

**Area of Interest:** Nursing, Health & Emergency Careers  
**Degree:** Nutrition & Dietetic Technician, Associate of Applied Science (AAS)



**Stackable Certificate 1:** Community Nutrition Worker

**Stackable Certificate 2:** Diabetes Care & Education

**Stackable Certificate 3:** Nutrition & Health Promotion

**College Catalog:** [2024-2025](#)

**Program Location:** Statewide/District/Online

**Program Description:** The Nutrition and Dietetic Technician (NDT) AAS Degree is designed for highly motivated individuals who would like to work in healthcare, schools and/or wellness. Students successfully completing the coursework and internship are eligible to take the National Registration Examination for Nutrition and Dietetic Technicians (NDTR) offered by the Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics. This program is approved by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) – [eatrightpro.org/acend](http://eatrightpro.org/acend). Students earn 3 certificates as they progress through the NDT AAS Degree: Community Nutrition Worker, Diabetes Care and Education, and Nutrition and Health Promotion. It is important to contact the NDT Advisor for degree mapping.

**NDT Advisor contact information:** [diettechadvisor@centralaz.edu](mailto:diettechadvisor@centralaz.edu)

**Area of Interest Website:** [Nursing, Health & Emergency Careers](#)

### Legend

**Bold Course**=Required Course      Recommended Course (R)      Stackable Certificate (SC)

### AGEC Course list (Arizona General Education Curriculum)

Written Communication ( <b>WC</b> )	Oral Communication ( <b>OC</b> )	Arts/Humanities ( <b>AH</b> )	Social/Behavioral Science ( <b>SB</b> )
Lab Science ( <b>LS</b> )	Mathematics ( <b>M</b> )	Core Course ( <b>CC</b> )	Elective ( <b>E</b> )

### Pre-Program Requirements:

High school diploma or GED.

Application for admission to the Nutrition and Dietetic Technician Program is required.

Applications are accepted from February 1st to June 15th. Application information can be found at [centralaz.edu/nutrition](http://centralaz.edu/nutrition).

The following General Education requirements (CHM, BIO, MAT, ENG) must be completed before applying for admission to the program with a "C" or better. Completion of required Chemistry (CHM) course within last (5) five years.

Completion of degree requirements within three (3) years of beginning the program.

Community Nutrition Worker (CNW) Certificate must be completed with a 2.5 or higher GPA.

### Semester 1: New Students-Find your suggested starting point for English/Reading & Math courses.

		General Education Requirements	CREDITS	SEMESTER/GRADE	NOTES
R	WC	ENG101 College Composition I	3		Health-care specific section preferred.
R	M	MAT118 Essential Mathematics or Higher	4		
R	LS	BIO160 Introduction to Anatomy and Physiology	4		
R	LS	CHM130 Fundamentals of Chemistry or Higher	4		Complete chemistry courses within 5 years.
SC1,2,3	CC	<b>NTR200 Human Nutrition</b>	3		
<b>Semester Credits</b>			<b>17</b>	<b>Connect with your NDT Program Advisor each semester!</b>	

### Semester 2:

		COURSE	CREDITS	SEMESTER/GRADE	NOTES
SC1,3	CC	<b>NTR123 Nutrition Throughout the Life Cycle</b>	3		NTR200 Prerequisite
	CC	<b>NTR142 Applied Food Science</b>	3		

	OC	COM100 Fundamentals of Human Communication or Higher	3		
	CC	<b>NTR163 Orientation to NDT Program</b>	1		Acceptance into NDT Program & Director Approval
	CC	<b>NTR223 Food Service Management</b>	3		
		<b>Semester Credits</b>	<b>13</b>	<b>Connect with your NDT Program Advisor each semester!</b>	

### Semester 3

		COURSE	CREDITS	SEMESTER/GRADE	NOTES
	AH	Select an AGEC Arts & Humanities course	3		
	SB	Select an AGEC Social Behavioral Sciences course	3		
SC1	CC	<b>NTR127 Breastfeeding/Human Lactation</b>	1		
SC1	CC	<b>NTR134 Healthy Weight for Kids</b>	1		
SC3	CC	<b>NTR150 Overview of Nutrition Professions</b>	1		
SC1,2,3	CC	<b>NTR191 Nutrition Counseling Skill Development</b>	3		NTR200 Prerequisite
SC2	CC	<b>NTR255 Nutrition Medical Terminology, Labs &amp; Food Drug Interaction</b>	1		
		<b>Semester Credits</b>	<b>13</b>	<b>Research Career resources and opportunities!</b>	

### Semester 4:

		COURSE	CREDITS	SEMESTER/GRADE	NOTES
SC2	CC	<b>NTR133 Introduction to Diabetes and Carbohydrate Counting</b>	4		
SC1,2	CC	<b>NTR201 Nutrition Literacy</b>	1		NTR200 Prerequisite
SC1,3	CC	<b>NTR219 Community Nutrition</b>	3		NTR200 Prerequisite
SC3	CC	<b>NTR222 Nutrition Assessment and Medical Nutrition Therapy</b>	3		NTR200 Prerequisite
SC2,3	CC	<b>NTR247 Weight Management Theory</b>	1		NTR200 Prerequisite
		<b>Semester Credits</b>	<b>12</b>	<b>Apply for graduation and attend career events!</b>	

### Fall Semester 5

		COURSE	CREDITS	SEMESTER/GRADE	NOTES
SC1,2,3	CC	<b>NTR232A Food and Culture</b>	1		
	CC	<b>NTR295 Dietetic Technician Professional Practice Internship</b>	3		Program Director/Instructor Consent
	CC	<b>NTR296 Dietetic Technician Internship <u>OR</u> NTR296A Dietetic Technician Food Service Management Internship (2) <u>AND</u> NTR296B Dietetic Technician Education and Clinical Internship (4)</b>	6		Program Director/Instructor Consent
		<b>Semester Credits</b>	<b>10</b>		
		<b>Total Degree Credits</b>	<b>66</b>		
		<b>Total Certificate 1 Credits</b>	<b>16</b>		
		<b>Total Certificate 2 Credits</b>	<b>14</b>		
		<b>Total Certificate 3 Credits</b>	<b>18</b>		

Arizona Resident Tuition for 2024-2025 is \$75 per cred hour, see [Paying for College](#). Financial aid may be available.

## Career Information

**CAC Career Center:** [centralaz.edu/career](http://centralaz.edu/career) FREE CAC career resources and assistance.

**O\*NET OnLine:** Visit [onetonline.org](http://onetonline.org) and search for:

- Education needed for specific occupations
- Occupation tasks, knowledge, skills and abilities
- Salary/wages for specific occupations (\$)

## Transfer Information

**CAC University Transfer Center:** [centralaz.edu/transfer](http://centralaz.edu/transfer) FREE CAC transfer resources and assistance.

**AZTransfer Nutrition Major Guide** has a list of transfer programs at ASU, NAU, or UA.

**Note:** Use this Program MAP as a guide to choose courses with your advisor and track progress towards milestones and completion of program. Work with your NDT Program Advisor to customize your plan to align with your specific career and/or transfer goals.

**Part-Time Students:** Plans can be modified to fit the need of part-time students by adding more semesters.

**Student Name:**

**Advisor Name:**

**Student ID Number:** 880

**Date:**