

26-27 Cert. Nutrition and Disease (ND)



ABOUT THIS MAJOR

The Nutrition and Disease Certificate focuses on the critical role of nutrition and lifestyle in preventing and managing chronic conditions such as heart disease, diabetes, and obesity. In this program, you'll build a strong foundation in the science of nutrition, behavior change, and physical activity, and learn how to translate research into practical strategies that promote long-term health. Coursework emphasizes assessing nutritional needs, understanding the link between diet and disease, and designing approaches that support healthy outcomes across diverse populations. By completing this certificate, you'll be prepared for roles in health care, community health, and wellness promotion, or you can apply it to enhance an existing degree in the health sciences or related fields. For more information, visit the [Health and Safety Sciences](#) division.

TO EARN A DEGREE A STUDENT MUST COMPLETE THE FOLLOWING:

- [1] Completion of Major & Program Electives Courses
- [2] Minimum grade point average of 2.0
- [3] A C or better in all courses required for the major

Cert.-Nutrition and Disease (ND)

[Total Units Required for the Major 21.5-24]

Complete all of the following courses: TOTAL 12 UNITS

NF102 - Nutrition and Food for Children	3
NF103 - Principles of Food Preparation	3
NF110 - Sports Nutrition	3
NF150 - Food and Culture	3

NF OPTION: choose one from the following: TOTAL 3 UNITS

NF100 - Nutrition	3
OR	
NF165 - Introduction to Human Nutrition	3

COMM OPTION: choose one from the following: TOTAL 3 UNITS

COMMC1000 OR COMMC1000H - Intro to Public Speaking/ Honors	3
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PSYC OPTION: choose one from the following: TOTAL 3 UNITS

PSYCC1000 OR PSYCC100H - Intro to Psychology/Honors	3
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ELECTIVE CHOICE: TOTAL 0.5 -3 UNITS

KINF130 - Physical Conditioning	
SOCIC1000 OR SOCIC1000H - Intro to Sociology/Honors	3

RECOMMENDED PATHWAY

Nutrition and Disease

The Recommended Plan of Study is determined by the discipline faculty
Take classes in Summer or Intersession if needed to complete your degree in a timely manner!

Fall/Spring: Max 19 units | Summer: Max 9 units | Intersession: Max 6 units

SEMESTER 1	
Course	Units
HE 101	3
REC 101	3
KINT 100	3
KINT 115	3
Total Units	12

SEMESTER 2	
Course	Units
KINT 114	3
HE 100	3
KINT 105	3
REC 102	3
Total Units	12

COUNSELING NOTE SECTION

Prerequisite: If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade to enroll in the next course. A satisfactory grade is a grade of "A," "B," "C" or "P". Students who enroll in classes for which they do not meet the prerequisites will be involuntarily dropped. Students will be notified of this involuntary drop. Title 5, Section 55200(d)

Application for Graduation:

Antelope Valley College awards degrees three times annually following the Fall, Spring, and summer semesters. Students must apply for graduation to earn their degree or certificate. Applications are due by September 6 for spring/summer graduates and by February 14 for fall graduates.

AVC 26-27 CATALOG: [ACADEMIC POLICIES](#)

INFORMATION and RESOURCES

Tutoring Assistance	Career Center	AVC Student Health Services
Transfer Center	Office of Students with Disabilities	Palmdale Center
Basic Needs	Financial Aid	Counseling Division