

Nutrition & Foods

Certificates offered by the department:
Dietary Manager/Dietary Service Supervisor

Area: Health & Education
Dean: Sheryl Gessford
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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
Courses Required	Units
HM 315	4
NUTRI 112	2
NUTRI 110	3
NUTRI 120	3
NUTRI 122	2

NUTRI 110 Nutritional Care Management 3 Units

Formerly: NUTRI 63

Prerequisite: None

Corequisite: NUTRI 112.

Advisory: ENGWR 102 and ENGRD 116 or ESLR 320, ESLL 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, ESLL 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, ESLL 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: ENGWR 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: ESLL 320; or placement through the assessment process; ENGWR 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: ENGWR 102 or ENGWR 103, and 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: ENGWR 102 or ENGWR 103 and ENGRD 116, or ESL 320, ESLR 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

NUTRI 307 Nutrition for Fitness (same as PET 402)
2 Units

Formerly: NUTRI 27

Prerequisite: None

Course Transferable to CSU

Hours: 36 hours LEC

This course is part of the Fitness Specialist Certificate Program. Basic principles of nutrition are studied and the ramifications of nutrition on fitness training. Not open to students who have completed PET 402.

NUTRI 310 Cultural Foods of the World
3 Units

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103 and ENGRD 116; or ESLR 320, ESLL 320, and ESLW 320; or placement through assessment.

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course compares various western and non-western culture food customs and patterns including their social, religious, economic, and aesthetic significance. Ethnocentrism, gender-related stereotypes, and racism as they relate to the availability, distribution, and preparation of food throughout the world will be compared. The nutritional status of various cultures as it relates to geographic agricultural and socioeconomic factors will be studied. AA/AS area 3F.

NUTRI 320 Children's Health, Safety and Nutrition
(Same as Early Childhood Education 415)
3 Units

Formerly: NUTRI 14

Prerequisite: None

Advisory: ENGWR 102 and ENGRD 116 or ESLR 320, ESLL 320, ESLW 320; or placement through assessment.

Course Transferable to CSU

Hours: 54 hours LEC

This course is designed to look at basic nutrition, health, and safety needs of children from the prenatal period through school age. Topics include identification of the nutrients in foods as they affect a child's physical and mental development. Course emphasis is placed on maintaining the optimal health, safety, and nutritional status of children at home and in group care. Not open to students who have completed ECE 415.

NUTRI 324 Nutrition for Healthy Aging (Same as Gerontology 340)
3 Units

Formerly: NUTRI 43

Prerequisite: None

Advisory: ENGRW 102 or 103, and ENGRD 116, or ESLR 320, ESLL 320, and ESLW 320, or placement through the assessment process

Course Transferable to CSU

Hours: 54 hours LEC

This course is an introduction to nutritional concerns as they apply to the elderly, their implications in the aging process and the environmental, economic and cultural factors affecting the nutritional status. Not open to students who have completed Gerontology 340.