

Area: Health & Education
 Dean: Jan DeLapp (Interim)
 Coordinator: Dr. Susan Chou
 Phone: (916) 484-8188
 Counseling: (916) 484-8572

Degree: A.S. for Transfer - Nutrition and Dietetics
 Certificate: Dietary Manager/Dietary Service Supervisor

DEGREES AND CERTIFICATES

Nutrition and Dietetics A.S. for Transfer Degree

Major Code, CSU GE: 011143A01

Major Code, IGETC: 011143A02

The Associate in Science in Nutrition and Dietetics for Transfer degree provides students with a major that fulfills the general requirements of the California State University for transfer. Students with this degree will receive priority admission with junior status to the California State University system. The Associate in Science in Nutrition and Dietetics for Transfer (AS-T) degree may be obtained by the completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program outlined below (earning a C or better in these courses) and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education Breadth Requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- apply scientific methodologies and critical analysis to explain the principles of nutrition and their effects on overall health status and chronic disease risk.
- analyze nutritional adequacy of a diet and recommend dietary changes to meet nutrition guidelines.
- demonstrate an understanding of the relationships between chemistry, biology, and nutrition.
- assess the validity of sources of nutrition information.
- interpret the findings of current nutrition research.

Career Opportunities

This degree is designed to facilitate students' successful transfer to four-year colleges that prepare them to become registered dietitians. Organizations or companies that employ registered dietitians include hospitals, nursing homes, school food services, other health related facilities, college food service departments, restaurants, public health agencies, nutrition programs, WIC programs, Meals on Wheels, health clubs, weight management clinics, community wellness centers, food companies, contract food management companies, and food distribution companies.

Requirements for Degree	26 Units
BIOL 440 General Microbiology	4
CHEM 400 General Chemistry I	5
NUTRI 300 Nutrition	3
PSYC 300 General Principles (3).....	3
or PSYC 480 Honors General Principles (3)	

A minimum of 8 units from the following:.....8

- CHEM 401 General Chemistry II (5)
- CHEM 420 Organic Chemistry I (5)
- or CHEM 423 Organic Chemistry - Short Survey (5)
- PSYC 330 Introductory Statistics for the Behavioral Sciences (3)
- or STAT 300 Introduction to Probability and Statistics (4)

A minimum of 3 units from the following:.....3

- ACCT 301 Financial Accounting (4)
- CHEM 423 Organic Chemistry - Short Survey (5)
- HM 310 Sanitation, Safety and Equipment (3)
- HM 315 Food Theory and Preparation (4)
- NUTRI 310 Cultural Foods of the World (3)
- POLS 301 Introduction to Government: United States (3)
- POLS 481 Introduction to Government: United States - Honors (3)
- SOC 300 Introductory Sociology (3)
- SOC 480 Introductory Sociology - Honors (3)
- SPEECH 301 Public Speaking (3)

Associate in Science for Transfer Degree Requirements: The Associate in Science in Nutrition and Dietetics for Transfer (AS-T) degree may be obtained by completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program, and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.

Dietary Manager/Dietary Service Supervisor Certificate

Major Code: 011144C01

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 Department of Public Health's certification requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- identify the location of applicable laws and regulations and determine compliance to regulatory requirements (state and federal), and determine acceptable standards of care in dietary services.
- identify the role and limitations (no scope of practice) of the Dietary Service Supervisor under law (Title 22) for the Operation of Food Service.
- participate with the Registered Dietitian (RD) in the timely review and revision of the facility's policies and procedures to ensure that they are in compliance with regulations and standards of practice.
- assist in the orientation of new employees. Assist in the ongoing, planned development of seasoned employees to ensure that they are competent to carry out the functions of the dietary service and trained in approved policies.

- assist in the development of Quality Assurance Programs to monitor staff practices for compliance, to determine training needs, and to evaluate resident/patient satisfaction.
- assist in the development of planned and disaster menus to meet the nutritional needs of resident/patient in accordance with the Recommended Dietary Allowances (RDAs).
- ensure that therapeutic menus and standardized recipes are followed, served and consumed in their appropriate form, as approved by RD.
- ensure that food is served by methods that conserve nutritive value, flavor and appearance. Ensure that food is prepared in a form designed to meet individual needs and substitutions are of similar nutritive value.
- maintain current profile cards, and provide assistive devices as needed.
- ensure that food is stored, prepared, distributed, and served under sanitary conditions to prevent food borne illness. This includes the sanitation oversight of equipment such as internal components of the ice machine, nurse pantry refrigerators and trash disposal systems.
- ensure that the food department runs smoothly, including food ordering and storage, according to applicable state requirements, staffing schedules, employee health, labor relations, safety programs and other duties as assigned by administration.

