

The Nutrition major educates students in the scientific principles of nutrition as it applies to health and diseases.

What type of career can I have with this major?

Since this major is so comprehensive, you will have a variety of excellent employment opportunities.

- Chef
- Community Educator/Wellness Aide
- Dietary Service Supervisor/Manager
- Dietetic Technician
- Food Magazine Editor
- Food Product Sales Representative
- Food Preparer
- Food Service Director
- Food Technologist
- Multimedia Nutrition Instructor
- Nutrition Communication Staff
- Nutrition Software Developer
- Nutritional Pharmaceutical Sales
- Nutritionist
- Personal Trainer
- Private Consultant
- Registered Dietitian

Where can I work?

This profession provides you with a choice of various work environments including government agencies, non-profit organizations, for-profit agencies, and public and private companies.

- Cardiac Rehabilitation Clinics
- Child Care Facilities
- Community Recreation Departments
- Community Service Organizations
- Country Clubs
- Drug and Alcohol Rehabilitation Clinics
- Fitness and Wellness Centers
- Food Companies
- Food Management Companies
- Health Care Facilities
- Restaurants
- Retirement Homes
- State and Federal Government
- Youth Organizations
- Weight Management Centers

What type of professional organizations and resources are available in this industry?

There are many professional organizations that offer resources, articles, job opportunities, training and conference information. We suggest you visit each organization's website to gather more information and contacts in your field.

- American Dietetic Association
- American Hospital Association
- American Public Health Association
- America's Health Care Source
- Dietetics.com
- HealthCare Jobs Online (HCJobsOnline)
- NutritionistJobs.com
- Nutrition Navigator
- The JobBank Guide to Health Care Companies (book)
- The Riley Guide

What type of Consumer and Nutrition Studies program does San Diego Mesa College offer?

The program at San Diego Mesa College educates students in the scientific principles of nutrition as it applies to health and diseases. It enables students to seek employment in the field of dietetics/nutrition. Knowledge of these skills and tools will assist students seeking an entry-level position upon graduation.

- Certificate of Achievement: Nutrition | Nutrition and Fitness | Dietetic Service Supervisor
- Associate in Science: Nutrition | Nutrition and Fitness

See college catalog for program descriptions, course titles, and areas of emphasis.

Associates Degrees/Certificates**Getting Started**

- Step 1: **Application** - Start by completing the online application for admission
 Step 2: **Orientation** - Complete the online New Student Orientation (Flash player required)
 Step 3: **Assessment** - Visit the Assessment office to learn about English and math testing
 Step 4: **Advisement** - Complete the online First Semester Planning Workshop
 Step 5: **Registration** - Register for classes

While You're Taking Classes

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|--|----------------------|------------------------------|
| Update your resume and craft a cover letter | Attend job fairs | Conduct industry research |
| Look into volunteer/internship opportunities | Perform job searches | Think about transfer options |
- See the Transfer or Career Center for assistance*

Transfer Options**Getting Started**

- Join a professional nutrition association as a student member
- Decide if you will major in nutrition for transfer
- Map out where you want to transfer for your nutrition Bachelor's degree

Education Planning**Fall semester 1st year (1-15 units):**

- 1) Attend transfer workshops 2) Review articulation agreements 3) Map general education (GE) requirements
 4) Identify regionally accredited 4-year institutions to apply 5) Attend a Transfer Fair 6) Meet with a counselor

Spring semester 1st year (16-30 units):

- 1) Continue to attend transfer workshops 2) Check-in with a counselor to make sure your educational plan is on track
 3) Seeking tutoring assistance in the academic skills center to keep your grades competitive

Fall semester 2nd year (31-45 units):

- 1) Submit admissions applications to 4-year institutions: Fall for CSU/UC; Early spring for private and out-of-state institutions
 2) Identify deadlines and due dates for admissions transcripts and other documents

Spring semester 2nd year (46-60 units):

- 1) Identify deadlines and due dates for admissions transcripts and other documents 2) Submit your FAFSA between January 1st-March 1st.
 3) Turn in your deposit and registration forms to the institution you decide to attend. 4) Attend the transfer orientation event(s) at your new campus 5) Complete academic coursework and transfer!

While You're Taking Classes

- Update your resume
- Prepare a cover letter
- Complete an internship in nutrition
- Build your network
- Maintain a strong GPA
- Hold a leadership position in a nutrition club/society
- Find a mentor
- Visit your Career Center as much as possible!