



Associate in Science

Choose Community

Choose Nashua Community College and experience what community really means: support, connection, security, opportunity.

Course Schedule

Program Outcomes



Benefits of Nutrition and Wellness

Nutrition is the study of food and how it affects the body's health & growth. The Nutrition & Wellness degree offers a community and global perspective with food, nutrition, health & well-being of the human body and its systems.

Graduates are prepared to enter the workforce in careers such as food science and health care. Career Pathways include:

- Health Care/Medical/Physician
- Pharmacist
- Nutritionist
- Medical Nutrition Therapy
- Dietician
- Food Science
- Culinary/Personal Chef
- Education/Health Education
- Physical Therapist
- Personal Trainer
- Sports Nutrition
- Health Coach
- Health and Wellness Products Sale Rep (fitness or medical)
- Community Health Worker (state/ federal)
- Animal Nutritionist

Transfer Pathways: Students also have the option to continue their educational path to a four-year school for dietetics

Career Possibilities

Potential Salary



Apply to NCC



Estimated cost of program Tuition only:

- **In-State** **\$15,270**
- **NE Regional** **\$19,380**
- **Out-of-State** **\$29,400**

Visit **nashuacc.edu** or speak with an Enrollment Specialist by calling 603.578.8908 to begin!

First Year - Fall Semester

Item #	Title	Class Hours	Lab Hours	Credits
CULA103N	Culinary Art Skills and Development	2	4	4
CULA105N	Food Service Systems: Sanitation	2	0	2
ENGL101N	College Composition	4	0	4
HLTH120N	Nutrition Health and Well Being	3	0	3
PSYC101N	Introduction to Psychology	3	0	3

First Year - Spring Semester

Item #	Title	Class Hours	Lab Hours	Credits
BIOL150N	Nutritional Science	3	2	4
CULA140N	Nutritional Cuisine	2	4	4
ENGL103N	Professional Writing & Presentations	3	0	3
MATH106N	Statistics I	4	0	4

Second Year - Fall Semester

Item #	Title	Class Hours	Lab Hours	Credits
HLTH105N	Introduction to Public Health	3	0	3
HLTH220N	Nutritional Assessment	3	0	3
HLTH240N	Nutritional and Allergen Baking	2	4	4
PSYC130N	Human Relations	3	0	3
	Humanities/Fine Arts/Philosophy or Global Awareness			3

Second Year - Spring Semester

Item #	Title	Class Hours	Lab Hours	Credits
BIOL111N	Basic Human Anatomy and Physiology	3	2	4
HLTH245N	Managerial Skills in Dietetics	3	0	3
HLTH250N	Community Nutrition	2	4	4
	Elective in Major for Nutrition and Wellness			3
Total Credits				61

NON-DISCRIMINATION POLICY

The Community College System of NH does not discriminate in the administration of its admissions and educational programs, activities, or employment practices on the basis of race, creed, color, religion, ancestry or national origin, age, sex, sexual orientation, gender identity and expression, physical or mental disability, genetic information, or law enforcement, military, veteran, or marital status. This statement is a reflection of the mission of the Community College System of NH and refers to, but is not limited to, the provisions of the following laws:

- Title VI and VII of the Civil Rights Act of 1964, as amended
- The Age Discrimination in Employment Act of 1967 (ADEA)
- Title IX of the Education Amendment of 1972
- Section 504 of the Rehabilitation Act of 1973
- The Americans with Disabilities Act of 1990 (ADA)
- Section 402 of the Vietnam Era Veteran's Readjustment Assistance Act of 1974
- NH Law Against Discrimination (RSA 354-A)
- NH Law RSA 188-F:3-a.
- Genetic Information Nondiscrimination Act of 2008

Inquiries regarding discrimination may be directed to Sara A. Sawyer, Director of Human Resources for the Community College System of NH, 26 College Drive, Concord, NH 03301, 603-230-3503. Inquiries may also be directed to the NH Commission for Human Rights, 2 Industrial Park Drive, Concord, NH 03301, 603-271-2767, FAX: 603-271-6339; and/or the Equal Employment Opportunity Commission, JFK Federal Building, 475 Government Center, Boston, MA, 02203, 617-565-3200 or 1-800-669-4000, FAX: 617-565-3196, TTY: 617-565-3204 or 1-800-669-6820.