Career Opportunities

The Dietary Manager/Dietary Service Supervisor certificate is designed to prepare the student for a position as Certified Dietary Manager in a Long Term Care Facility.

See losrios.edu/gainful-emp-info/gedt.php?major=011144C01 for Gainful Employment Disclosure.

Requirements for Certificate		20 Units
HM 310	Sanitation, Safety and Equipment.....	3
HM 315	Food Theory and Preparation.....	4
NUTRI 130	Introduction to Dietary Management.....	2
NUTRI 132	Management of the Dietary Department in Health Care Facilities.....	3
NUTRI 133	Clinical Experience in Health Care Facilities	2.5
NUTRI 134	Nutritional Care Management.....	3
NUTRI 135	Clinical Experience in Nutritional Care Management.....	2.5

Nutrition and Foods

NUTRI 107 Nutrition Basics for the Childcare Provider- Basic Nutritional Needs of Children 0-5 1 Unit

Same As: ECE 107
 Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.
 Hours: 18 hours LEC
 This course examines scientific information on the basic nutritional needs of children 0-5 years of age. Topics include macronutrient and micronutrient functions, dietary requirements, and growth and activity patterns in infants, toddlers, and preschool age children. It is designed to satisfy education requirements for childcare providers, including those advancing toward a Master Teacher Certificate. This course is not open to students who have completed ECE 107.

NUTRI 108 Nutrition Basics for the Childcare Provider - Diet, Health, & Physical Activity 0-5 years 1 Unit

Same As: ECE 108
Prerequisite: ECE 107 or NUTRI 107 with a grade of "C" or better
 Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.
 Hours: 18 hours LEC

This course provides scientific information on the relationship between diet, physical activity, and health of children 0-5 years of age. Topics include health implications of dietary deficiencies and excesses, childhood obesity, and physical activity. It is designed to satisfy education requirements for childcare providers, including those advancing toward the Master Teacher Certificate. This course is not open to students who have completed ECE 108.

NUTRI 109 Nutrition Basics for the Childcare Provider - Healthy Foods and Meal Planning 1 Unit

Same As: ECE 109
Prerequisite: ECE 108 or NUTRI 108 with a grade of "C" or better
 Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.
 Hours: 18 hours LEC

This course provides practical information for planning healthy meals and diets for children 0-5 years of age. It focuses on creative ways to incorporate fruits and vegetables, how to address neophobia, teaching opportunities at meal and snack time, the importance of a balanced diet, and meal and snack planning. It is designed to satisfy education requirements for childcare providers, including those advancing toward the Master Teacher Certificate. This course is not open to students who have completed ECE 109.

NUTRI 130 Introduction to Dietary Management 2 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.
 Hours: 36 hours LEC

This course provides an introduction to the profession of dietetics, with emphasis on a career as a dietary services supervisor (DSS). It examines current public policy and legislation related to the profession. It also includes the fundamentals of basic nutrition, individual's nutritional needs throughout the life cycle, health promotion, and disease prevention.

NUTRI 132 Management of the Dietary Department in Health Care Facilities 3 Units

Prerequisite: NUTRI 130 with a grade of "C" or better
Corequisite: NUTRI 133
Enrollment Limitation: Current ServSafe Certification
 Hours: 54 hours LEC

This course reviews the standards of management and food preparation as they apply to the quantity of food production in health care facilities. Topics include types and components of food production systems, work flow, menu implementation, emergency planning, maintenance of equipment, food production procedures, dietary staff schedules, and management.

NUTRI 133 Clinical Experience in Health Care Facilities 2.5 Units

Prerequisite: NUTRI 130 with a grade of "C" or better
Corequisite: NUTRI 132

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

Hours: 18 hours LEC; 90 hours LAB

This course offers clinical experience in health care facilities and is performed under professional supervision. Topics include residents' rights in food service, disaster relief feeding programs, getting ready for state inspection, and injury and illness prevention programs. A portion of this course may be offered in a TBA component of 90 hours which will include professionally supervised clinical experience in dietary departments of acute care hospitals and long term care facilities.

NUTRI 134 Nutritional Care Management 3 Units

Prerequisite: NUTRI 130 with a grade of "C" or better
Corequisite: NUTRI 135

Hours: 54 hours LEC

This course is a study of nutrition therapeutic diets used in health care facilities. It emphasizes the modification of diets for various dietary needs of the long-term care resident.

NUTRI 135 Clinical Experience in Nutritional Care Management 2.5 Units

Prerequisite: NUTRI 130 with a grade of "C" or better
Corequisite: NUTRI 134

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

Hours: 18 hours LEC; 90 hours LAB

This course provides clinical experience in nutritional care management. Topics include disorders of the gastrointestinal tract, diabetes, wasting disorders, nutrition, and mental health. A portion of this course may be offered in a TBA component of 90 hours which will include professionally supervised clinical experience in dietary departments of acute care hospitals and long term care facilities.

