



NUTRITION AND WELLNESS, AS



NASHUA
COMMUNITY COLLEGE

nashuacc.edu/programs

Go to nashuacc.edu/programs for even more details about this and other NCC programs and certificates.

Program Overview

Nutrition and Wellness is a two-year associates degree focused on the study of food and how it affects the health, growth, and the overall function of the human body. Students are provided with the knowledge and skills needed to understand the relationship between diet, health, and disease prevention. Students explore topics such as human nutrition, food science, wellness practices, and the role of nutrition in supporting healthy lifestyles across the lifespan.

A degree in Nutrition and Wellness offers students the opportunity to pursue careers in community health, wellness promotion, and food service industries. Graduates may find opportunities working in community health organizations, wellness programs, food service management, or other health-related fields that promote healthy living.

Program Outcomes

Upon the completion of the degree in Nutrition and Wellness, graduates will be able to:

1. Understand, critically assess and know how to use and apply information sources related to nutrition, food, lifestyle and health. Identifying and classifying food and foodstuffs based on their composition, properties, nutritional value and sensory.
2. Understand the basic processes involved in the preparation, transformation and conservation of foods of both animal and vegetable origin.
3. Obtain adequate knowledge and skills necessary for critical thinking regarding diet and health so the individual can make healthy food choices from an increasingly complex food supply.
4. Students will be able to interpret and apply nutrition concepts to evaluate and improve the nutritional health of communities.

5. Become familiar with nutrients, their function in an organism, bioavailability, requirements and recommended quantities, as well as the bases of energetic and nutritional balance.
6. Examine and evaluate the relationship between food and nutrition in health and/or illness while identifying and applying food principles to food and nutrition systems.
7. Design and carry out health status assessment protocols, and identifying nutritional risk factors.
8. Obtain a SERV Safe certification upon completion of the Food Service System: Sanitation course.

In addition, the graduate will be able to demonstrate competency in the general education outcomes.

Additional Program Information

Students are encouraged to follow the recommended course sequence. Completing courses in order helps build the foundational knowledge and skills needed to successfully progress through the program.

Estimated Cost of Program (Tuition Only)

In-State \$14,030

New England Regional \$21,045

Out-Of-State \$30,805

First Year - Fall Semester

Item #	Title	Class Hours	Lab Hours	Credits
CULA103N	Culinary Art Skills and Development	2	4	4.00
CULA105N	Food Service Systems: Sanitation	2	0	2.00
ENGL101N	College Composition	4	0	4.00
HLTH120N	Nutrition Health and Well Being	3	0	3.00
PSYC101N	Introduction to Psychology	3	0	3.00

First Year - Spring Semester

Item #	Title	Class Hours	Lab Hours	Credits
BIOL150N	Nutritional Science	3	2	4.00
CULA140N	Nutritional Cuisine	2	4	4.00
ENGL103N	Professional Writing & Presentations	3	0	3.00
MATH106N	Statistics I: An Introduction to Statistical Reasoning	4	0	4.00

Second Year - Fall Semester

Item #	Title	Class Hours	Lab Hours	Credits
HLTH105N	Introduction to Public Health	3	0	3.00
HLTH220N	Nutritional Assessment	3	0	3.00
HLTH240N	Nutritional and Allergen Baking	2	4	4.00
PSYC130N	Human Relations	3	0	3.00
	Humanities/Fine Arts/ World Language Elective			3

Second Year - Spring Semester

Item #	Title	Class Hours	Lab Hours	Credits
BIOL111N	Basic Human Anatomy and Physiology	3	2	4.00
HLTH245N	Managerial Skills in Dietetics	3	0	3.00
HLTH250N	Community Nutrition	2	4	4.00
	Elective in Major for Nutrition and Wellness			3
Total Credits				61