Nutrition and foods courses are designed to provide knowledge and skills to ensure a nutrition foundation for students. ARC’s Dietary program is designed to fulfill the requirements for certification for employment in skilled nursing facilities. The Dietary Manager/Dietary Service Supervisor Certificate is designed to certify those currently employed in skilled nursing facilities to meet the state requirements for certification. It meets the requirements for the California State Department of Health Services. To determine which course of study is right for you, consult the coordinator of the Dietary Manager/Dietary Service Program by calling 484-8145.

**Dietary Manager/Dietary Service Supervisor**

**Requirements for Certificate**  
14 units

<table>
<thead>
<tr>
<th>Courses Required</th>
<th>Units</th>
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<tbody>
<tr>
<td>HM 315</td>
<td>4</td>
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<tr>
<td>NUTRI 112</td>
<td>2</td>
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<tr>
<td>NUTRI 110</td>
<td>3</td>
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<tr>
<td>NUTRI 120</td>
<td>3</td>
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<tr>
<td>NUTRI 122</td>
<td>2</td>
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**NUTRI 110  Nutritional Care Management**  
3 Units

Formerly: NUTRI 63  
Prerequisite: None  
Corequisite: NUTRI 112  
Advisory: ENGWR 102 and ENGRD 116 or ESLR 320, ESL 320, ESLW 320, or placement through assessment.  
Hours: 54 hours LEC  
This course is a study of medical nutrition therapies as used in health care facilities. The emphasis is on the modification of diets for various dietary needs. The topics discussed include normal nutrition, medical nutrition therapy, food/drug interactions, nutritional care management of the Long Term Care resident, and cultural foods.

**NUTRI 112  Clinical Experience - Nutritional Care Management**  
2 Units

Formerly: NUTRI 96  
Prerequisite: Current TB clearance and other immunizations required by clinical facility.  
Corequisite: NUTRI 110.  
Advisory: ENGWR 102 and ENGRD 116 or ESLR 320, ESL 320, ESLW 320, or placement through assessment.  
Hours: 18 hours LEC; 90 hours LAB  
This course includes 90 hours of clinical experience in the dietary departments of participating acute care hospitals and long-term care facilities. The clinical experience is performed under professional supervision. The topics discussed include normal and life cycle nutrition, disorders of the GI tract, diabetes, wasting disorders, nutrition and mental health.

**NUTRI 120  Management of the Dietary Department in Health Care Facilities**  
3 Units

Formerly: NUTRI 67  
Prerequisite: None  
Corequisite: NUTRI 122.  
Advisory: ENGWR 102 and ENGRD 116 or ESLR 320, ESL 320, ESLW 320 or placement through assessment process; MATH 32 or placement through assessment process .  
Hours: 54 hours LEC  
This course reviews the standards of management and food preparation as it applies to quantity food production in health care facilities. The topics discussed include types and components of food production systems, workflow, menu implementation, emergency planning, maintenance of equipment, food production procedures, sanitation and safety, and dietary staff schedules and management.
NUTRI 122  Clinical Experience in Health Care Facilities  2 Units
Formerly: NUTRI 95
Prerequisite: Current TB clearance and other immunizations required by the clinical facility.
Corequisite: NUTRI 120.
Advisory: ENGW 102 and ENGRD 116 or ESLR 320, ESLL 320, ESLW 320, or placement through assessment process.
Hours: 18 hours LEC; 90 hours LAB
This course is designed to be taken concurrently with NUTRI 120 - Management of the Dietary Department in Health Care facilities. This course includes 90 hours of clinical experience in the dietary departments of participating acute hospitals and long-term care facilities. The clinical experience is performed under professional supervision.

NUTRI 294  Topics in Nutrition and Foods  .5-4 Units
Formerly: NUTRI 52
Prerequisite: None.
Hours: 9-72 hours LEC
This course provides opportunities to study current, controversial topics in nutrition which are either not included in current offerings or require emphasis beyond that offered in existing courses. The course may be taken four times for a maximum of 6 units providing there is no duplication of topics.

NUTRI 300  Nutrition  3 Units
Prerequisite: None
Advisory: ESLR 320, or placement through the assessment process; ENGW 102 or 103, and ENGRD 116, or ESLR 320, ESLL 320, and ESLW 320, or placement through assessment process.
Course Transferable to UC/CSU
Hours: 54 hours LEC
This is an in-depth study of the essential nutrients and their functions, and the chemical compositions of foods and their utilization in the body. This course includes discussion of the nutritional values of foods, current topics in nutrition, and individuals' nutrition needs throughout the life cycle. This course is not open to students who have completed NUTRI 302. (CAN FCS 2) AA/AS area 3A, E2; CSU area E1

NUTRI 302  Nutrition for Physical Performance  3 Units
Formerly: NUTRI 11
Prerequisite: None
Advisory: ENGW 102 or ENGRD 116; or ESLR 320, ESLL 320, and ESLW 320, or placement through assessment process.
Course Transferable to CSU
Hours: 54 hours LEC
This course presents a comprehensive study of nutrition and fitness as they interrelate and apply to fitness and sport skill training and to athletic performance. The course includes an in-depth study of essential nutrients and functions, chemical compositions of foods and their use in the body as they relate to physical performance. Specifically, nutrition is related to muscle strength development, cardiovascular fitness, and body composition. Emphasis on current nutrition practices related to athletic performance. Designed for individuals interested in the study of how nutrition enhances athletic performance. Not open to students who have completed NUTRI 300. AA/AS area 3A & 3E

NUTRI 305  Nutrition for Health  2 Units
Prerequisite: None
Advisory: ENGW 102 or ENGRD 116; or ESLR 320, ESR 320, and ESLW 320, or placement through the assessment process.
Course Transferable to CSU
Hours: 36 hours LEC
This course presents a study of nutrition and fitness designed to increase an awareness of food, nutrition, and physical activity and their interrelationships. Topics include diet selection and food preparation. This course is designed for those interested in general wellness. AA/AS area 3E