-related majors: Bastyr University, Central Washington University, Seattle Pacific University, and Washington State University. Note that while the University of Washington does not offer a bachelor's degree in Nutrition, they do currently offer a minor and graduate programs.

How do I get started?

We are here to help you get started on your path to Nutrition major here at BC! Your main goal here at BC is to both graduate with a degree and complete most or all of your major prerequisites. Therefore, here are some steps that you can take to help you successfully transfer to your dream school as a Nutrition major:

Step One: Research

Making an informed decision about a major requires active research. Here are steps students should complete while determining whether a nutrition major is the best fit for their goals:

- Make a list of things you want out of your education. What goals do you have when it comes to what you study in college?
- Log on to WOIS.org and check out potential careers and what life after college may look like for you. Specifically look at what type of background is necessary for your dream job and how/if your education in nutrition helps you meet those goals. If you have more questions please visit the BC Center for Career Connections on the 2nd floor of the B building. You can also visit the O*NET (onetonline.org) which will give you information about your profession on a national level.
- Read the Nutrition department websites of your top transfer schools. Take notes of what you like and dislike about each school, pay special attention to the types of research, educational opportunities, and courses/emphasis offered.
- Every university and major concentration **may require different prerequisites courses** to be completed prior to enrolling in their Nutrition program. Contact a departmental representative at your potential transfer university.

Step Two: Pick a BC Degree

As a transfer student, you not only have the responsibility of researching the prerequisite courses required for your major and university, but you also need to pick a degree to pursue at BC. We offer several transfer degrees at BC, but one in particular is especially well-suited for prospective Nutrition students.

BC Degree	Key aspects of this degree	This degree is ideal for
Associate of Arts and Sciences (AAS-DTA)	<ul style="list-style-type: none"> • Most flexible degree at BC • Has lower math requirements than AS 1/2 • Has a larger electives section a student may use for completing science sequences, or for taking exploratory classes should they decide to change major 	New students looking to explore more and learn about the sciences. If a student has a limited background in math and science this is a great place to start becoming more exposed to these subjects.

Step Three: Make a Plan

The table below has a list of common prerequisite courses found for Nutrition programs across our state. The variability of prerequisites shown in this table gives an excellent example of why it is so important that you research each school very early on! The prerequisites can be incredibly varied depending on which program and school you plan to pursue.

Bastyr University	Washington State University (Degree completion in Spokane)	Seattle Pacific University	Central Washington University
<ul style="list-style-type: none"> • MATH 141 • CMST 220 • PSYC 100 • BIOL 160 OR <u>BIOL 211</u> (211 preferred) • CHEM 161 and CHEM 162 • NUTR 101 	<ul style="list-style-type: none"> • CHEM 121, 122*, 123*, 131 OR CHEM 161, 162, 163, 261 • BIOL 160 • BIOL 241 and 242 • BIOL 260 • NUTR 101 • PSYC 100 • CMST 220—Public Speaking • PHIL 102 OR PHIL 265 • MATH 130 	<ul style="list-style-type: none"> • BIOL 241 and 242 • CHEM 121, 122*, 123* • NUTR 101 (<i>please verify with SPU</i>) 	<ul style="list-style-type: none"> • CHEM 121 <u>OR</u> CHEM 161 • NUTR 101 • Advanced Nutrition with a Lab (available only at CWU) • Completion of Intermediate Algebra or equivalent

* classes noted with asterisk are currently not offered at BC but are offered at other colleges in the area.

When planning out their first quarters here at BC, students interested in studying Nutrition are often surprised by the amount of lab science coursework that is required for most nutrition programs. Because of these science requirements, students should begin their **math coursework** early. They may also consider starting a **chemistry course** if their math is at the appropriate level. Due to the great amount of variety amongst the prerequisite/entry requirements for programs, the biggest factor in determining which courses students should plan to pursue here will depend on which programs the student is interested in applying to.

Now that you have had a chance to review your prerequisites, and you've been able to review the degrees offered at BC a great next step is to meet with an adviser. Nutrition is part of the Science Division (located in L200) and you will be able to make an appointment to meet with the science adviser by visiting there or by calling 425-564-2321.

This is an unofficial guide only, designed to prepare students for entry into Washington State Nutrition programs. It is the student's responsibility to research and communicate with all community college and university programs to which he/she intends to apply to establish prerequisites and admission requirements, as they vary and are subject to change without notice.

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