



*Start at HCC,  
end at UConn/Storrs or  
University of New Haven!*

# Pre-Nutrition

## Liberal Arts & Sciences ASSOCIATE DEGREE

### OVERVIEW

HCC's Pre-Nutrition program is a degree path to becoming a Registered Dietitian/Nutritionist. This program is designed for students who wish to transfer to UCONN/Storrs or University of New Haven upon successful completion and acceptance into the program.

### RELATED CAREERS

Dietetic Technicians  
Dietitians and Nutritionists  
Healthcare Support Workers  
Health Educators  
Chef  
Cook

**For the latest salary and career  
information please visit:  
[onetonline.org](http://onetonline.org)**

### CAREER READINESS SKILLS

#### Critical Thinking/Problem-Solving

Form creative decisions by interpreting information, opinions and data.

#### Oral/Written Communication

Explain thoughts and ideas effectively to people inside and outside the organization.

#### Teamwork

Work efficiently with diverse groups; the ability to negotiate and manage conflict maturely.

#### Digital Technology

Demonstrate adaptability to new emerging technology to achieve goals.

#### Leadership

Leverage the strength of others to achieve common goals, as well as prioritizing and delegating work.

#### Professionalism

Recognizing the significance of time, tasks, appearance and accountability.

#### Career Management

Understand how to self-advocate for opportunities, while identifying areas necessary for professional growth.

#### Global Perspective

Openness, inclusiveness, and sensitivity to people of diverse backgrounds and lifestyles.

**CAMPUS CONTACT FOR THIS PROGRAM:**  
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*HCC is an Achieving the Dream Leader College, ranked by the Aspen Institute among nation's top 150 community colleges.*



**HOUSATONIC**  
COMMUNITY COLLEGE

# Pre-Nutrition

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#### SEQUENCE OF COURSES

Freshmen Year	Credits	Sophomore Year	Credits
ENG E101 Composition	3	SOC E101 - Principles of Sociology	3
Elective (AESX) Aesthetic Dimensions	3	MAT E167 - Principles of Statistics	3
Elective - 200 level Foreign Language	3	ANT E101 Introduction to Anthropology	3
Elective - 200 Foreign Language	3	BIO E211- Anatomy & Physiology 1	4
ENG E102 Literature & Composition	3	BIO E212 Anatomy & Physiology 2	4
MAT E172- College Algebra	3+	BIO E235 - Microbiology	4
CHE E121 General Chemistry	4	BIO E111 Introduction to Nutrition	3
BIO E121 General Biology	4	COM E173 - Public Speaking	3
CHE E 122 General Chemistry	4	CHE E211 Organic Chemistry	4

Total Credits = 61

#### THE KEY ROLE OF REGISTERED DIETITIANS/NUTRITIONISTS

Registered Dietitian/Nutritionists are health care professionals trained in providing nutrition and dietary advice and counseling to help people make healthier food choices, plan healthy eating plans, and work toward achieving specific health related goals. Registered Dietitian/Nutritionists are recognized as nutrition experts.

#### STEPS TO BECOMING A REGISTERED DIETITIAN/NUTRITIONIST:

1. Complete HCC's Pre-Nutrition associate degree, then transfer and complete UConn's or University of New Haven's bachelor degree in Nutrition.
2. Complete an accredited Dietetic Internship.
3. Pass a national examination administered by the Commission on Dietetic Registration.

#### WHAT IS THE AVERAGE SALARY?

According to the Academy of Nutrition and Dietetics, the average salary for a Registered Dietitian/Nutritionist is \$63,700.

#### Registered Dietitians/ Nutritionists Work As:

**Private Practice Registered Dietitian/Nutritionist:** Working in their own business counseling in all areas: Eating disorders, cancer, allergies, pregnancy, digestive disorders, weight management, heart disease and stroke, diabetes, kidney disease, osteoporosis, high blood pressure, etc.

**Community and public health Registered Dietitian/Nutritionists:** Creating programs for the community, counseling on breast feeding, improving quality of life through healthy eating habits.

**Sports Nutrition:** Registered Dietitian/Nutritionist for professional sports teams educating on connection between food, fitness and health.

**Corporate wellness Registered Dietitian/Nutritionist:** Working for companies teaching classes, counseling employees on healthy eating plans, performing nutritional screening.

**Universities and Research:** Teaching, research at universities, food companies, pharmaceutical companies, conducting experiments, participating in making nutrition recommendations for the public.

**Food and nutrition related business and industries:** Registered Dietitian/Nutritionists work in communications, consumer affairs, public relations, marketing, food labeling, product development or consulting with chefs in restaurant and culinary schools.

**Hospitals, clinics, other health care facilities:** Registered Dietitian/Nutritionists educate patients about nutrition, administer medical nutrition therapy as part of the health care team.

**Food Service Operations:** Registered Dietitian/Nutritionists manage food service operations at hospitals, schools, universities, daycare centers, nursing homes, etc overseeing everything from food purchasing to food preparation.