NUTRI 295 Independent Studies in Nutrition 1-3 Units

Prerequisite: None

Hours: 54-162 hours LAB

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

NUTRI 300 Nutrition 3 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.

General Education: AA/AS Area III(b); AA/AS Area IV; CSU Area E1
Course Transferable to UC/CSU

Hours: 54 hours LEC

This course is an in-depth study of the essential nutrients and their functions, and the chemical compositions of foods and their utilization in the body. It includes discussion of the nutritional values of foods, current topics in nutrition, and an individual's nutrition needs throughout the life cycle. (C-ID NUTR 110)

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.

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 apply to fitness, sport skill training, and athletic performance. It 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, muscle strength development, cardiovascular fitness, and body composition.

NUTRI 305 Nutrition for Health 2 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.

General Education: AA/AS 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: KINES 402

Course Transferable to CSU

Hours: 36 hours LEC

This course covers the basic principles of nutrition and the ramifications of nutrition on fitness training. Topics in this course include dietary practices and nutrient intake modifications that impact physical performance, including intake of energy nutrients, vitamins, water, electrolytes, and dietary supplements. This course also includes the study of body weight and body composition, as well as factors that affect body weight and the impact of body weight on physical performance. This course is not open to students who have completed KINES 402, formerly known as PET 402.

NUTRI 310 Cultural Foods of the World 3 Units

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.

General Education: AA/AS Area V(b); AA/AS Area VI; CSU Area D7; IGETC Area 4G

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course offers an anthropological perspective of traditional and contemporary food customs and cultures. Western and non-western food customs are compared including their social, religious, economic, and aesthetic significance. Included are ethnocentrism, gender-related stereotypes, and racism as they relate to the availability, distribution, and preparation of food throughout the world. The nutritional status of various cultures as it relates to geographic, agricultural and socioeconomic factors is studied. This course is not open to students who have completed NUTRI 481.

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

Same As: ECE 415

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.

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 introduction to early childhood curriculum, laws, regulations, standards, policies, and procedures related to child health, safety, and nutrition. It emphasizes integrating and maintaining the optimal health, safety, and nutritional concepts in everyday planning and program development for all children, along with the importance of collaboration with families and health professionals. This course is not open to students who have taken ECE 415. (C-ID ECE 220)

NUTRI 321 Nutrition and Biochemistry of Human Lactation 1 Unit

Same As: HLA CT 322

Prerequisite: NUTRI 300 with a grade of "C" or better

Advisory: BIOL 102

Course Transferable to CSU

Hours: 18 hours LEC

This course addresses dietary recommendations for lactating women and for infants and young children with an emphasis on breastfeeding as the evidence-based norm. It also covers cultural and physiologic weaning practices and appropriate complementary foods. Primary topics include comparison of human milk with milks of other mammals and with other products and artificial baby milks, the array of individual biochemical and biological components in human milk, and their multiple nutritional and bioactive functions with a focus on immunologic components. Toxicology and pharmacology related to human milk and lactation are addressed. This course is not open to students who have completed HLA CT 322.

NUTRI 324 Nutrition for Healthy Aging 3 Units

Same As: GERON 340

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGRD 300; OR ESLR 340 AND ESLW 340.

Course Transferable to CSU

Hours: 54 hours LEC

This course focuses on the nutrition of older adults. Topics include the effects of nutrition on health and well-being and the physiologic changes in aging, the effects of smell and taste on nutritional status, age-related changes in the gastrointestinal tract, risk factors for cardiovascular disease, and cancer and nutrition. This course is not open to students who have completed GERON 340.

NUTRI 481 Honors - Cultural Foods of the World 3 Units

Prerequisite: Placement into ENGWR 480 through the assessment process.

General Education: AA/AS Area V(b); AA/AS Area VI; CSU Area D; IGETC Area 4

Course Transferable to UC/CSU

Hours: 54 hours LEC

This seminar-style course offers an in-depth anthropological perspective of traditional and contemporary food customs and cultures. Western and non-western food customs are compared including their social, religious, economic, and aesthetic significance. Included are ethnocentrism, gender-related stereotypes, and racism as they relate to the availability, distribution, and preparation of food throughout the world. The nutritional status of various cultures as it relates to geographic, agricultural, and socioeconomic factors is studied. The specific cultural groups included are driven by student interests. This course is not open to students who have completed NUTRI 310.

NUTRI 495 Independent Studies in Nutrition 1-3 Units

Prerequisite: None

Course Transferable to CSU

Hours: 54-162 hours LAB

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.