

Area: Health & Education  
 Dean: Sheryl Gessford  
 Phone: (916) 484-8902  
 Counseling: (916) 484-8572

Certificates: Dietary Manager/Dietary Service Supervisor

## Dietary Manager/Dietary Service Supervisor Certificate

The Dietary Manager/Dietary Service Supervisor Certificate provides certification for employment in nutritional care and dietary management within a health-care facility, such as a skilled nursing facility. This certificate program meets the California State Department of Health Service's requirements for certification.

### Career Opportunities

Dietary Manager in a Long Term Care Facility.

Requirements for Certificate		15 Units
HM 315	Food Theory and Preparation	4
NUTRI 110	Nutritional Care Management	3
NUTRI 112	Clinical Experience-Nutrition Care Management	2.5
NUTRI 120	Management of the Dietary Department in Health Care Facilities	3
NUTRI 122	Clinical Experience in Health Care Facilities	2.5

### NUTRI 110 Nutritional Care Management 3 Units

*Corequisite: NUTRI 112.*

*Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of C<sub>2</sub> or better; OR ESLR 320 and ESLW 320 with a grade of C<sub>2</sub> or better; OR placement through assessment process.*

*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-Nutrition Care Management 2.5 Units

*Corequisite: NUTRI 110.*

*Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.*

*Enrollment Limitation: Current TB clearance and other immunizations required by clinical facility.*

*Hours: 18 hours LEC; 90 hours LAB*

This course provides a clinical experience, under the supervision of a clinical professional, in the dietary departments of participating acute care hospitals and long term care facilities. Topics include normal and life cycle nutrition, disorders of the gastrointestinal tract, diabetes, wasting disorders, nutrition and mental health.

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

*Corequisite: NUTRI 122.*

*Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.*

*Enrollment Limitation: Current Serv Safe Certification.*

*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 include types and components of food production systems, work flow, 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 2.5 Units

*Corequisite: NUTRI 120.*

*Hours: 18 hours LEC; 90 hours LAB*

This course is designed to be taken concurrently with NUTRI 120. 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

*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

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

*General Education: AA/AS Area III(b); AA/AS Area IV; CSU Area E1; TCSU NUTR 110*

*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.

### NUTRI 302 Nutrition for Physical Performance 3 Units

*Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.*

*General Education: AA/AS Area III(b); AA/AS Area IV*

*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.

**NUTRI 305 Nutrition for Health 2 Units**

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

*General Education: AAIAS Area III(b)*

*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.

**NUTRI 307 Nutrition for Fitness 2 Units**

*Same As: PET 402*

*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**

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

*General Education: AAIAS Area VI*

*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.

**NUTRI 320 Children's Health, Safety and Nutrition 3 Units**

*Same As: ECE 415*

*Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course examines basic nutrition, health, and safety needs of children from the prenatal period through school age. Topics include identification of nutrients in foods as they affect a child's physical and mental development and standards for the maintenance of optimal health, safety, and nutrition status of children at home and in group care. Projects relating to children's nutrition, health, and safety are required as part of the course. This course is not open to students who have taken ECE 415.

**NUTRI 324 Nutrition for Healthy Aging 3 Units**

*Same As: GERON 340*

*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 culture factors affecting nutritional status. This course is not open to students who have completed GERON 340.