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# NUTRITION

## NUTRITION COURSES

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### NTRN 1 - Introduction to Nutrition Science

#### 3 units

Scientific concepts of nutrition related to the function of nutrients, sources and recommended intakes. Nutritional assessment and the role of nutrition in the maintenance of health. 54 hours lecture. AA GE: VB. Transfer: CSU, UC\*; CSUGE: E; C-ID# NUTR 110. \* *NTRN 1 and 5 combined: maximum UC credit, 1 course.*

**Recommended Course Preparation:** Eligibility for college-level composition (ENG 1A, ENG 1AEX, or ESL 1A) as determined by college assessment or other appropriate method.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### NTRN 5 - Sports Nutrition

#### 3 units

Students will study the role of nutrition in sports, performance and physical fitness. Optimal food, nutrient, and activity choices to maximize athletic performance for all athlete types. 54 hours lecture. Transfer: CSU, UC\*. \* *NTRN 1 and 5 combined: maximum UC credit, 1 course.*

- Credit - Degree Applicable
- Grading Option: Letter Grade